



Activity 18: Project

Bike check and ride out

Location: Anywhere

5 minute bike check

- 1 **Lift the front end by the handlebar stem**
 - Pat the front tyre to check the wheel is tight in the frame.
 - Squeeze the sides of the front tyre to check inflation.
 - Wobble the wheel from side to side to check there is no excessive bearing play.
- 2 **Return the wheel to the ground, apply the front and rear brakes**
 - Check that the brake pads bear evenly on the rim.
 - Check that the cables inside the levers are free from fraying.
 - Check that there is no part of the mechanism missing.
 - Check by pushing the bike forward that the brakes work.
- 3 **Release the brakes, step over the front wheel and grip it between the knees**
 - Grasping the handlebar grips, check for side to side and up and down movement
 - Check that all levers on the handlebars are tightly fitted
- 4 **Move towards the rear of the bike, grasp the saddle**
 - Check for movements up and down and side to side
- 5 **Lift the rear of the bike by the saddle**
 - Pat the tyre in the direction of the rear drop-outs to check the rear wheel is tight in the frame
 - Squeeze the sides of the rear tyre to check inflation
 - Wobble the tyre/wheel from side to side to check for bearing tightness
- 6 **Ask the rider to work the pedals by hand whilst you continue to hold the rear wheel off the ground by the saddle**
 - Work the back gear lever from one extreme to the other (whilst rider pedals by hand) to check that the chain will not throw off the largest or smallest sprocket jam
 - Repeat using the front gear changer to ensure the chain will not throw off the chain-rings
 - Wobble the pedals side to side in turn to check there is no excessive play in the bearings or in the bottom bracket
- 7 **Check the chain**
 - Ensure all its pivots points are free. Drip oil lightly as necessary. Avoid spray oils (messy) and avoid WD40 because it is a solvent not a lubricant.



With your bike checked and ready to go, put on your cycling helmet and go for a ride. Ride in safe places for no other reason but the sheer joy of it.

Pack a picnic and map. Cycle with parents or friends and when you are whizzing through the lanes, spare a thought for the engineers who designed and created the components of your bike. It is an amazing piece of kit!

Covid 19 Discipline

OBSERVE SOCIAL DISTANCE

Beavers/ Cubs:

Must be with responsible adult

Scouts/ Explorers:

Parents must be informed.
Work with a friend.