

ABC QUICK CHECK



DURATION: AS LONG AS YOU NEED



MATERIALS REQUIRED: YOUR BIKE, PUMP, OIL

Check your Bike to Stay Safe

Aim:

The aim of this week's task is to teach you how to do a quick bike safety check so that you are safe when you are out exercising and exploring!



ABC Quick Check

A - Air: Make sure that your tyres are firm to the touch—give them a hard pinch to check. Also try to spin your wheel to check it is straight. Finally, have a look at your tyres to make sure there is no damage.

B - Brakes: Check that your brakes touch the wheel rims on both sides. Check when you pull the levers that they stop the wheels!

C- Chain, Crank, Cogs: Check your chain is black/grey not red/brown. Wiggle your cranks; hopefully they won't move sideways! Check that your gears change up and down properly.

Quick: Make sure that your quick release levers are secured.

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Action:

- If any of these checks come up with a problem then please ask an adult to see if they can help you to fix it.
- You may even need to take your bike to the local bike shop to arrange for repairs.



Guidance:

Please follow the most up to date guidance from the Government regarding your daily exercise.

<https://www.gov.uk/coronavirus>

Social Media:

If you are posting on Social Media please include your school and us by using:

@sustransni and **#stayhomestayactive**

