

## Lesson 1: Bicycle Inspection

### Parent/Guardian Instructions:

- Review the “Bicycle Inspection” lesson.
- Have your child (ren) complete the hidden picture activity.
- Check your child’s (ren) bicycle periodically for proper operation and fit.

### Bicycle Inspection Background:

The objective of this lesson is to check the size and condition of your child (ren)’s bicycle. Bicycles must fit correctly and work properly for children to be safe when riding. Many accidents/crashes are caused by failing brakes, loose handlebars, or children riding bicycles that are too large.

### Parent/ Guardian and Child (ren) Bicycle Inspection:

#### Lesson Discussion:

- **Size:** Your child (ren) should be able to comfortably straddle and dismount the bike flat footed. Then with a slight lean of the bike, place their bottom back onto the seat, put their foot on the pedal and, once the skill is there, ride away. The bicycle seat should be level and not tilted forward or backward.
- **Brakes:** There are two types of brakes: coaster and hand brakes. When checking coaster brake push the bike forward while pushing back on one pedal; the rear tire should skid. Make sure the brake arm is attached to the frame at the rear wheel. The more common brakes are hand brakes. When checking for safety on the bike be sure the brake pads are not worn and/or hitting the wheels un-evenly. The brake levers should work smoothly and have one inch of clearance from the handlebars when the brakes are fully applied.
- **Wheels and Tires:** Check to see if your tires and wheels are properly inflated. The tire is designed to protect the rim by absorbing impact from the bumps in the road. Under inflation can damage the tire and rim.
- **Handlebars:** Check to see if your handlebars are tightly fastened by holding the front wheel between your legs and trying to turn the handlebars to the side. If they move, the bolt at the handlebar stem needs to be tightened.
- **Frame and Forks:** Check the frame and forks (the metal arms on either side of the front wheel) for basic straightness. If the frame or forks are not straight, or are cracked, take it to your local bike shop for repair.

This lesson is an overview of the most basic elements of bicycle maintenance. If you suspect that your child (ren)’s bicycle is not working properly, take it to your local bicycle repair shop for further inspection and repair.

### Parent/Guardian and Child (ren) Activity:

The purpose of this activity is for your child (ren) to find bike parts in the hidden picture.

*Hint: You are looking for brakes, pedals, handlebars, tires, a bike frame, chain and seat.*