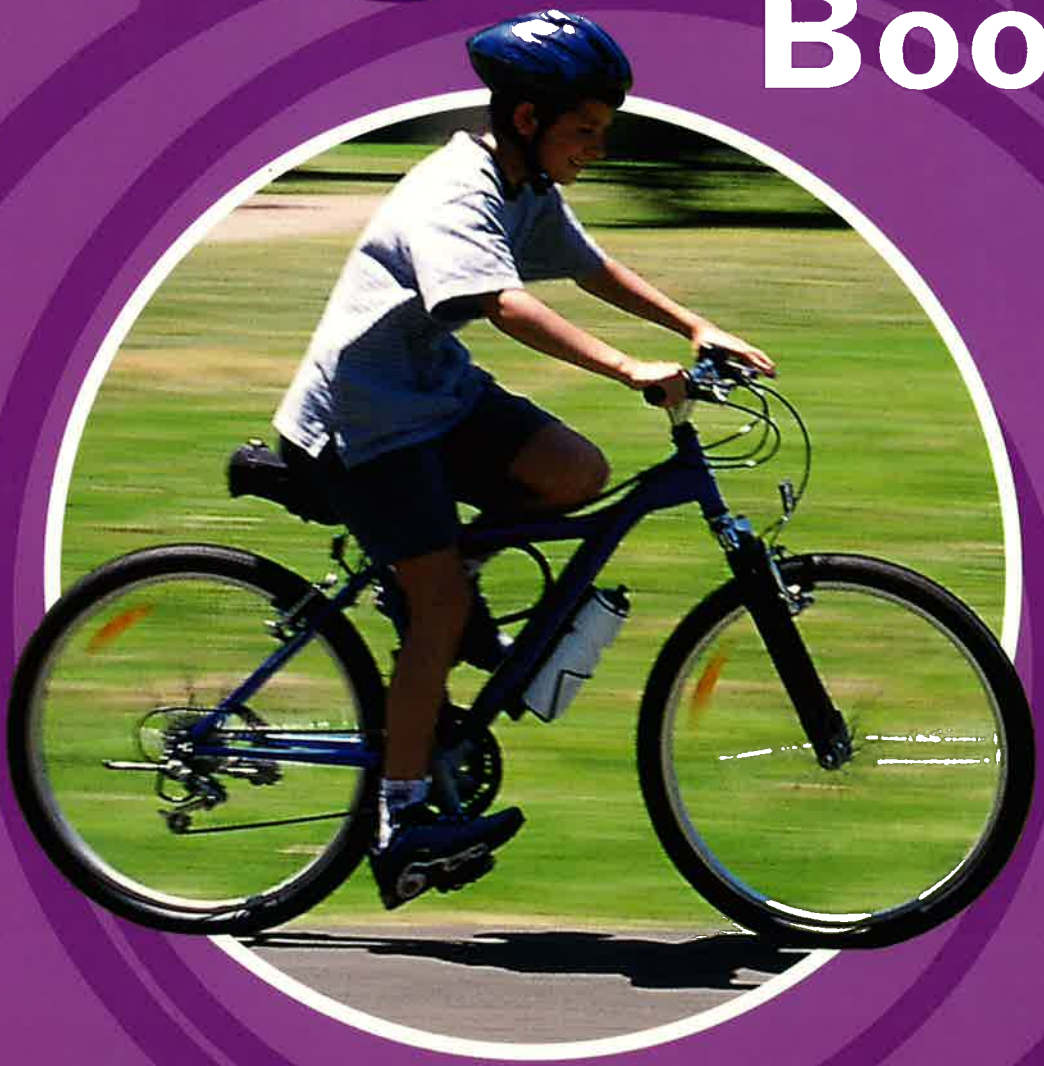
The Bicycle Book



Anna Fern

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Contents

Chapter 1 Getting to know your bike 4

Chapter 2 Dress to be seen and to be safe 6

Chapter 3 Safety equipment 8

Chapter 4 Trying your bike on for size 10

Chapter 5 Ready, set, go! 12

Chapter 6 How not to crash 14

Chapter 7 On the road 16

Chapter 8 Fixing a flat tyre 22

Chapter 9 Staying roadworthy 26

Chapter 10 Why I like my bike 30

Glossary 31

Further Reading and Websites 32

Index 33

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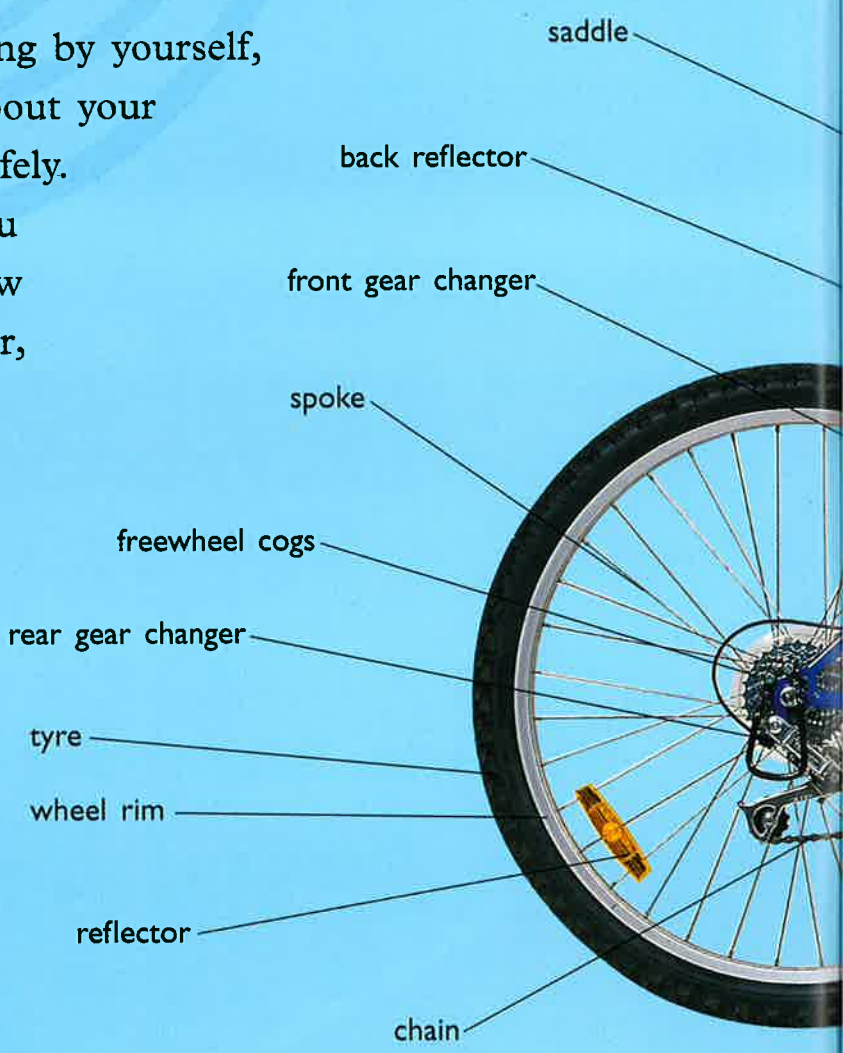
Chapter 1

Getting to know your bike

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A bicycle is like a freedom machine. When you can ride a bike, you don't have to rely on other people to travel around. You can just hop on your bike and go.

Before you start riding by yourself, you need to learn all about your bike and how to ride safely. This book will teach you about your bike and how you can become a better, more confident cyclist.



For teachers' inspection ONLY

Parts of a Bike



Chapter 2

Dress to be seen and to be safe

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There are a few special things you should think about wearing to make cycling safer and more comfortable.



