

CYCLING

All Levels



Purpose

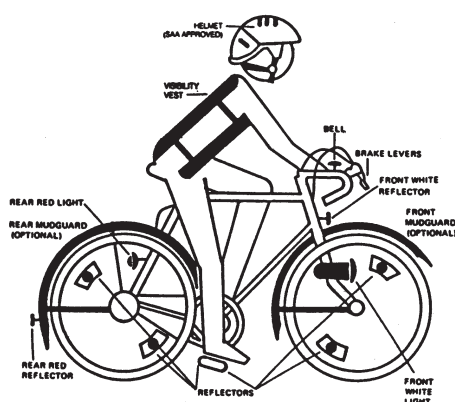
To encourage the proper care and safe use of a bicycle.

To instruct you on how to be considerate to other road users, since they are your neighbours on the road.

Exploring

The bicycle is a piece of machinery. God has given man the ability to design and invent a wheeled machine, which uses no fuel, uses less energy than walking but must share its road space with other forms of transport.

Using the following diagram as a check-list, examine your bicycle to ensure it is roadworthy.



In every State in Australia, Education Officers from the Division of Road Safety are prepared to come to talk to cyclists.

Your Counsellor should contact the Division of Road Safety Education officer in your State to make an appointment for him to come to your club meeting. Bring along your bicycle, and he will be prepared to inspect (and hopefully pass) your bicycle as being in a roadworthy condition. His report will examine at least the following items:

Seat	set at proper height and won't slip.
Spokes	none missing, all are tight.
Pedals	not loose, reflectors visible (only if fitted).
Reflector	facing the rear at all times, day and night.
White Patch	on the rear mudguard (if applicable).
Brakes	properly adjusted and effective.
Chain	clean, oiled, and in good condition.
Wheels	wheel nuts tightened, threads not damaged.
Handle Bars	mounted tightly to front wheel assembly.
Bell or Horn	effective warning device in working order.
Tyres	in good condition, not too worn.

HIGHWAY CODE

To be considerate to others on the road, a cyclist must know the Highway Code and obey it just as much as any other road user. Copies of the Highway Code are available from your local Police Station. In addition, the cyclist must also obey the following rules:

- 1. Never ride on a footpath, unless signs indicate combined use for both pedestrians and cyclists.
- 2. Never carry passengers on a bicycle.
- 3. Never ride with both hands off the handlebars
- 4. Ride on the road only when the bicycle is in a roadworthy condition.
- 5. Bicycle **must** be fitted with a warning device (bell).
- 6. Have a red rear reflector and a white patch on the rear mudguard at all times.
- 7. Have adequate lighting equipment (front and rear) if the bicycle is used during the hours of darkness.
- 8. **Never** hitch a ride on another vehicle.
- 9. Never race, or ‘slip-stream’ other traffic.

Doing

- 1. Demonstrate to your Counsellor how to repair a puncture on a bicycle tyre. (If your bicycle is fitted with punctureless tyres, demonstrate the removal and replacement of such a tyre).
- 2. Explain to your Counsellor how to adjust and replace your brake pads (hand-operated brakes only).
- 3. Demonstrate the removal of both front and rear wheels.
- 4. Indicate the parts of a bicycle that require oiling and regular inspection.
- 5. Help to organise, and participate in a bicycle tour of at least 30 km in one day (or two half days of 15 km each). You must indicate on a map your route before you leave and write a report (within a fortnight) of your tour, and submit report to your Counsellor.

Reflection

Study and be prepared to discuss the following questions:

- 1. Should there be better roads for cyclists? What are the danger elements for cyclists on the road?
- 2. ‘Helmets should be compulsory for all cyclists.’ What is your opinion of the above statement?
- 3. How can you use a bicycle to God’s glory? Give some practical examples.
- 4. Bicycle mechanics is usually learnt at home. Give your Counsellor the name of someone who has a bicycle and who you are prepared to teach basic bicycle mechanics.

Ask your Counsellor to sign below and arrange for the presentation of your badge.

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