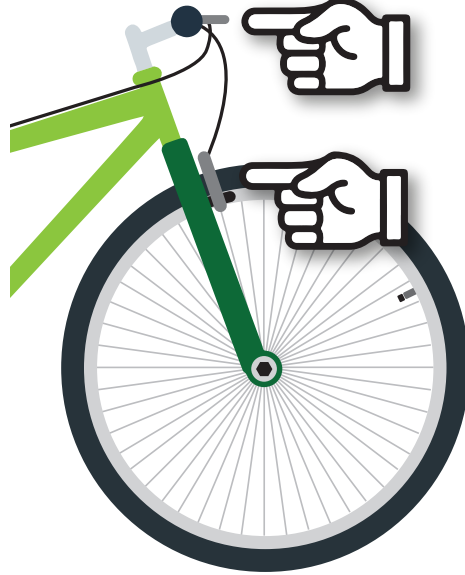


# ABCD check guide



## Air

check that your tyres are pumped up



## Brake

check that your brakes are working



## Chain

check that your chain is clean and moving freely



## Drop

a small 10cm drop of the back wheel to check that there's nothing loose on the bike

**Do a quick ABCD check before you ride!**

**REMEMBER TO RIDE YOU NEED:**

1. A safe bike
2. Safe and bright clothes
3. A safe helmet that is worn correctly
4. A safe attitude

