



BIKE MAINTENANCE

A quick check over of your bike each time you use it, especially if it has not been used for a while, is a great idea to ensure you have a fun and safe outing.

Safety first: Always ride with a correctly fitting helmet and enclosed shoes. Keep your head and toes safe.

You will need:

- Bike
- Tyre pump/bike pump
- Tyre pressure gauge
- Spanner

Instructions – Tyre Pressure:

Fully inflated tyres make the bike easier to ride.

1. On the rim of the tyre, there will be printed the pressure range in psi (psi - pounds per square inch) for your tyre. For example: 40 - 65psi. The lighter the rider, the lower the psi needs to be.
2. Take the tyre valve cap off, and place it somewhere safe like in your pocket.
3. Using the tyre pressure gauge, check the tyre pressure. If the pressure reading is below the range printed on the tyre, you need to add more air. *Note: in the GGTV video the pump used had a built-in pressure gauge.*
4. Attach the pump. The method can vary depending on the type of pump you are using. You can use the air pumps at service stations if you do not have one at home.
5. Use the pump to add air. If the tyre pressure is very low, this may take several pumps. If the tyre pressure was close to the lower range, it may only take a few pumps. Try not to over-inflate (add too much air) as this is not good for the tyre.
6. Check the wheel by giving it a squeeze. If it very soft, it needs more air; if it is very firm/hard, it's good. If you think it feels correct, use a tyre gauge to check the pressure. The more practice, the better you become at feeling the correct pressure.
7. Remove the pump.
8. Replace the valve cap.
9. Check the other tyre as well, using the same method.

Instructions – Seat:

1. Ensure the seat is facing the forward, as sometimes it can move off-centre a little bit.
2. Adjust the seat height to ensure that, when the rider is sitting on the seat, their foot can reach the peddle, with a slight bend in the knee.

3. Some seats have a quick release mechanism, so adjusting the seat is easy. Others may require a spanner to loosen the nut to adjust the seat.
4. Ensure the seat mechanism is tightened again after the seat height has been adjusted.

Instructions – Brake:

These are really important!

1. While pushing/moving the bike forward, squeeze the brake for the front wheel to ensure it is working.
2. While pushing/moving the bike forward, squeeze the brake for the rear wheel to ensure it is working.
3. In both cases, the bike should stop easily when the brake is applied.
4. You can also check the brake pads on the front and back wheel. You want both sides of the brake to come together easily on to the wheel.

Other items you can check:

- Check that your bell is working. This is used to let other people know you are behind them.
- Ensure your light is working, especially if you are riding at dusk, dawn, or at night.
- Check the bike chain. Make sure it is not loose. If it is rusty, it's time for a new one. Applying chain grease will help the chain move over the cogs better and should be done if the chain is looking dry.
- Give the frame of the bike a quick check for any cracks or holes.
- Check the handlebars are aligned to the front forks and that there is no movement.

