CYCLIST 1 E-AWARD with Shelley Phipps





1. Know how to ride a bike without training wheels.

GLUE A PHOTO OF YOU ON YOUR BIKE HERE

- 2. Be able to ride three blocks in your neighbourhood.

 Take a video of you on your bike ride and send it to your Adventurer leader
- 3. Know three biking safety rules.

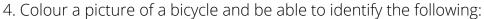
Watch the bike safety video: https://bit.ly/3gCkPzM

This is a great video just remember in Australia we drive and ride on the **LEFT**

- · Wear a properly fitted bicycle helmet.
- · Make sure your bicycle fits you, check the size.
- · See and be Seen wear bright clothing and have reflectors on your bike.
- · Never have anyone else on the bike with you.
- · Ride with both hands on the handlebars.
- Watch out for road hazards.
- · Be careful of people, other cyclists and cars.

GLUE A PHOTO OF YOU

WATCHING THE VIDEO HERE



- Handlebars
- Chain and guard
- Spokes
- Seat
- Main Frame



You can download a colouring page here: https://bit.ly/3Bibl4q Don't forget to label your drawing with the parts above

GLUE A PHOTO OF YOUR
BIKE DRAVVING WITH LABELS
HERE

5. How are tires pumped up?

- Get a bike pump.
- Open the valve on the wheel.
- Figure out the recommended PSI for your tires.
 (it's usually written on the tire)
- PSI is how you measure the tire pressure.
- Pump the tire until it gets to the correct PSI.



