

Systematic Bike Check – Module 184 C&G

Bike Make & Model

Candidate Name

Date

The 'M-Check' is a good method of carrying out a roadworthiness check, as its systematic approach minimises the possibility of missing faults. Start with the front hub and work along the 'M'. Instructors must check for, and be capable of recognising all of the following faults.



- Key
- Must be able to identify and fix.
 - Must be able to identify, possibly fix.
 - Identify only. Usually not possible to fix.

all need marking off

		X	
Front wheel/tyre	Quick-release or wheel-nuts loose.	●	
	Hub bearings loose or binding.	●	
	Spokes loose, broken or missing.	● ○	
	Rim out of true.	●	
	Rim braking surface dangerously worn or damaged.	○	
	Tyre under-inflated /punctured.	●	
	worn or cracked.	○	
Front brake	damaged side-wall (gashed, bulging or abraded).	○	
	inner-tube valve not straight.	●	
	Does not lock wheel (cable adjustment, glazed pads).	●	
	Pads not aligned with rim (braking on tyre or under-riding rim) or not balanced.	●	
	Brakes rubbing.	●	
	Pads worn or missing.	●	
	Cable insecurely clamped.	●	
Forks	Cable problems (friction, frayed, corroded, or broken).	●	
	Juddering (loose calliper assembly).	●	
Headset	Damaged or incorrect orientation.	○ ●	
Stem	Bearings loose, tight or 'notchy'.	●	
Handlebars	Expander bolt (quill type) or clamp bolts (threadless type) not sufficiently tight.	●	
	Raised past limit mark.	●	
	Not firmly clamped in stem.	●	
	Not aligned with front wheel.	●	
Frame	End plugs missing.	●	
	Brake or gear levers not firmly attached.	●	
Bottom bracket	Crash damaged, dents, ripples or cracks.	○	
Cranks	Bearings loose or seized.	●	
Pedals	Loose on BB axle. Chainrings bent or damaged.	●	
Front gears	Bearings loose or seized, cage damaged or missing. Axle bent.	●	
	Not indexed, incorrect limits.	●	
Seat post	Not shifting (defective cable, defective or incompatible components).	●	
	Raised past limit mark, or not securely clamped.	●	
Saddle	Not straight, level or secure.	●	
Rear brake	6 checks as front brake.		
Rear wheel/tyre	9 checks as front wheel		
Rear gears	Not indexed, incorrect limits	●	
	Defective or incompatible components, cable friction, bent gear hanger.	●	
	Gears jumping (worn components, stiff link),	○ ●	

Finally, check for (and fix) any unsafe accessories – mudguards, racks, locks, reflectors, chainguards, kickstands etc.