

# Bike 'MOT' Checklist

for use by ACT members and other IBDs for Bike Week/Bike2Work



		Code	Fail	Remarks
1	Front wheel	reasonably true; no broken/missing spokes; good rim	Fw	
2	Front tyre	good tread, no splits, cracks or holes; pumped hard; valve straight	Ft	
3	Front hub	no wobble; turns smoothly; wheel securely fixed	Fh	
4	Front mudguard	firmly fixed; no sharp mudguard stays	Fm	
5	Front brake blocks	correctly fitted and aligned; not worn away	Fbb	
6	Front brake	firmly fixed; correctly adjusted	Fb	
7	Front brake lever	comfortable position; firmly fixed; cable not frayed	Fbl	
8	Headset/steering	no wobble; correctly adjusted; turns smoothly	H/s	
9	Handlebars/stem	tight; not distorted; ends protected; comfortable height	H	
10	Front forks	appear true and undamaged; any suspension safe	Ff	
11	Frame	appears true and undamaged; any rear suspension safe	F	
12	Rear brake lever	comfortable position; firmly fixed; cable not frayed	Rbl	
13	Rear brake	firmly fixed; correctly adjusted	Rb	
14	Rear brake blocks	correctly fitted and aligned; not worn away	Rbb	
15	Rear mudguard	firmly fixed; no sharp mudguard stays	Rm	
16	Rear tyre	good tread, no splits, cracks or holes; pumped hard; valve straight	Rt	
17	Rear wheel	reasonably true; no broken/missing spokes; good rim	Rw	
18	Rear hub	no wobble; turns smoothly; wheel securely fixed	Rh	
19	Bottom bracket	no wobble; lock-ring tight; turns smoothly	Bb	
20	Pedal cranks	straight	Pc	
21	Pedals	firmly fixed; complete; turning freely; not bent	P	
22	Chainwheel/s	not bent; teeth not worn	Cw	
23	Chainguard/disc	firmly fixed; not bent or cracked	Cg	
24	Chain	not too worn; not slack; lightly oiled not rusty	C	
25	Gears	properly adjusted; lubricated sufficiently; not bent	G	
26	Saddle	safely fixed; straight; comfortable height (unless BMX)	S	
27	Rack/carrier/bags etc.	firmly secured; clear of cables and wheels	Rcb	
28	Front lamp (if carried)	white; firmly fixed; good light to front	Fl	
29	Rear lamp (if carried)	red; firmly fixed; visible to rear	Rl	
30	Reflectors	clean and secure	R	

Signature of tester ..... Date of test..... Place.....

**A free cycle safety check is not a substitute for a full service performed by a qualified technician. If the inspected cycle requires replacement parts and/or professional attention, the owner should obtain an estimate of the cost to make the cycle roadworthy.**

