

BIKE START

Level 1 - Cycling Training Programme

INFORMATION

How safe is your bike?

Regular maintenance helps to keep your bicycle safe

Check adjustment of the following:

- Handlebars
- Steering and cotterpins
- Brake blocks and cables
- Lights and reflectors
- Chain and gears
- Hubs and brackets
- Saddle

Use bicycle manual or handbook to find out how to make adjustments



SADDLE



- Saddle should be tilted very slightly upwards
- Use nuts to adjust tilt forward/backward

BRAKES



- Keep brakes adjusted so that blocks are close to rim when brakes are off.
- Blocks should be free of oil or grease.

CHAIN



- Do not allow more than 1.5cm play.

CONES



- Adjust cones to avoid 'shake'. Keep wheelnuts tight. (Both wheels).

KEEP IT OILED ● KEEP THE TYRES PUMPED UP

Lubricate your bike often and keep your tyres at the correct pressure.

Check manual or handbook for correct lubrication/inflation procedures

Remember that some modern bicycles have sealed units that don't need to be lubricated.

Keep front & rear lights clean at all times!

Keep your tyres at the correct pressure

CHECK YOUR BIKE BEFORE YOU GO OUT ON THE ROAD

SADDLE

When sitting on the saddle you should be able to touch the ground with your toes of both feet at the same time.

FRAME/FORKS

Make sure there is no serious rusting or damage to the frame.

BELL

By law you should have a bell at all times and it should be within easy reach of your thumb.

HANDLEBARS

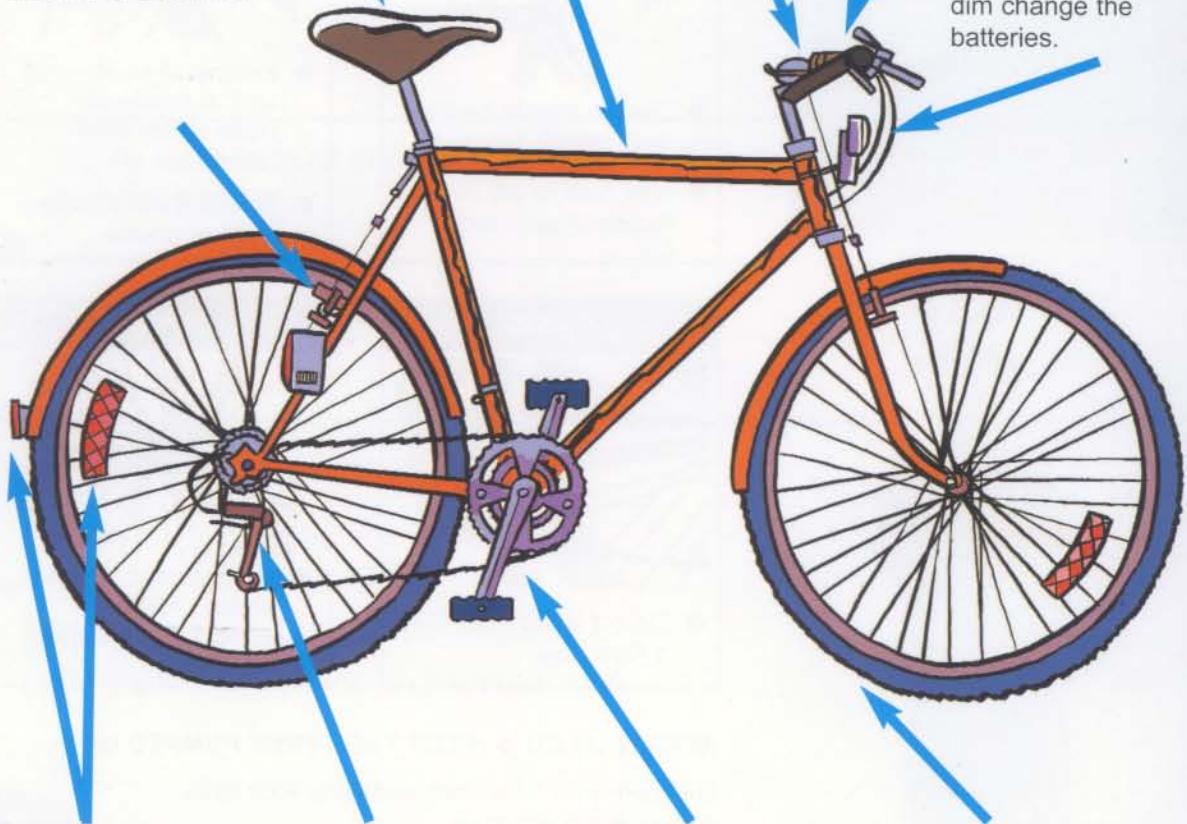
Should be square with the frame and level with the saddle. Movement should be neither loose nor too tight.

