

# The Bike Safety Checklist

***Thank you for biking!***

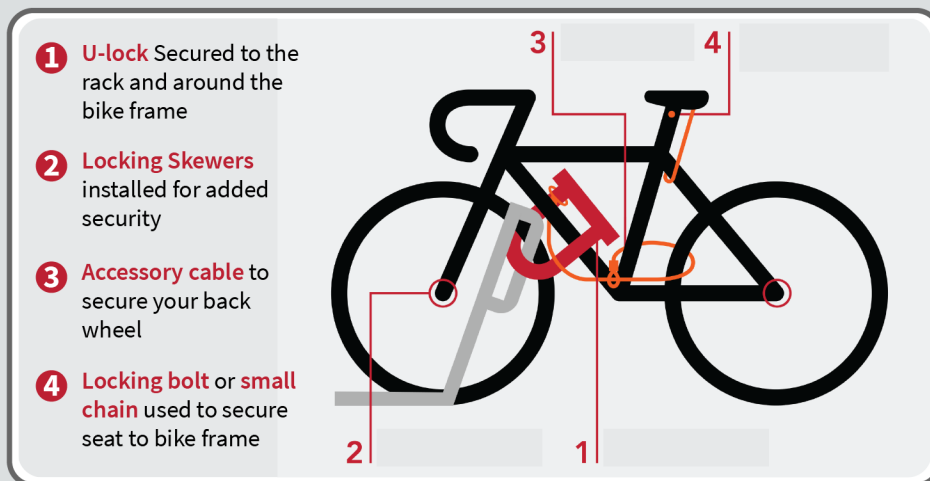
***Your sustainable commuting choice makes a difference!***

Stanford Medicine offers bike racks and bike rooms for staff.

You can play a part to ensure your bike is safe and sound while parked on campus. Please lock your bike!

## Checklist:

- ✓ Invest in a sturdy U-Lock and cable lock
- ✓ Consider replacing your quick-release seat and wheel locks with locking skewers
- ✓ Use the right size lock.  
(Choose a lock that is strong and comfortable, so you'll always have it with you)
- ✓ Use the rear triangle and lock your frame and back wheel to the bike rack



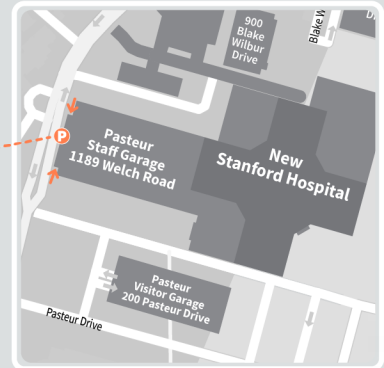
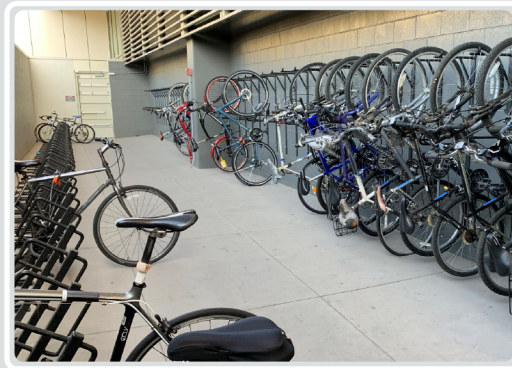
*See the following page for more information*



- ✔ Write down your bike's serial number and take photos of your bike so you can identify it if needed.

**REGISTER YOUR BIKE**

- ✔ If you work near 500P, consider locking your bike in the 500P - Pasteur Staff Garage bike room. (The bike room is accessible with your Stanford badge)



Information on **campus bike parking locations, campus showers and locker rooms**, and other details about *Stanford Medicine's bike program*

**Scan here**



**Bike locking tips**, check out this video from the *San Francisco Bike Coalition*

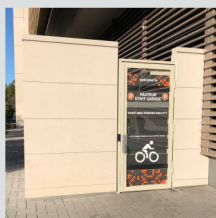
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Short videos on **bike riding tips, techniques, and gear**, from the *League of American Bicyclists*

**Scan here**

**COMING SOON**



Additional fencing will be added to the roof of 500P bike room



A new secured bike cage will be added at Hoover Pavilion



A new secured bike cage will be added at 300 Pasteur ED



# Get To Know Your Locks

## Looking to invest in a bike lock?

Great choice! You're taking the first step in keeping your bike safe. Before deciding on a lock, you should assess your situation to find a lock that is affordable and can secure your bike. Assessing your situation involves determining where you most often park your bike, and for how long.

## Lock Types



### U-Lock

Made of a "U" shape steel mold that is connected to a key lock and designed to resist blunt tools and chisels. The effectiveness of the U-lock varies depending on the U-lock size. The U-lock should be large enough to lock your frame and wheel to the rack and small enough so objects can't be inserted into the lock to pry it open.

#### Pro:

- Takes more effort to break

#### Con:

- Small lock size makes it hard to lock the bike frame and wheel to the rack with a single lock



### Chain Lock

Lock made of steel chains with a sheath connected by a padlock. These locks are made for high-risk areas because the chain can be tough enough to resist hacksaws and chisels.

#### Pro:

- Resistant to sharp tools
- Good for high-risk situations

#### Con:

- More difficult to carry, due to weight and bulkiness
- Requires a quality pad lock for maximum security

*See the following page for more lock types*



**Stanford**  
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Transportation Services



## Cable Lock

Made from twisted or braided steel wires with a rubber coating. Cable locks are usually connected by a padlock. These locks are ideal for low-risk situations or as a secondary lock. Use a cable lock with a U-Lock to secure your wheels and frame.

**Pro:**

- Budget friendly
- Easy to carry

**Con:**

- Can be broken with common tools



## Folding Lock

Made from multiple steel bars connected by rivets. Because folding locks are weak at the connections, this type of lock should only be used for low- to mid-risk situations

**Pro:**

- Light weight
- Can be folded and easily stored

**Con:**

- Can be easily broken



## Locking Skewer & Wheel Bolts

These accessories help secure your wheels from thieves since they make your wheels and seat more difficult to remove. Quality matters.

**Pro:**

- Helps prevent wheels from being stolen

**Con:**

- Quality matters. Cheap accessories will not be as effective



For recommendations on specific locks for your bike, please visit the campus bike shop (<https://www.campusbikeshop.com>) or your local bike shop.