

PRE-RIDE CHECKLIST

Always check that your bicycle is in a roadworthy condition before you ride it. These simple checks could save you a long walk home or a nasty accident:

CHECK 1: TYRES

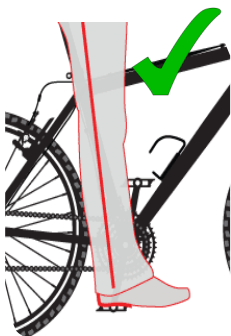
Make sure that the tyres are fully inflated. Press the tyre with your thumb. If it's soft you will need to pump the tyre up. **Well inflated tyres last longer and ride better.**



CHECK 2: SADDLE

Check that the saddle is the correct height. Sit on the saddle, put your heel on the pedal. Your leg should be straight. If it's not you will have to adjust the saddle height.

Cycling is much easier with the correct saddle height.



CHECK 3: BRAKES

Push the bicycle along and pull on the brakes. Does the bicycle stop quickly? **DANGER:**

If your bicycle does not stop quickly, you should not ride it. TAKE YOUR BICYCLE TO A MECHANIC.



CHECK 4: WHEELS

Check that the front wheel is securely fastened onto the forks. Repeat for the back wheel. **DANGER: If the wheel is loose you must tighten it before riding.**

Lift the front wheel and spin it. Check that the brake pads don't catch on the wheel rim. Repeat for the back wheel.

If the wheel catches the brake pads then it might be buckled and will need repairing by a mechanic.

Cycling is much easier with straight (true) wheels.



CHECK 5: HANDLEBARS

Make sure the handlebars are tight. To do this, stand in front of your bike and hold the wheel between your legs. Now try to turn the handlebars. They should not move independently from the front wheel.

DANGER: If the handlebar needs tightening, do not ride it until you have tightened the bolt.



CHECK 6: CHAIN

Check the chain. Is it rusty or does it need lubricant? Clean the chain with an old piece of cloth. When the chain is clean apply some bicycle lubricant to the chain.

A clean and lubricated chain will last longer, run smoother and the gears will change better.



If your bicycle passes these simple checks, your bicycle is good to ride!

If you are unsure how to fix your bicycle, ask an adult or bicycle mechanic who will be able to help you.

CLEAN YOUR BICYCLE

Is your bicycle dirty and covered in mud, dust and oil? If so, wash the frame and wheels. Use a cloth to wipe grime off the brakes, gears and chain.

Lubricate the gears and chain, but remember **do not put oil on the brakes!**



A clean bicycle will last longer and be much nicer to ride!

PUNCTURE REPAIR IN 7 EASY STEPS

STEP 1: REQUIRED TOOLS

- Patch kit (patch, solution & sandpaper)
- A pump
- Tyre levers (no levers? use spoons instead)



STEP 2: REMOVE WHEEL

Remove the wheel and check the tyre for sharp objects. Remove them if there are any.

STEP 3: REMOVE TYRE

Deflate the tyre by pressing on the valve.

Insert the 1st tyre lever under the tyre, then hook it onto the spoke.



Insert the 2nd tyre lever under the tyre a few spokes from the 1st and slide it around lifting the tyre off the rim.

When one side of the tyre is loose, push the valve up into the tyre and pull the tube out of the tyre to remove it.



STEP 4: CHECK THE TYRE

Check the inside of the tyre for the cause of the puncture and remove it.



STEP 5: CHECK THE TUBE

Pump air into the tube.

Listen for a hissing noise to locate the puncture and mark clearly.

Clean the puncture area with sandpaper.

Spread solution onto tube so it is bigger than your patch.

Wait until the solution is sticky, then apply the patch firmly to the tube.



STEP 6: INSTALL THE TYRE

Pump the tube a little until it is round. Now carefully fit the valve through the valve hole.

Starting at the valve hole, use your thumbs to push the tyre onto the rim.



STEP 7: INFLATE THE TYRE

Pump up the tyre making sure the tyre stays in position and does not bulge off the rim. Once inflated, replace the valve cap and fit the wheel onto your bicycle.

BICYCLE MAINTENANCE GUIDE

Problems with your bicycle whilst riding are a cyclist worst nightmare.

You can avoid problems by maintaining your bicycle regularly.

This guide will help you maintain your bicycle and ensure it is safe to ride.

Before you start maintaining your bicycle, make sure you know your bicycle parts. The picture below should help!



Bicycling Empowerment Network
30 Eastlake Drive,
Marina da Gama, Cape Town
021 788 4174
www.benbikes.org.za