

Idaho Safe Routes to School – Walk & Bike Fun Sheet

Before you ride your bike, REMEMBER the ABCs

A - Air in tires - is there enough air in your bike tires?

B - Brakes - do your brakes work?

C - Chain & Cranks - is the chain dirty or are cranks loose when you pull on them?

Wear Your Helmet Everytime You Ride

Is your bike helmet on with your chin strap fastened?

If your strap comes over your chin you need to make it tighter.



Seat
Rim
Headset
Gear Lever
Rear Fork
Rear Brake
Crank
Chain
Front Brake
Seat Pillar
Handlebar
Front Light
Brake Cable
Hand Grip
Valve
Front Reflector
Bike Frame
Spokes
Rear Light
Pedal
Front Fork
Rear Reflector

Do you know your bike? Try and label each part using the list □

