



Making Tracks



Teaching Resource

Cycling Safety: The ABC Bicycle Safety Check



*Suggested Time: 20 minutes

Purpose

- ✓ To have students learn the ABC's bicycle safety check
- ✓ To teach students how to perform their own ABC's bicycle safety check
- ✓ To have students recognize the importance of completing the ABC's bicycle safety check before every ride

Location

- ✓ Large open field or space free of obstacles

Materials

- ✓ Bicycles and helmets, one per student
- ✓ Air pump, preferably with a pressure gauge, one per group
- ✓ ABC's of Cycling Safety Checklist, one per student

Safety Considerations

- ✓ Ensure that students walk with their bicycles from station to station. They must not ride them until the ABC's have been checked and passed on their bicycles.

Guidelines

- ✓ Divide students into small groups, if assistants are available, have one assistant stay with each group.
- ✓ Within each group introduce the ABC's of bicycle safety inspection that should be done prior to any ride:
 - A: Air
 - B: Brakes and Bars
 - C: Chain and Crank
- ✓ Demonstrate to the group how to properly check each item and key awareness points.
- ✓ Give each student an ABC's of Cycling Safety Checklist.
- ✓ Set up three stations (Air, Brakes, Chain and Crank) and move the groups from station to station checking each of the ABC's.

- ✓ Verify that students have properly adjusted their bicycles to meet the safety requirements by signing their safety checklists at each station.

- ✓ Note: The safety stations are an option if there are an adequate number of assistants. If resources are limited and there is only the teacher, go through all of the safety stations as a large group.

Instructional Considerations

- ✓ For each of the ABC's, point out what students need to look for in order to have safely operating bicycles. For example: Do the tires have enough air? Are there any broken or loose spokes?
- ✓ The teacher and assistants may also choose to complete a "Drop" or "D" check. This involves picking the bike up approximately two inches off the ground and dropping it to listen for the rattle of any loose parts. (Note: Students should support the bike during the drop so it does not fall to the ground.)

Things to Observe

- ✓ Students are taking the information provided to them and making the appropriate adjustments.
- ✓ Students are asking for help when needed.
- ✓ Students are ensuring that their safety checklists are completed before moving ahead to the next stations.

Debrief

- ✓ At the end of this activity, debrief with the students. Ask them to respond to these questions:
 - What was one new skill or thing that you learned?
 - What did you like the most in this activity?
 - What surprised you in this activity?



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Cycling Safety: ABC's of Cycling Safety Checklist

Before cycling, you need to make sure your bicycle is ready for the road.

Here is a checklist that you can use to determine whether your bicycle is ready for the road.

"A" IS FOR AIR – CHECKING YOUR PARTS AND TIRES	ACTION, IF NEEDED	DONE
1. Tires are inflated to between the minimum and maximum PSI indicated on the side of the tire	I need to inflate/deflate my tires	
2. Spokes are not broken or missing	I need to have the spokes fixed	
3. The treads on my tires are in good condition	I need to replace my tires	
4. All nuts, bolts, and screws are tight	I need to tighten the nuts, bolts, and screws	
5. The levers or nuts that clamp the wheel axles to the frame and forks are tight	I need to tighten the levers that clamp the wheel axles to the frame	

"B" IS FOR BRAKES - CHECKING YOUR BRAKES	ACTION, IF NEEDED	DONE
6. The brake levers are not bent	Levers are bent; I need to fix my brake levers	
7. The brake levers are easy to reach and pull and engage the brake on the rim firmly without touching or coming too close to the handlebar grips	I need to adjust the position of the brake levers	
8. The brake pads are not rubbing against the rims or disc	I need to adjust the brake pads so that they do not rub against the rims or disc	
9. The brake pads are not worn	I need to replace the brake pads because they are worn	
10. The cables are free of rust and/or wear	I need to replace the cables because they have rust or wear	
11. When I push my front and back brakes (one at a time), the wheel stops and I cannot push my bicycle	My wheels do not stop when I push my front and/or back brakes; I need my brakes adjusted	

"C" IS FOR CHAIN AND CRANK – CHECKING THE PARTS THAT MAKE MY BIKE MOVE	ACTION, IF NEEDED	DONE
12. The chain is properly lubricated and free of rust and excess dirt	I need to lubricate and/or clean the chain on my bicycle	
13. The derailleurs are shifting with precision and in correct positions	I need to get the derailleurs fixed so that the gears shift with precision and in a correct position	
14. The pedals are not loose	I need to tighten the pedals (they tighten in opposite directions, toward the front of the bicycle, right to the right and left to the left)	

*Adapted from the York Region Making Tracks program. Originally adapted from the Tim Horton's Cycling Safety Handbook.