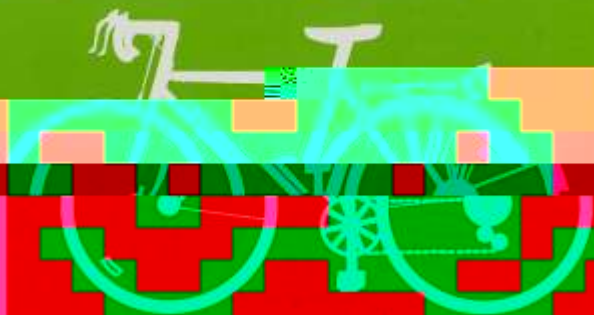


Bicycle facts for beginners



good

practice

4 What do I do if I get a puncture?

Think about this before you go off on a ten mile ride

- brake blocks
- puncture repair kit/inner tube/valve/valve caps
- spare keys for your

- take a puncture repair kit – even if you don't know how to use it, you may get help from someone who does
- take a bicycle pump!

6 What tools do I need?

For simple repairs

5 What should I take on a journey?

If you are going to be more than a short distance away from help

- a pump
- lights
- brake and gear cables
- a few nuts and bolts

into small spaces

- Allen/hex key to fit saddle/handlebar
- puncture repair kit
- bicycle pump
- a rag to clean yourself

Can't maintain the bike yourself?

To help you, or find a good repair shop to do it for you

Further recommended reading

The Haynes Bicycle Book ISBN 1563921375 £12.00

The Highway Code ISBN 0115519777 £1.50

<http://members.snl.com/biketune/index.html>

do you – or would you – cycle in Reading?

If the answer is

Does your bike fit you?

Bikes come in many sizes – get the right one

Your feet must touch the ground when you are seated

- the saddle and handlebars should be at the same height
- the distance from the middle of the handlebars to the front of the saddle, should be the same as the distance from the middle of the handlebars to the front of the saddle

Is my bike safe?

Take regular checks

Examples

- do the brakes work and how good would they be in an emergency?
- are the brake blocks worn or not making contact with the wheel rims?
- are the brake or gear cables frayed – do they need lubrication or adjustment?

2 How can I stop my bike

How can I stop my bike

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Interests

the 2016-2020 period, the number of deaths caused by road accidents in the UK has fallen by 10%.

the number of deaths

Highway Code

It details the 'conventions' to be followed by road users to ensure the safe flow of traffic.

the Highway Code

the Highway Code is a set of rules that govern the behaviour of road users.

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lines

• use of front and rear

lights at night (LEDs)

phone use while driving

use of hand signals

use of hand signals

use of hand signals

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link or drive

• carry a passenger unless

the bike is designed for it

• hold onto a moving

object

• hold onto a moving

object

• hold onto a moving

object

• hold onto a moving

object

• hold onto a moving

object

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object

Know your bike

1 saddle

2 handlebars

3 seatpost

4 pedals

5 chain

6 wheels

7 frame

8 lights

9 bell

10 horn

11 mirror

12 bell

13 horn

14 mirror

15 bell

16 horn

17 mirror

18 bell

19 horn

20 mirror

21 bell

22 horn

23 mirror

24 bell

25 horn

26 mirror

27 bell

28 horn

29 mirror

30 bell

31 horn

32 mirror

33 bell

34 horn

35 mirror

36 bell

37 horn

38 mirror

39 bell

40 horn

41 mirror

42 bell

43 horn

44 mirror

45 bell

46 horn

47 mirror

48 bell

49 horn

50 mirror

51 bell

52 horn

53 mirror

54 bell

55 horn

56 mirror

57 bell

58 horn

59 mirror

60 bell

61 horn

62 mirror

63 bell

64 horn

65 mirror

66 bell

67 horn

68 mirror

69 bell

70 horn

71 mirror

72 bell

73 horn

74 mirror

75 bell

76 horn

77 mirror

78 bell

79 horn

80 mirror

81 bell

82 horn

83 mirror

84 bell

85 horn

86 mirror

87 bell

88 horn

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92 mirror

93 bell

94 horn

95 mirror

96 bell

97 horn

98 mirror

99 bell

100 horn