

TRAVEL: Additional Activities

Below is a bicycle 'checklist' to help you keep safe on the road. Organise which tasks need to be done on a weekly, monthly and yearly basis, by ticking the appropriate column.

WEEKLY	MONTHLY	YEARLY	TASK
			Wipe the dirt from your wheels
			Check your tyres
			Check your light batteries
			Check for damage or frayed gear or brake cables
			Check your brakes
			Give your chain a good wipe and use chain oil
			Check your lights, handlebars and seat
			Check your brake pads aren't touching the tyres
			Check your handlebars and saddle are secure
			Check your gears are changing smoothly
			Check the tread on your tyres
			Take your bike to an experienced mechanic

List all the places you regularly travel to, for example: school, shopping, the cinema or park.

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