



## Moab Youth Cycling Bike Safety Checklist

**Parents:** Please have a mechanic at a shop look over your child's bike to ensure it is safe. This form does not need to be signed or returned. It is just intended to be used as a reference if needed. Shops tend to be very busy this time of year, so bring the bike in as soon as possible in case it requires some work.

**Note to mechanic:** Moab Youth Cycling is a mountain bike group for riders in 4th, 5th, and 6th grades. Students will be riding on popular trails around town like the Brands, Navajo Rocks, Horsetheif Trails, and the Klonoa Trails. Below is a basic checklist. While checking out the bike, if you see anything that needs attention please let parents know. Thanks

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### Safety Checklist

- Bike is an appropriate size for the rider
- Brakes work
- Brake levers are angled properly and rider can reach them
- Headset is adjusted properly
- Shifting works properly
- Front wheel is secured
- Rear wheel is secured
- Tires are in good condition and inflated
- Seat height is properly adjusted for rider
- Bike has grips and bar plugs
- Frame appears to be in good shape and safe