

ABC QUICK CHECK

BEGINNER



Student _____ Date _____

Directions: Ask your peer each question and observe your peer completing the ABC Quick Check. Place a checkmark in the **YES** column if it is completed correctly. Place a checkmark in the **NO** column if the ABC Quick Check is completed incorrectly. If the activity is completed incorrectly, the peer assessor should identify what was incorrect and write down what corrections need to be made on the form. Repeat the process until it is completed correctly.

	Date: _____		Date: _____		Date: _____	
	Observation 1		Observation 2		Observation 3	
Activity	YES	NO	YES	NO	YES	NO
Did the bicyclist check the air in the tires? Are the tires "hard as a rock"? <i>Use the air pump if needed.</i>						
Did the bicyclist check the brakes by squeezing both the front and rear brakes and getting knuckle to knuckle? <i>There should be no less than 1" between brake lever and handlebars. If there is more than 1", please see the teacher! The bike should not be ridden!</i>						
Did the bicyclist check the brakes by squeezing the brakes and pushing the bike forward & backward? <i>The bike tires should not move when the brakes are squeezed fully. If they do, please see the teacher! The bike should not be ridden!</i>						
Did the bicyclist check the cranks (front gears) for tightness? Did the cyclist grasp the crank and try to move it horizontally toward and away from the frame? <i>If the crank set is loose, please see the teacher! The bike should not be ridden!</i>						
Did the bicyclist check the chain by turning the pedals with the rear wheel off the ground? <i>Reset the chain if it is not working correctly or see the teacher for help.</i>						

Continued >

Date:

Date:

Date:

Activity	Observation 1		Observation 2		Observation 3	
	YES	NO	YES	NO	YES	NO
Did the bicyclist check the saddle quick release to make sure it is closed and in the right direction? <i>The quick release should be pointing to the rear of the bicycle so it does not interfere with clothing.</i>						
Did the bicyclist check the front wheel quick release to make sure it is closed and in the right direction? <i>The quick release should be pointing up and aligned with front fork.</i>						
Did the bicyclist check the rear wheel quick release to make sure it is closed and in the right direction? <i>The quick release should be pointing toward the front wheel in between the chain and seat stays.</i>						
Did the bicyclist take a short slow ride to check for comfort and safety? <i>This allows the rider to notice other problems with the bike they may not have seen in the ABC quick check.</i>						

Please explain any NO checkmarks.