

Cycling

14+ year olds

MOT your bike:

What you need:

1. A bike per group (it's easier to do this with an adult bike rather than a young child's bike as more often than not the moving parts are covered on a young child's bike)
2. Bike pump (per group if possible)
3. Basic bike maintenance kit: hex keys, wrenches, allen keys
4. String and blue tack (to visually demonstrate the M on the bike)
5. Resource check list (at least one per group)

What to do:

1. Using the available resource go through the M check with your section
2. Once they're comfortable with it, you could change aspects of your bike (such as loosening the handle bars slightly, or deflating a tyre) to try and encourage the section to notice how it's changed between goes.

Take a tyre off and check it for a puncture:

What you need:

1. Bike (per group or pair)
2. Spanner (if the bike is not quick release wheels)
3. Bike pump
4. Chalk
5. Sandpaper
6. Repair kit and tools
7. Bucket of water

What to do:

1. Quick release the front wheels, or use a spanner to release the wheel nuts to take the wheel off.
2. Remove the rear wheel by:
 - a. Putting the bike in its lowest gear
 - b. Disengaging the brakes (if its disc breaks you don't have to do this)
 - c. Turn the bike upside down and either quick release the wheel, while at the same time removing the derailleur out of the way OR
 - d. Using a spanner loose the wheel nut on both sides before lifting the wheel clear, pulling the derailleur out of the way if needed.
3. <https://www.youtube.com/watch?v=cvu6FO5msEo> this youtube video is really good for explaining lots of different types of bikes!
4. Either use a tyre lever, or otherwise, remove the tyre from the wheel
5. Gently pull out the inner tube in sections, submerging in the bucket of water and watching for bubbles to denote air escaping.

6. Follow the steps backwards to replace the tyres and place the wheels back on the bike.
7. Using these downloadable guides, pick another section of the bike to look at and maintain: <https://www.cyclinguk.org/article/simple-bike-maintenance-guides>

First Aid:

Have a look at some basic first aid for injuries that you might encounter on a bike ride, this could include:

1. Bumps and scrapes
2. Head injuries
3. Breaks and sprains
4. Weather exposure

Photographic Scavenger Hunt:

What you'll need:

1. Random photos of the local area
2. Map
3. Compass
4. Bikes

What to do:

1. In small groups get given the photos of the local area, these could be local or spread out depending on the ability of the section
2. Using the maps, the section needs to race to plot a route and then head out to the points on the photo using their bikes.
3. They'll then need to take photos of themselves at these locations before sending them back to a unit phone or a whatsapp group
4. You could do prizes such as funniest photo, or fastest back