

Bike Maintenance

Fourth - Fifth Grade

Objective: Understand why it is important to keep your bicycle in working order. Know your bicycle's main parts and learn how to take care of it so you can ride safely.

Road World Championships: The job of a professional bike mechanic is to keep bikes on the course. This means he/she has to know how to change tires, put on bike chains, fix brakes and get their riders back on course as fast as possible!

Bike Maintenance List

- ★ Tires: Soft tires can make it harder to balance and control your bike. You could even bend your tire rim if you run over a hole or hit a curb. Before you ride, squeeze each tire to make sure it is firm. If a tire is not firm, ask an adult to inflate it until it feels solid.
- ★ Brakes: Test your brakes before each ride to make sure your bicycle can come to a complete stop.
- ★ Bike Chain: Brush out the links of your chain with an old toothbrush. Wipe down the chain with a clean, dry rag.
- ★ Keep It Clean: After you are done riding your bicycle, wipe it down with a clean, wet rag. Now it is all ready for your next ride!



Activity Plan

Materials: crayons or markers, Know Your Bike Activity Sheet, Bike Inspection Checklist.

1. Let's talk about bicycles. How do you take care of a bicycle? How does your bicycle take care of you? What does it mean to be responsible for your bicycle? What other things should you take good care of?
2. Wear your bicycle helmet! It will keep your head safe and everyone happy!
3. On the back of the Know Your Bike Activity Sheet, draw a picture of your bicycle. Does it have all the same parts that Mike and Lucille's bikes have?
4. What could happen if you were riding a bike that was not taken care of? What if a tire went flat? What if the chain snapped?
5. Maximize your visibility at night - wear reflective clothing, lights and apply reflective tape to your bicycle! What are good colors to wear at night for visibility?



Activity:

1. Handlebars, seat and pedals are considered the “3 touch points” on a bicycle. This means that when properly riding a bike, these are the only 3 areas that the rider should have contact with. Have your child highlight each of these 3 parts with a different color pencil or marker. Write down the number that matches all the parts on the blank line below each part name on the Know Your Bike Activity Sheet. On the back of the activity sheet, ask your child to draw his/her own bike and include all the bike parts shown on Mike’s bike. Have your child highlight each of the “3 touch points” on the drawing of his/her bike.
2. Use the Bicycle Inspection Checklist to inspect your bicycle. Mark each question off appropriately. If you find something that needs to be fixed, mark this with an X. Once the inspection is complete ask a parent or guardian to help repair any of the items that have been marked with an X before your next ride.

Bike Maintenance Tip 1: Use clean water to wash down your bike after your ride.

Bike Maintenance Tip 2: Use a bike pump to fill your tires with air.

Bike Maintenance Tip 3: Keep your bike reflectors tight and clean on both tires, your seat post, and on your handlebars.

How to Super Clean Your Bike:

1. Rinse your bicycle with water from a garden hose or bucket to loosen the dirt.
2. Drop a little bit of dish soap into a bucket of clean, warm water. Swish a clean rag around in the water. Use the rag to wipe the bicycle frame and wheels. Go from top to bottom. Use a scrub pad or old toothbrush to clean the rims.
3. Rinse your bicycle with clean water from a bucket or hose.
4. Bounce your bicycle on the ground to shake off the water. Use a clean, dry rag to wipe down the bicycle.
5. Use a paper towel to wipe your chain with oil from a bicycle shop. In a pinch, you can use a little bit of vegetable oil. Wipe off the chain one last time with a clean, dry paper towel.

What Did We Learn?

