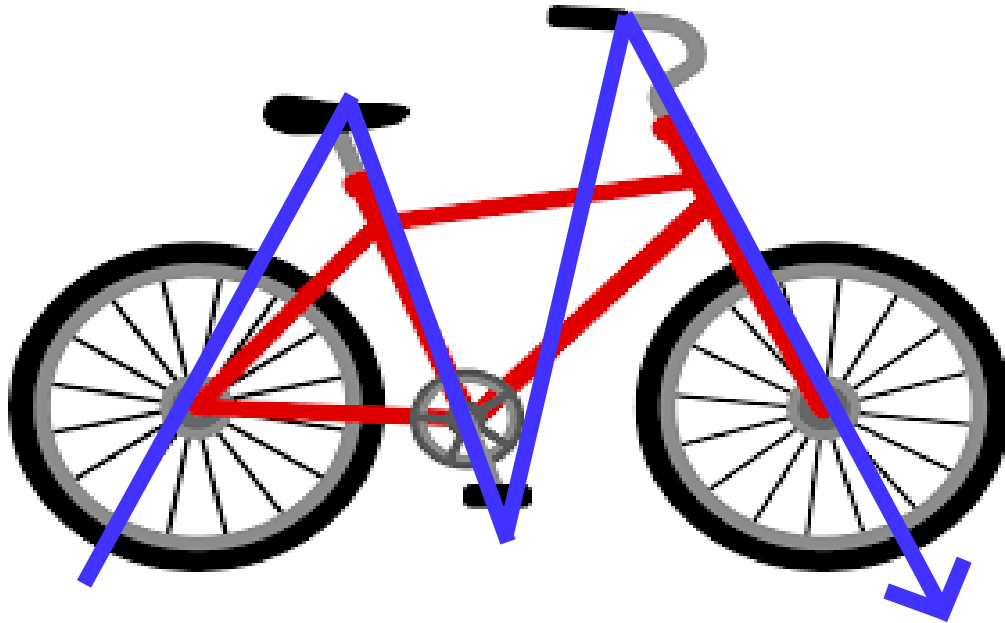


# CYCLIST BADGE



Your name \_\_\_\_\_

1. Complete each of the items below from the “M Check” on your bicycle. The picture shows why it is called the “M Check” and it is particularly important if you haven’t used your bicycle for a long time.



## BACK WHEEL

- Check the spokes by tapping them – are there any missing or loose?
- Is the tyre pumped up properly? Check by squeezing the side walls.
- Are there any smooth patches on the tyre thread?
- Does the back wheel turn round without rubbing against anything?
- Check that the back brake blocks are not worn.
- Apply the back brakes, make sure that both brake blocks touch the wheel rim.
- Check that the brake cables are not frayed.
- Apply the back brakes and holding onto the handlebars rock the bicycle. Check that there is no movement
- If your bicycle has gears check that these are working correctly.
- If your bicycle has a mudguard check that this is not loose.

## SADDLE

- When you are sitting on the saddle check that your feet can touch the ground.

- Hold the saddle with both hands and try to move it from side to side and up and down. Check that there is no movement.

### **CHAIN AND PEDALS**

- Check that the chain is firm and moves smoothly when the pedals are turned.
- Check that the chain is lightly lubricated and not dry or rusty.
- Check that the pedals are not loose.

### **HANDLEBARS AND FORKS**

- Check that the handlebars are not loose.
- Make sure that the handlebars line up straight and central over the front wheel.
- Check that the forks are not damaged or worn.

### **FRONT WHEEL**

- Check the spokes by tapping them – are there any missing or loose?
- Is the tyre pumped up properly? Check by squeezing the side walls.
- Are there any smooth patches on the tyre thread?
- Does the front wheel turn round without rubbing against anything?
- Check that the front brake blocks are not worn.
- Apply the front brakes, make sure that both brake blocks touch the wheel rim.
- Check that the brake cables are not frayed.
- Apply the front brakes and holding onto the handlebars rock the bicycle. Check that there is no movement
- If your bicycle has a mudguard check that this is not loose.

**There is also an “O Check” where the “O” stands for Other! Complete each of the items below from the “O Check”.**

### **LIGHTS AND BELL**

- Check that the front and rear lights are secure.
- Check that the front and rear lights are both working.
- Check that the reflector is secure.
- Check that the bell works.

### **YOU!**

- Check that you haven't got any loose clothing / shoelace undone before cycling.

**2. Draw arrows to match up the pictures with the descriptions below which describe how to repair a puncture. Next put numbers under the descriptions to show the correct order for doing a repair.**

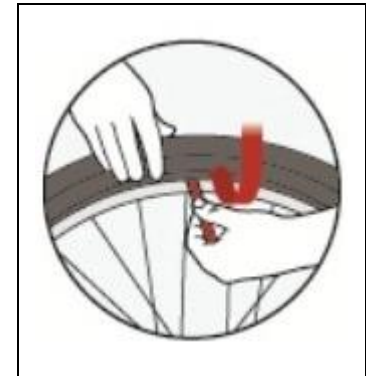
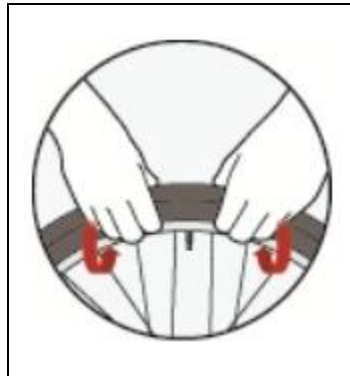
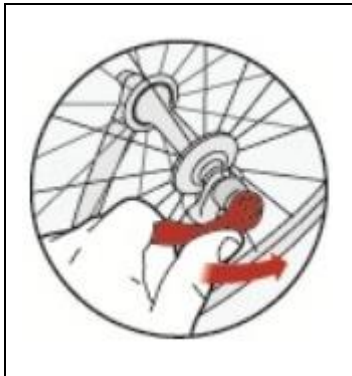
Gently pull out the inner tube. Check the inside of the tyre for anything that might have caused the puncture like a thorn or nail and carefully remove it.

Insert the flat end of a tyre lever into a gap between the tyre and the wheel rim. Then hook the other end of the lever on a spoke. Take the next lever and do the same about 5cm further around the tyre. Repeat until one side of the tyre is free from the rim.

Turn the bike upside down so you can take off the wheel. Use the quick-release lever if you have one or, if the wheel is bolted on, undo it with a spanner. Check the tyre for any causes of a puncture, such as a thorn or nail and carefully remove it.

Pump up the inner tube slightly to check that the patch has worked. Tuck the tube into the tyre all the way around. Starting at the valve side, use the levers to tuck the tyre over the wheel. Inflate the tyre and then put the wheel back on.

Locate the puncture by squeezing the inner tube and listening for escaping air. You can put the tube in water and you will see bubbles. Once you've found the puncture mark it with a crayon and scrape the area around it with the sandpaper from your puncture repair kit. Then stick on the patch.



**3. Describe in the box below how to put back on the chain your bicycle if this has come off.**



**4. Describe in the box below how you should cycle safely, including clothing that should be worn, and how to take care when cycling in bad weather.**



A large, empty rectangular box with a thin black border, intended for a student to write their answer to the question below.

- 5. Explain why you must lock up a bicycle when you leave it unattended, and any other ways to keep your bicycle safe.**

A large, empty rectangular box with a thin black border, intended for a student to write their answer to question 5.