

# BIKE BADGES

## MAINTENANCE

Stop problems before they start with preventative bike care!

The Maintenance Badge is about learning the ABC Quick Check:

**Air** (tires)

**Brakes**

**Chain**

**Quick** release

### What you need

Bike

Bike pump

Chain lubricant

Rags



BIKE EVERYWHERE  
MONTH

### Info for Adults

#### Hands-on learning for kids

Kids can build confidence, get comfortable using tools, and taking pride in their bike. Be a hands-off teacher - step back, talk them through things, be patient. Kids will surely surprise you!

Best for ages 8+

#### Visual and experiential learning

This is tough stuff to learn by reading. There are great links to videos and tutorials to help you figure it out.

#### One-on-one workshops

Email us at [asrts@greenactioncentre.ca](mailto:asrts@greenactioncentre.ca) for a 30-minute video lesson to help you and your child learn to pump up the tires, check the brakes, lubricate the chain!

Use your judgment whether your child is ready, but we recommend the child be age 8+. Please make sure you have a pump and chain lube available.

#### This won't fix everything

This is preventative maintenance for a bike that's in good condition. If you find you have a flat tire, or your brakes are not stopping the bike effectively, or any other issues, go to your local bike shop to give it more thorough TLC.

Or, drop us a line! We're happy to help you troubleshoot issues.

#### Bonus Activity: Pop Quiz!

Ask your kids the following questions from the "Why" section of each task

What happens when tire pressure is too low?

Why is it important to check our brakes?

Why is it important to lubricate the chain?

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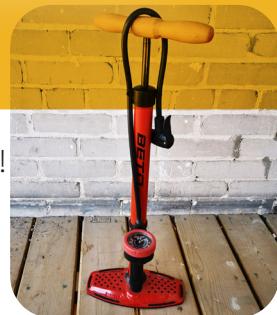


### A AIR

Tire pressure is important!

**Why:** If it's too low, your tire might get a flat, and it's tough to ride so you'll get tired quickly.

Too much air can make bike rides more bumpy and uncomfortable.



**Helpful Video:** [How To Pump Kids' Bike Tires](#)

### Know your PSI

The right amount of pressure is different for each tire. You want to find the "Goldilocks" amount of pressure- not too much, not too little—just right! Check the Max PSI (pounds per square inch, it's a measurement of air pressure) on your tire. You'll find it along the side of the tire.

### Pump up your tires

Inflate your tires to their max PSI. Use a pump with a gauge so you know what the real pressure is, since tire pressure can be really hard to tell by feel. (Often people pump up tires until they feel firm, but they can still have very low pressure.) Don't have a gauge? Pump your tire up to the firmness of an inflated basketball.



### B BRAKES

Check that you can stop.

**Why:** Brakes can get loose over time, and the bike may not be able to stop well enough to avoid a crash! Good brakes make riding a bike safer.

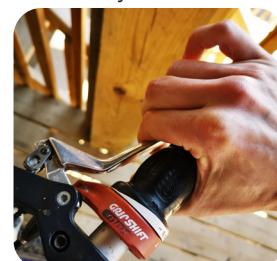


### Test your brakes

Squeeze the brake lever tight and try to push the bike forward to make sure they work! The brakes should stop the wheel from turning, and your bike won't roll forward.

There should be a gap between the brake levers and the handlebar. If brake levers touch the handlebars when you squeeze them (like the photo below), your bike may not stop well.

Brakes don't stop the bike or the levers touch the bar? Adjust your brakes (if you know how), or get some help. Email [asrts@greenactioncentre.ca](mailto:asrts@greenactioncentre.ca) or contact your local bike shop.



### C CHAIN

Keep it lubricated!

**Why:** If your chain isn't lubricated, it can get dry, rusty and squeaky, which can damage your bike! A dry chain also makes it more difficult to shift gears.



### Lubricate your chain

Use a lubricant designed for bikes; normal lubricants can be too sticky or wash off right away. Don't use WD-40, which will only take away any oil or lubricant.

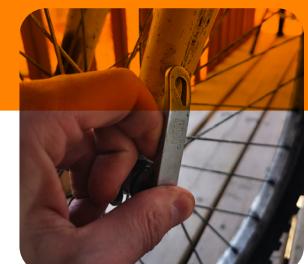
### Helpful Video: [How to Lubricate Your Chain](#)

1. Use a rag to clean off any dirt or old lubricant
2. Apply chain lube to the entire chain, let it sit for a few minutes.
3. Wipe off extra lubricant with a rag. Leaving excess lubricant will collect dust and dirt.

### Q QUICK RELEASE

Make sure any quick releases are tight.

**Why:** If quick releases are loose or open, your wheel could fall off when you ride your bike.



Check that they are closed, and adjusted so they'll stay closed.

**Helpful Video:** [How to use a quick release](#)