

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



4. Colour a picture of a bicycle and be able to identify the following:

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



You can download a colouring page here: <https://bit.ly/3Bib14q>

Don't forget to label your drawing with the parts above

GLUE A PHOTO OF YOUR
BIKE DRAWING 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.

