

Mountain Bike Safety Checklist

Before every ride check A-B-C-D

A **AIR:** Tire pressure that is too low results in flat tires and damage to both rims and riders. Tire pressure that is too high reduces traction and can make cornering and stopping unsafe.

B **BRAKES:** Front and back brakes must be well maintained and clean.

C **CHAIN:** Chains wear out. Chain checker tools indicate the level of wear. Chains and the rest of the drivetrain must be cleaned and lubed whenever dirty.

D **DOMS:** Properly sized and adjusted helmets must be fully buckled before ride.



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