

LESSON PLAN #2

BICYCLE MAINTENANCE CHECK

OBJECTIVES:

By the end of the lesson, students will be able to:

- discuss the importance of using and riding on safe equipment.
- identify parts of their bike that should be maintained and checked regularly before they ride.
- utilize problem-solving and decision making skills as it relates to bike safety.

MATERIALS:

- Bicycle (optional)

TIME REQUIRED:

- 30 minutes

LESSON OUTLINE:

Introduction:

- Bicycles, roller blades, scooters and skateboards are fun and popular outdoor activities.
- While helmets are very important to prevent serious head injury when riding, it is also important to prevent the crash from happening in the first place. One way to help achieve this is to be sure that the equipment you are using fits you properly and is well maintained. Riding a bicycle that has worn out parts or parts that need adjusting can be dangerous.

Part One:

ABC Quick Check:

- Ask students to identify what might happen if their bicycle is not working properly.
- Utilizing the ABC Quick Check found in the Young Cyclist Guide (Ministry of Transportation (Ontario)), discuss with students what parts on the bike should be checked by them and their parents. The ABC Quick Check is a smart and easy way to keep a bike in good shape and the rider safer.

- Ask students how they know if their bike fits them properly (see background info. below).
- Have students take a copy of the Young Cyclist Guide (Ministry of Transportation (Ontario)) home to their parents to check if their bike is safe to ride.

Background Information:

- It is important for students to understand the importance of riding a bike that is properly maintained and in good working order. The ABC Quick Check is one way to teach children the parts on the bike that should be regularly checked before going for a ride. It is also important for the students to understand what equipment is required by law on their bike.
- The following bike equipment is required by law:
 - Helmet
 - Lights and Reflectors – a white light mounted on the front of the bike and a red reflector on the back
 - Bell or Horn
 - Reflective Tape – white reflective tape on the front forks and red reflective tape on the rear forks

(Cycling Skills Guide, Ministry of Transportation (Ontario))

- Tips for checking if the bike fits properly:

(A.) **Frame Size:**

- Both feet should be flat on the ground when straddling the top tube of the bike. There should be space between your body and the top tube (Young Cyclist Guide, Ministry of Transportation (Ontario)).

(B.) **Seat Height:**

- When sitting on the bike seat, you should be able to touch the ground with both feet. Touching with your toes is allowed (Young Cyclist Guide, Ministry of Transportation (Ontario)).



Part Two:

Small Group Problem-Solving Scenarios:

- Utilizing **Appendix # 3** have students work in small groups to problem-solve the following scenarios.

1. It's a hot and sunny day and you and your friend are about to head out on a bike ride to the local community swimming pool for a swim. Before heading out, you notice that your friend's bike tire is flat. When you point it out to him he shrugs his shoulder and says it doesn't matter. What do you do?

Answer:

- Explain that it is unsafe to ride on a bike that is not in good working order.
- Suggest walking your bikes to the closest gas station to pump the tire up with air or have a parent or guardian drive the bike to the gas station.
- Maybe a neighbour has an air pump?

2. It is the first day of Spring and you and your friends are eager to get out on your bikes and go for a ride. You have not used your bike since last Fall. Name five things that you should check on your bike before you take it for the first ride.

Answer:

- Please see ABC Quick Check in Young Cyclist Guide

3. What equipment does the law require you to have on your bike?

Answer:

- Please see Part One - background information above