



Objective



Time needed:

Session plan

First things first. Checking your cycle is in peak condition



Resources and tools needed:

your cycle. If you find any problems you might be able to fix them yourself, eg pumping tyres, oiling the chain etc.

Additional resources



Solo/group activity:



Brakes

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- Look at the brake blocks, are they worn?
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Wheels & Tyres

- Check tyres are pumped up and feeling firm.
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Steering

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Saddle and seatpost

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Pedals and chain

- Spin your pedals, do they move smoothly?
- Take a look at your chain, it should be silver or grey not rusty brown! Make

Frame

- Check over the frame for damage, dents and rust. It's important to keep your cycle clean and dry after use to keep it in tip-top condition!