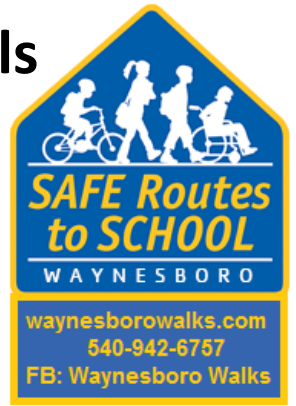


Office on Youth & Waynesboro Public Schools Safe Routes to School Program



Check Your Bike for Safety

1. Watch [this 5 minute video](#) on how to Check Your Bike for Safety.
2. Read how to check your bike for safety in part 3 of Be A Safe Bike Driver.
3. First, it is important to know the parts of your bike so that you can do the ABC Quick Check.

Label the bike below with the following parts:

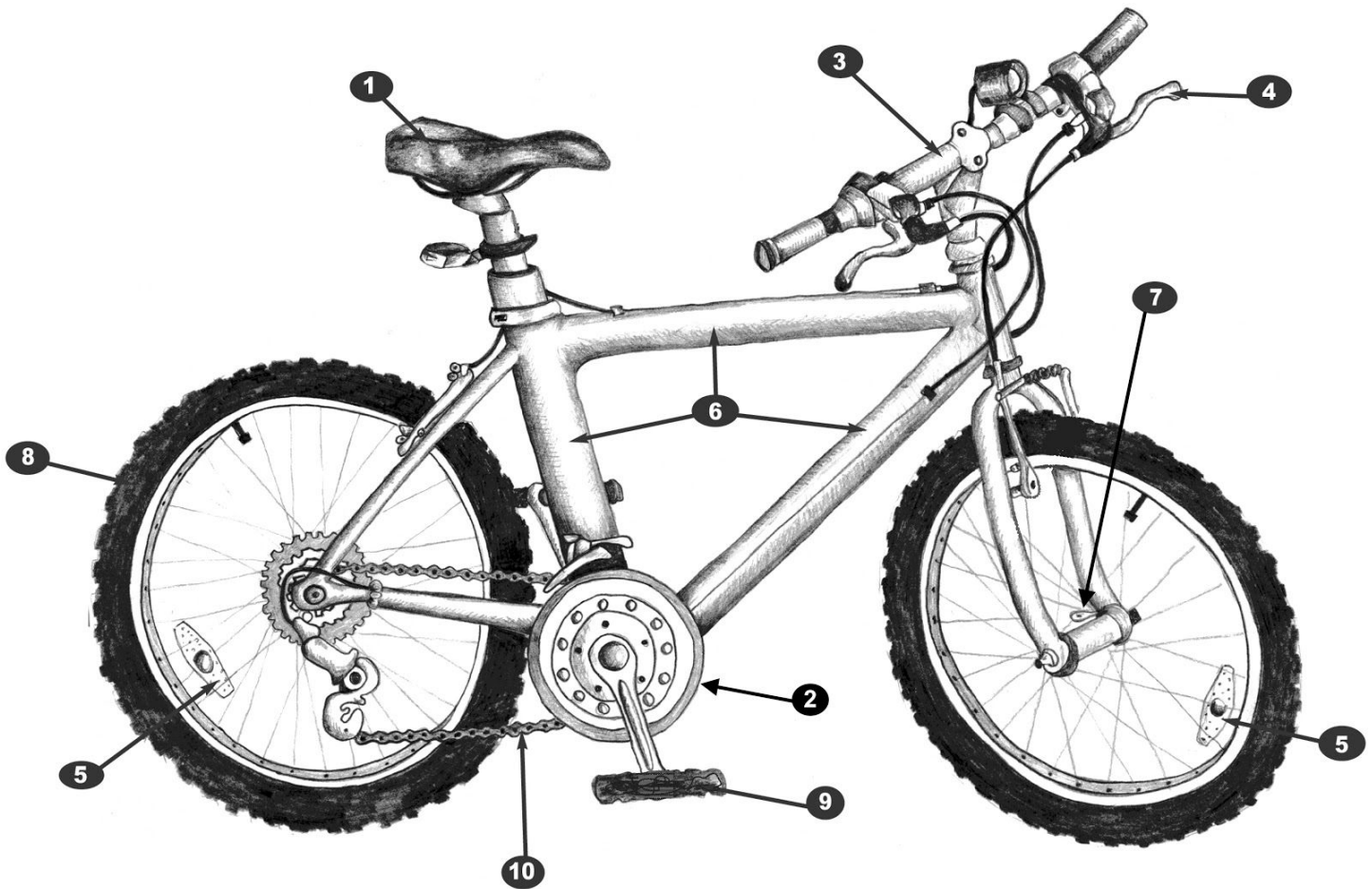
TIRE
SEAT

CHAIN
PEDAL

HANDLEBAR
QUICK RELEASE

CRANK
FRAME

BRAKE LEVER
REFLECTOR



1.	2.	3.	4.	5.
6.	7.	8.	9.	10.

4. Now get your own bike and do the ABC Quick Check!
 (Fill in the blanks & check the boxes in the questions below)

a) A is for _____ in the tires. Check the box for your bike:

	<i>My bike tires feel firm and don't need air.</i>
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	<i>My bike tires feel soft and do need air.</i>
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b) B is for _____. Check the boxes for how your bike stops:

	<i>My bike stops by pulling brake levers on the handlebar</i>
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	<i>My bike stops by pedaling backwards</i>
--	--

	<i>My brakes work properly and stop my bike.</i>
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	<i>My brakes need help!</i>
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c) C is for Cr_____ and Ch_____. Check the box for your bike chain:

	<i>My chain is clean and turns smoothly.</i>
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	<i>My chain is rusty and squeaks when it turns.</i>
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d) Q is for checking the Q_____ release levers on my wheels and/or seat.
 Check the box for the quick release levers on your bike:

	<i>My Quick release levers are snug and read "CLOSED".</i>
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	<i>My Quick release levers are loose and read "OPEN" so I should tighten them.</i>
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e) Q is also for quick all-over check. Check the box for your bike:

	<i>I've done a quick overall check and all bolts are tight - I am ready to ride my bike!</i>
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	<i>I've done a quick overall check and some bolts are loose - my bike needs some work before I ride it.</i>
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** If you find anything that you can't fix on your bike, be sure to take it to a bike shop so a qualified bike mechanic can fix it for you.