

STATION 2: Bicycle Inspection

Recommended Age Group: Kindergarten - Grade 8

Mode: Bike & Scooter

Learning Objective

Participants will learn how to check the mechanical safety and fit of the bicycle before riding.

Planning for this Station

Time: 10 minutes

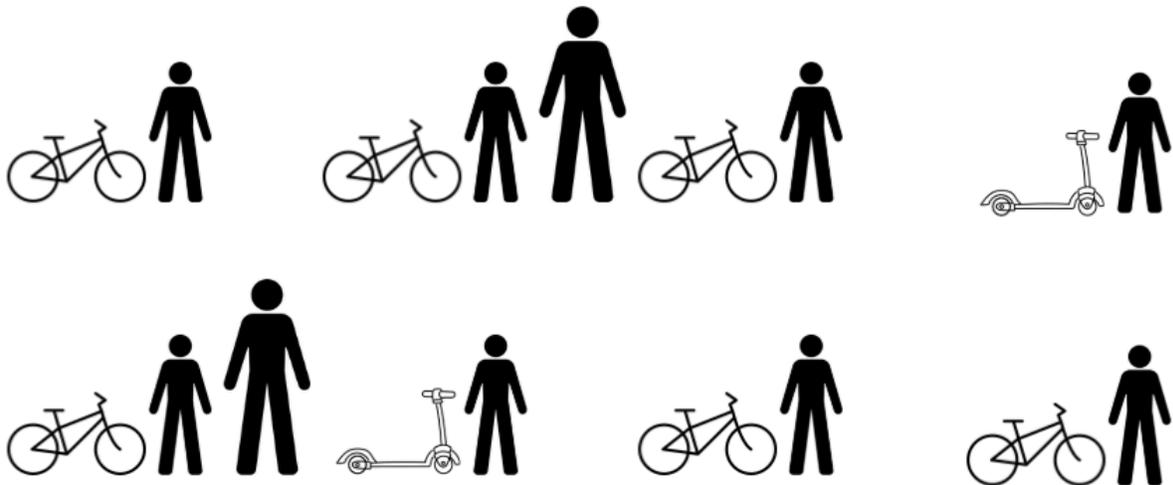
Recommended # of students per group: 10

Equipment: Bicycles/scooters

Number of Leaders required: 1-2

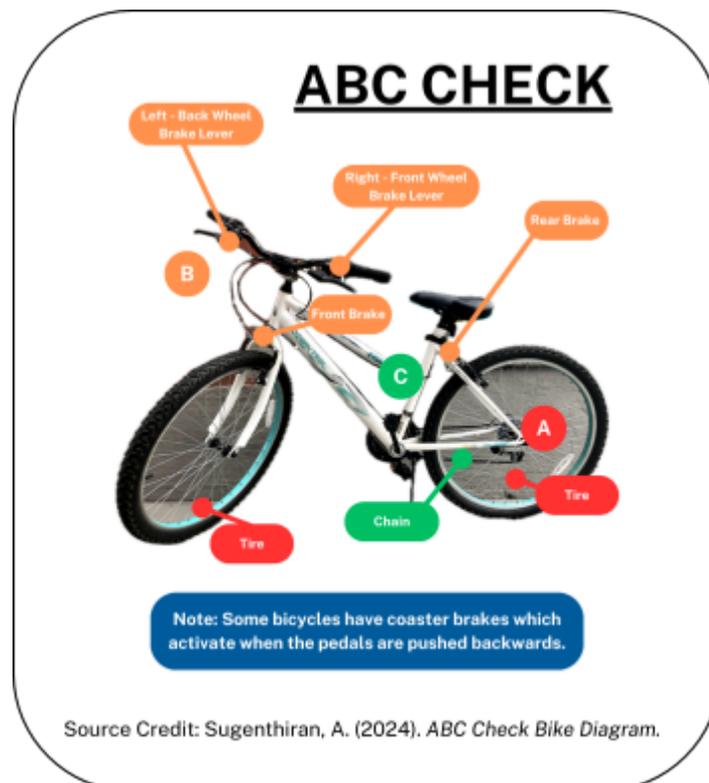
Set Up

Students stand next to their bicycle/scooter with facilitators visiting each to help with their A.B.C. Quick Checks.



Instructions

1. Have students stand next to their bicycles as the A.B.C. Quick Check is completed with the station leader.
2. Proceed through each step of the check as each student participates using their own bicycle.
 - **A is for Air:** Check your tires to see if they have enough air and if there are any holes in the tires. Press on each tire, they should be firm.
 - **B is for Brakes and Bars:** Check your brakes and handlebars to ensure they are functioning properly.
 - i. Standing beside your bike, pull the front brake only and push forward on the handlebars.
 - ii. The front wheel should lock up and the back wheel should leave the ground. Then pull the back brake only and walk forward, the back wheel should lock and skid along the ground.
 - iii. Check the Handlebars: Hold the front wheel between your knees and try to twist the handlebars side to side and up and down.
 - **C is for Chain and Crank:** Check the gears to see if the chain is on and lubricated, there is no damage, and that the pedals spin freely backwards.



3. It is recommended that all bicycles or scooters pass the A.B.C. Quick Check before proceeding with other stations.

Final Discussion Points

1. The A.B.C. Quick Check is an easy way to remember what parts of your bike you need to check in a basic safety inspection to keep your bike in good shape.

Source: MTO - Young Cyclists Guide, 2010 / CAN-BIKE Course material