Always wear a helmet — and make sure the chin strap is fastened, otherwise there is no point in wearing the helmet. Some people think that they look better riding without a helmet. But if you have a crash and you're not wearing your helmet, you could end up with head injuries, permanent brain damage or even become paralysed.

Before you set out for a ride, ask yourself, "Can car drivers and pedestrians see me?" Wear bright clothing to help other road users see you.

Wear clothing that won't get caught in the bike. When wearing trousers, tuck the cuffs into your socks so they won't get in the way when you are pedalling, or get caught in the chain.



Special cycling gloves, which have extra padding on the palms, will protect your hands if you fall off. In warm weather, you can wear lighter fingerless gloves. Sunglasses or cycling goggles will protect your eyes from the sun, dust and insects.

If it's raining, wear a raincoat and a pair of rain trousers. These will keep you warm, dry and visible.

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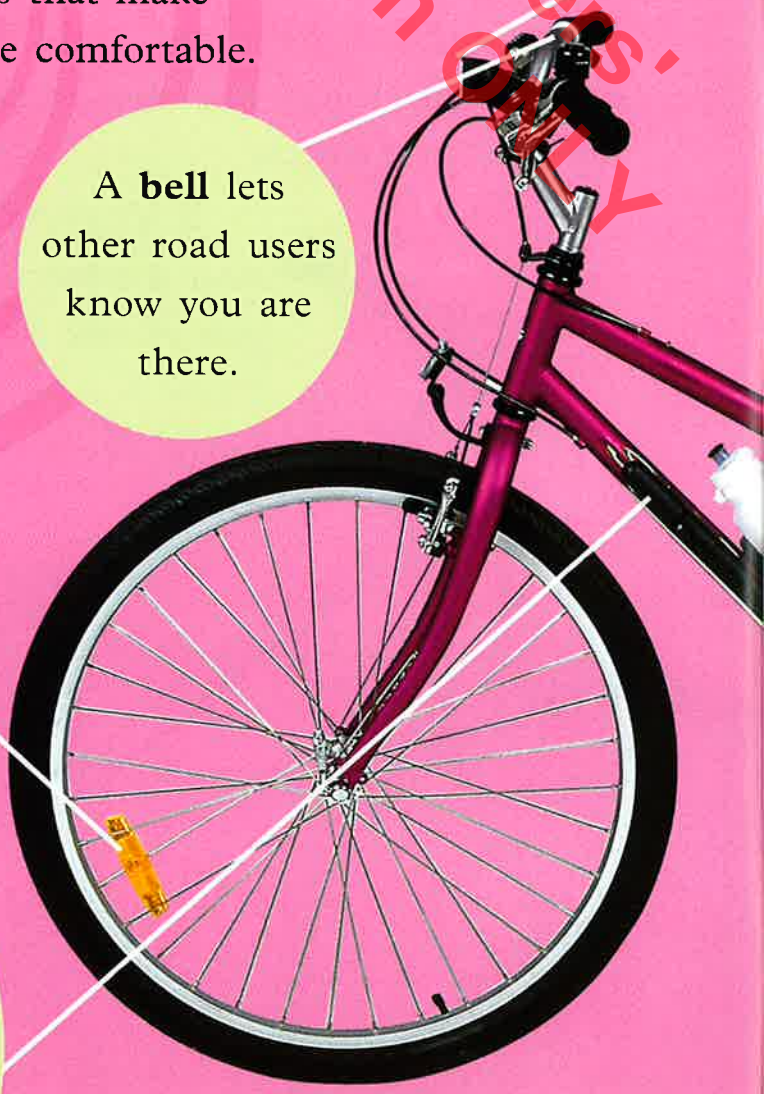
Safety equipment

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There are a few other items that make riding a bike safer and more comfortable.

A **bell** lets other road users know you are there.

Reflectors on your wheels and pedals reflect street lights and car lights, and help people see you.



Tyre punctures happen to everyone at some time. Carry a **bike pump** and a spare **inner tube** when there is no other transport to get you home.