BRAKES

Should always be checked before you ride. The brake blocks should grip the side of the wheel

LIGHTS

At night you must have a red rear lamp and a white front lamp. If the light is dim change the batteries.



REFLECTORS

You must have a red reflector fitted at all times on the rear of your bike. They're not visible if dirty!

GEARS

Keep them clean and check for fraying or damaged cables.

CHAIN

The chain should have 1.5cm play, up and down, on the bottom rung. Clean and lightly oil regularly.

TYRES

Should be pumped up hard. Look for worn or bald patches.

FAULT IDENTIFICATION CHECKLIST

(to be filled in by the trainer or parent/guardian)

✓ Tick items in each area that need attention

- | | | | | | |
|----|--------------------------|--|----|--------------------------|---|
| *1 | <input type="checkbox"/> | LIGHTS. Front/Rear. Broken. Dirty. Dim. | 12 | <input type="checkbox"/> | CHAINWHEEL. Bent. Teeth worn. Bearings need adjusting/ lubricating/replacing. |
| *2 | <input type="checkbox"/> | REAR (red) REFLECTOR. Missing. Broken. Incorrect position. | 13 | <input type="checkbox"/> | GEAR ASSEMBLY. Freewheel sprockets. Guide wheels. Worn. Bent. |
| *3 | <input type="checkbox"/> | TYRES. Front/Rear. Needs replacing. Under-inflated. | 14 | <input type="checkbox"/> | HEADSET. Bearings need adjusting/lubricating/replacing. |
| *4 | <input type="checkbox"/> | BRAKE LEVERS. Front brake/ Back brake. Needs adjusting. | 15 | <input type="checkbox"/> | HUB. Front/Rear. Bearings need adjusting/lubricating/ replacing. |
| *5 | <input type="checkbox"/> | BRAKE BLOCKS. Front/Back. Blocks worn/wrong way round. Need adjusting. | 16 | <input type="checkbox"/> | BOTTOM BRACKET. Loose – requires adjusting. |
| *6 | <input type="checkbox"/> | BRAKE CABLES. Front brake cable frayed. Back brake cable frayed. Need oil. | 17 | <input type="checkbox"/> | BELL. Missing. Incorrect position. Damaged. |
| 7 | <input type="checkbox"/> | SADDLE. Incorrect position. Loose. Broken. | 18 | <input type="checkbox"/> | FRONT FORKS. Bent. Cracked. |
| 8 | <input type="checkbox"/> | HANDLEBARS. Incorrect position. Damaged. No grips. | 19 | <input type="checkbox"/> | PEDALS. Rubbers missing. Bearings need adjusting/ lubricating/replacing. |
| 9 | <input type="checkbox"/> | SPOKES. Front wheel/Rear wheel. Missing/loose. | 20 | <input type="checkbox"/> | MUDGUARDS. Broken. Loose. Stays missing/broken/ loose. |
| 10 | <input type="checkbox"/> | WHEEL RIM. Front wheel. Rear wheel. Rim bent/worn through. | | | |
| 11 | <input type="checkbox"/> | CHAIN. Needs adjusting/ lubricating/replacing. | | | |
- * ***It is against the law to cycle with defective brakes; cycle at night with defective lights; or cycle with defective rear reflector.***

TEST SHEET 1

NB: you will need to have read MODULES 1 INFORMATION SHEET before answering these questions

1. Why do you think that it is important to look after your bicycle?

(10 marks)

2. Which parts of your bicycle need to be adjusted according to your height, weight or shape?

(a) _____ (b) _____

(5 marks)

3. Name four parts of your bicycle that require oiling or cleaning on a regular basis.

(a) _____ (b) _____

(c) _____ (d) _____

(10 marks)

4. What might cause front light failure?

(a) If you have a battery powered light.

(b) If you have a dynamo powered lamp.

