



4-H AT HOME



FUN, HANDS-ON ACTIVITIES TO KEEP KIDS ENGAGED

READY TO RIDE?



Bicycles are a great way to get from one place to another, to go see friends and to get some exercise but is your bicycle ready to ride?

BICYCLE ABC'S

A

"A" Stands for Air. You need to check the air pressure in your tires. Generally, road tires need 80 to 130 psi (pounds per square inch), mountain tires need 25 to 35 psi. Check the side of your tires to be sure to inflate to the correct psi. This is also a great time to check your tires and tubes to make sure they are in good condition.



B

"B" Stands for Brakes. It is important that your brakes are working properly to ensure your safety and the safety of the people around you. If your bike has "Coaster Brakes" or brakes that your pedal backwards to stop, you don't want to ride your bike to check the brakes. Flip the bike upside down and use your hand to pedal the bike, then reverse and see if your back wheel stops. If it does then great, if not have an adult look at it for you. If you have hand brakes, lift your front tire, spin it with your hand and use the and hand brake to make sure it stops properly. Then do the same for the rear tire.

C

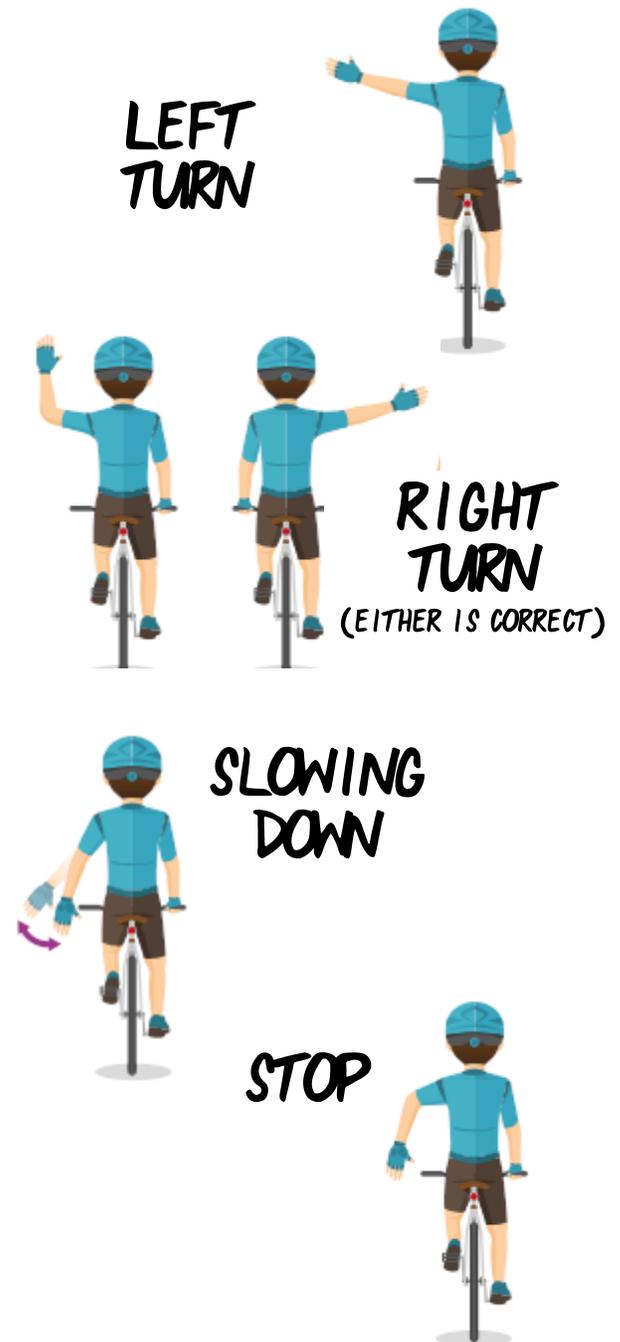
"C" Stands for Chains and Cranks. Check your bike chain to make sure it is free of rust and dirt. Use an old rag to clean your chain if needed. The cranks are your pedals, check to see that they are good and firm. If they wiggle they will need to be tightened, you'll probably need to ask an adult for help.

For more information about the ABC's of Bicycles see this video from Purdue University Extension: <https://youtu.be/gVvoodinHZU>

Safe Riding Tips

1. Always wear a helmet that fits properly. No exceptions, every time, every ride.
2. Kids younger than 10 should ride on sidewalks and not the street.
3. Go with the Flow . . . Bikes should be ridden in the same direction as cars.
4. Obey all traffic laws. A bicycle is considered a vehicle, so you need to obey traffic signs, signals and lane markings.
5. Be predictable, ride in straight lines not in and out of cars. Make sure to signal when you are moving or stopping.
6. Use your eyes and ears to watch and listen to traffic. Watch for potholes, cracks in the road, storm grates or railroad tracks that might make you lose control of your bike.
7. Look before turning. Look behind you for a break in traffic, then signal before making your turn.
8. Watch for parked cars. Ride far enough away from the curb to avoid the unexpected from a parked car, like a door opening or the car pulling away from the curb.
9. Avoid riding at night, even with lights and reflective clothing because bike are harder to see in the dark.

Hand Signals



For more information on bicycle safety, visit the National Highway Traffic Safety Administration (NHTSA) Web site at: www.nhtsa.dot.gov



OSU EXTENSION
GRADY COUNTY
4-H YOUTH DEVELOPMENT