

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	
Brakes in good working order; 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 appropriate for trail use, inflated to ~32psi (tubes) or ~20 psi (tubeless)	Yes No	
Helmet is appropriate and fits properly	Yes No	
Maintenance & Repair Check		
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 Mechanic: _____ Shop: _____ Date: _____

Mikes Bikes, California Bike and Snowboard, Danville Bike, Sports Basement (San Ramon OR Walnut Creek Location), Trek Alamo can 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 EMAIL COMPLETED FORM TO srvmtb.info@gmail.com OR GIVE TO YOUR RIDE GROUP LEADER ON OR BEFORE THE FIRST PRACTICE.