



 15 MINS



YOUR BIKE (YOU MIGHT NEED A PUMP, A SPANNER AND AN ADULT TO HELP!)

Checking your Bike is safe to ride

CLICK [HERE](#) TO WATCH THE VIDEO INTRODUCTION FOR THIS ACTIVITY

Aim: Learn how to carry out a quick bike check to ensure your bike is safe to ride.

Instructions:

- Use the checklist below to check different areas of your bike. Tick them off as you go.
- If you discover you need to pump your tyres up or tighten something, ask an adult to show you how to do this.
- Bikes are really easy to look after and simple to fix, but sometimes things go wrong and even Dr Bike cannot solve the problem. Not to worry! If you discover something is broken or unsafe, a local bike shop will usually be able to help you out.
- See if you can do the bike check again without using the checklist. You could even time yourself to see how long it takes. Completing a bike check before you ride, or if you haven't ridden in a while, is a good habit to get into and the more you practice the less time it will take.

AREA TO CHECK	✓	THINGS TO LOOK FOR
Brakes		Your bike should have two working brakes. Test your brakes one at a time by gently pushing your bike forward and pulling each brake.
Wheels & Tyres		Tyres should be firm. Give them a pinch and see if they feel soft. If you can pinch them easily, use a pump to put more air in them.
Steering		Handlebars should be straight. Check that your front tyre lines up with the frame and saddle. Hold the tyre between your knees and wiggle the handlebars to make sure they are tightened.
Saddle + Seatpost		A straight saddle is comfortable and safe. Give your saddle a wiggle to ensure the seat clamp is tight and the saddle doesn't move.
Pedals + Chain		Spin your pedals, do they move smoothly? Your chain should be silver or grey, not rusty brown! Some small bits of rust are OK, you can use bike oil to the chain links to protect it.
Frame		The frame is the skeleton of the bike, so it's important to look after it. Check it over for dents and damage. Why not give your bike a good wash, ready for your next adventure?
Other		See something that might come loose? Check your lights, bells, spokies and dusties are well attached so they don't fall off.

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The Active School Travel Programme is an exciting initiative for schools who wish to see more of their pupils choosing an active and healthy journey to school. The programme provides schools with the skills and knowledge to get more children walking, cycling and scooting as their main mode of transport to school.

Find out more at www.sustrans.org.uk/NIschools