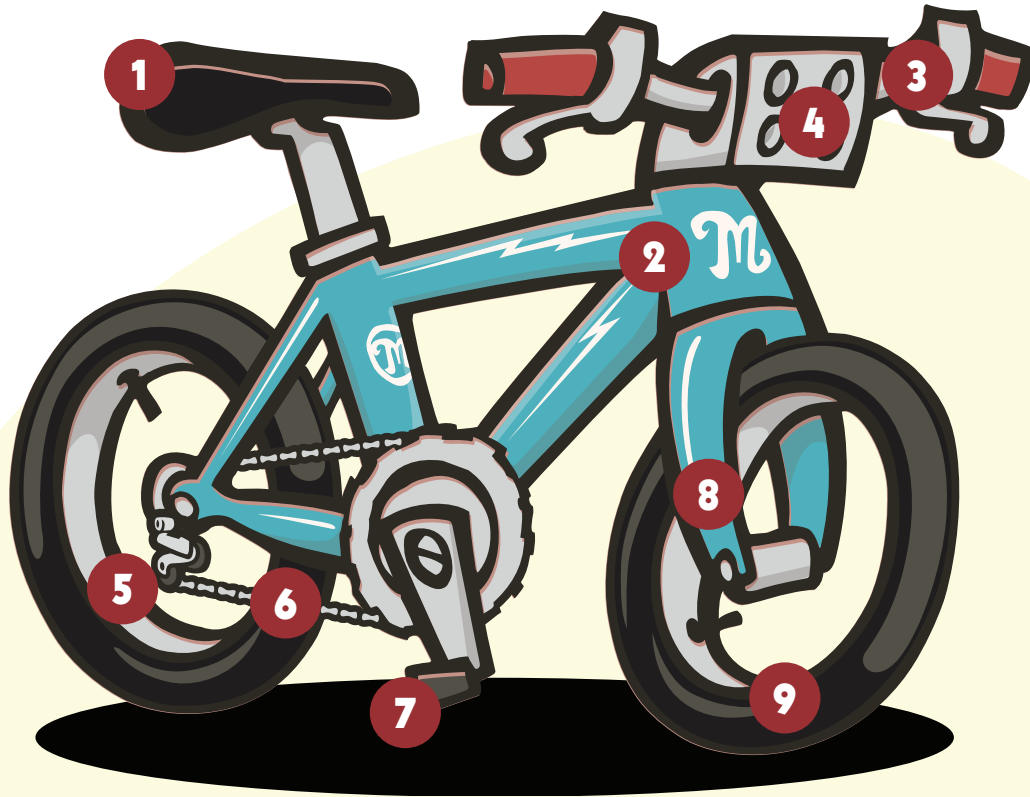
We learned how to take care of a bicycle and how to super clean it! We learned the importance of responsibility and to always take care of ourselves and our things. We learned to always wear a helmet when riding a bicycle. We learned that there are three touch points on a bicycle.



UCI ROAD WORLD CHAMPIONSHIPS
RICHMOND 2015 | USA
Hosted by VIRGINIA IS FOR LOVERS



Know Your Bike



Wheel Fork ____

Pedal ____

Chain ____

Saddle ____

Tire, Spoke, Wheel ____

Reflectors ____

Rear Derailleur ____

Handlebars ____

Frame ____

Put the number next to the word that matches the name of that part on the bike.

Bicycle Inspection Checklist

Check each line as you complete your inspection.

Frame

- _____ Look at the frame to make sure there are no dents, kinks, cracks, or other damages.
- _____ Look for large patches of rust, which could weaken the frame.
- _____ Check that the parts of the frame are securely attached to each other and to the wheels, seat, front fork, and handlebars.
- _____ Check for looseness in the seat, handlebars, and front fork.
- _____ Check the seat height. For young cyclists, riders should be able to sit on the seat and just reach their feet to the ground.
- _____ Check that the handlebar is in line with the front wheel.

Tires and Wheels

- _____ Check that the tires are properly inflated.
- _____ Check that the tires still have good treads and no visible bulging or other damage.
- _____ Check that the wheels spin freely without wobbling. Do they stay aligned when spun?
- _____ Check that there aren't any missing or damaged spokes.

Brakes

- _____ Test the brakes to see that they stop a spinning wheel quickly without slipping.
- _____ Apply the brakes then try to move the bike forward. It should not move.
- _____ Check the brakes - for hand brakes, look at the brake pads. They should have at least 3/16 of an inch of rubber remaining, and they should meet the rim squarely, not at an angle.
- _____ Check the brakes - for hand brakes, you should not be able to squeeze them all the way to the bottom. They should have some reserve left when the brake is completely engaged.

Crank and Chain

- _____ Make sure the crank turns freely and without wobbling.
- _____ Make sure the pedals are firmly attached.
- _____ Make sure the chain is lubricated. Also check it for rust.
- _____ If your bicycle has gears, make sure they shift easily.