

P.O.W.D.E.R.S. - Weekly Maintenance Checks

Petrol: Have you enough fuel to get to a petrol station?

Don't just rely on the fuel gauge, open the tank & have a look?

Oil: Engine oil level, 2 stroke oil level, Transmission oil, Hydraulic oil for brake & clutch systems.

Ensure that you know which type of oil to use in your machine, as this will vary greatly from bike to bike?

Water: Radiator level, coolant/antifreeze, battery levels.

Most bike engines/radiators are made from aluminium & require specialist anti freeze. Only distilled water should be used in the mix or for batteries.

Drivetrain & Damage: Chain correctly adjusted & lubricated, Wheels in alignment, Check bike thoroughly for damage.

The best time to oil a chain is at the end of your ride so it has a chance to cool & stick. If you do it before you ride it will not stick & will end up all over the back wheel/tyre. Not a good idea!

Electrics: Headlight dip & main, Rear light & brake, Indicators, Horn, Reflectors all clean, working & properly aligned.

Ensuring everything works with a simple electric/light check will optimise your safety.

Rubber: Check tyres for cuts, screws, damage & pressure, Tread depth & even wear.

Minimum tread dept in the UK for a motorcycle is 1mm on the complete radius & 75% of the tyre width. To maximise safety we would advise changing tyres before they reach 1.5mm and still cover 100% of the tyre width.

Steering, Suspension, Static Brake test: Smooth movement in steering, suspension correctly set up, no wear or leaks, Check all brake lines for wear & leaks, feel for pressure at levers.

A good visual look around the bike once a week, whilst cleaning will tell you if anything doesn't "look right"

Finally it's worth checking that you are safe to ride? We use **I.M.S.A.F.E.**

Illness - Are you fit to ride

Medication - Have you taken/taking anything that might affect you?

Sleep - Lack of sleep is dangerous if you loose concentration?

Alcohol - Alcohol or drugs can seriously affect your ability to ride safely?

Food - Lack of food or fluids will affect your ability to ride safely?

Emotion - Are you in a fit mental state to concentrate on riding?