(10 marks)

5. Name the things that can cause damage to your tyres?

(a) _____ (b) _____

(c) _____

(15 marks)

6. What checks must you carry out on the rear light?

(a) _____ (b) _____

(c) _____

(15 marks)

7. What items must you check every day on your bicycle?

(a) _____ (b) _____

(c) _____

(15 marks)

8. List the items of maintenance that you can carry out yourself

(5 marks)

9. Should your tyres be pumped up hard or should they be soft?

(5 marks)

10. Why should the brake blocks grip the side of the wheel rim?

(10 marks)

Total 100 marks

Remember, use your head! Think before you act.

Name _____ Age _____

School _____

Class _____ Date _____

**Do not fill in this box
(For Teacher Only)**

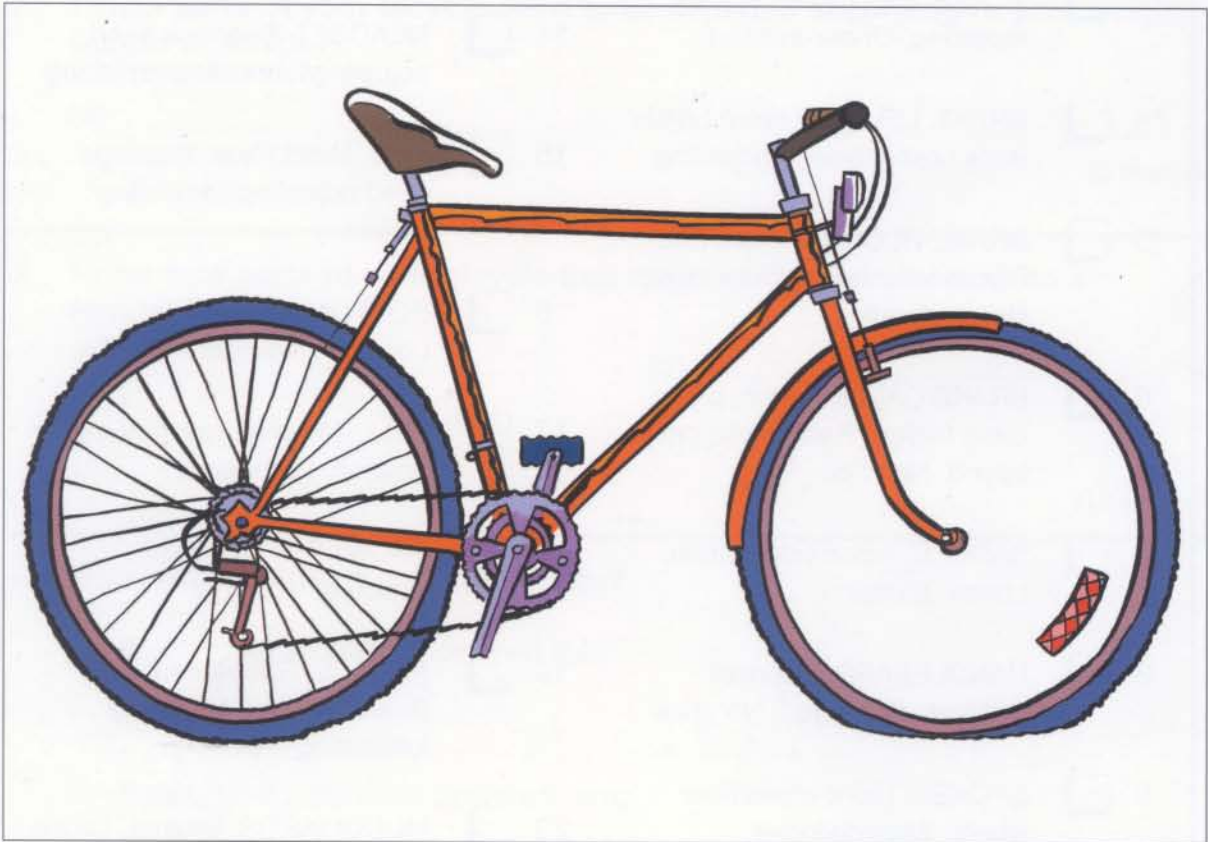
TOTAL MARKS Awarded

ACTIVITY SHEET 1

BICYCLE MAINTENANCE - HOW SAFE IS YOUR BIKE?

Can you find the faults on this bike?

Look for 10 faults and mark with an 'X'



Find the missing words

- (a) My bike should have _____ to stop.
- (b) At night I should have _____ and a _____
- (c) My tyres should be pumped up _____
- (d) If I am sitting on the _____ my _____ should touch the ground.