



BIKE MAINTENANCE SCHEDULE

To ensure that your bikes stay well maintained, we recommend that you follow this bike maintenance schedule

Encourage kids to carry out basic safety checks each time they ride

Teachers or parents should schedule a monthly check of each bike, and set aside any bikes with issues

We recommend that an experienced cycle mechanic carry out the six month and annual checks on each bike

Every ride	Monthly	Six months	Annually
<p>Simple checks for kids:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Check that tyres are inflated and look for any signs of wear on tread <input type="checkbox"/> Check brakes are working 	<p>Cleaning and basic checks:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Clean the bike with a rag <input type="checkbox"/> Inspect each bike frame and components for signs of wear <input type="checkbox"/> Wipe the chain and cassette cogs clean with a rag/degreaser and relube <input type="checkbox"/> Check wheels for loose spokes <input type="checkbox"/> Spin wheels & look for wobbles <input type="checkbox"/> Replace worn handlebar grips and bar end plugs 	<p>Replace and lubricate where needed:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Check for worn brake pads and replace if needed <input type="checkbox"/> Replace worn handlebar grips and bar end plugs <input type="checkbox"/> Clean and check for chain and cogs and replace worn parts as required <input type="checkbox"/> Lube and check the cables to prevent binding and check for fraying and rusting – replace if necessary <input type="checkbox"/> Check and replace tyres if needed 	<p>Detailed assessment and replacement parts where needed on each bike:</p> <ul style="list-style-type: none"> <input type="checkbox"/> Check all bearings: hubs, bottom bracket, headset and pedals and adjust or overhaul as needed <input type="checkbox"/> Check all cables and housings for fraying, breaks, rust and corrosion and replace if necessary <input type="checkbox"/> Replace brake pads and handle bar grips and bar end plugs if needed <input type="checkbox"/> Clean and check wheels carefully for signs of wear such as worn sidewalls or broken spokes <input type="checkbox"/> Check and lube the drivetrain and replace parts if needed <input type="checkbox"/> Check the brake levers