

# SRV Mt Bike Club Bike Fit and Safety Inspection



Students Name: \_\_\_\_\_

BIKE FIT & SAFETY CHECK	Circle One	Notes
Bike is appropriate for XC mountain biking	Yes No	
Bike frame correctly sized for student	Yes No	
Brake levers & shifters properly adjusted to fit student	Yes No	
Saddle height & fore/aft properly adjusted	Yes No	
Saddle tilt adjusted to level or slight tilt	Yes No	
Bike stem length and angle adjusted to fit	Yes No	
Shoe cleat (if equipped) properly positioned and adjusted	Yes No	
Tires inspected for trail use/wear & inflated to 35-40psi	Yes No	
<b>Maintenance &amp; Repair Check</b>		
Drive train inspected (chain, rear cassette, front crank)	Yes No	
Front and rear shifters and derailleurs inspected and adjusted	Yes No	

**BIKE HAS BEEN PROPERLY FITTED AND IS SAFE FOR STUDENT TO RIDE**

YES

NO If no please advise why \_\_\_\_\_

**REPAIRS OR ADJUSTMENTS NEEDED or recommended**

\_\_\_\_\_

\_\_\_\_\_

\_\_\_\_\_

Bike Inspected by \_\_\_\_\_ print name

Initial: \_\_\_\_\_ Date: \_\_\_\_\_

Danville Bike, 6Fifteen Cyclery, or Livermore Cyclery in Alamo will perform bike fit, inspection and adjustments at NO cost. Replacement parts & labor will be billed at the SRV Mt Bike Club discount rate.

**BIKE INSPECTION MUST BE COMPLETED FOR RIDER TO PARTICIPATE IN PRACTICE. PLEASE RETURN COPY OF COMPLETED FORM TO COACH KEN MOZEK BEFORE CLUB'S FIRST SUNDAY PRACTICE IN EARLY JANUARY**