



OKC bike: Know-how & Musts



1

Dear Camper, Your

Bike must:

- be sized properly*
- have all brakes and gears working
- have tires filled with air (advised pounds pressure on tire sidewall)

Helmet must:

- be proper size for your head
- be adjusted to your head
- be easily fastened and unfastened
- be worn

Backpack must:

- be large enough to carry: lunch, water bottle, water shoes, sunscreen
- be no larger than camper's back

Water bottle must:

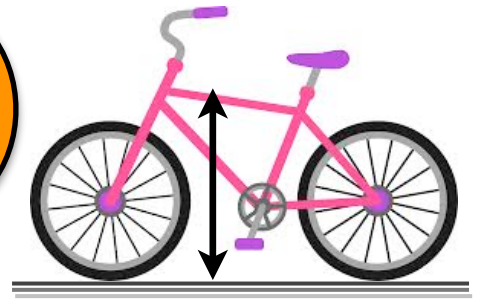
- be carried for all land activities and bike trips
- not be disposable

Bike safety add-ons:

- bell
- front & rear lights
- **KICK STAND**



2

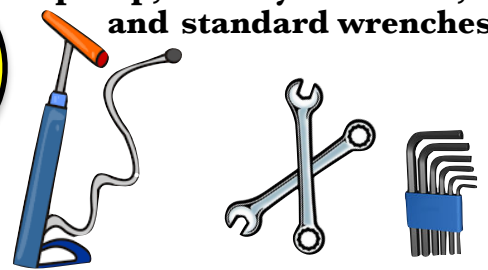


*SIZING—YOUR BICYCLE

A rider needs to be able to stand flat footed while straddling the top tube. The top tube runs from the handle bars to the seat. If you cannot stand flat footed the bike is too big and riding it will be unsafe for you and other bikers. You need to find a smaller bicycle.

3

Tools that are important for you to have at home for bicycle care: tire pump, hex key wrenches, and standard wrenches.



4

FITTING A BICYCLE HELMET

A bicycle helmet should sit low on the forehead, just above the eyebrow.

The buckle should be just under the chin, with about one finger's width of space between the strap and the chin. The helmet must always be buckled.



Turn the fitting ring at the back of the helmet to achieve a snug fit — or add thinner or thicker removable foam pads on the inside.

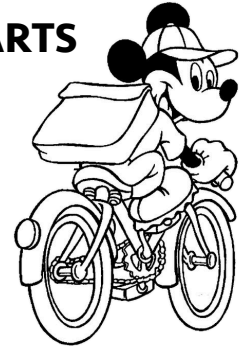
The two side "Y" straps should be adjusted to fit just below your ears.

For a final check, gently try to roll the helmet back and forth on the head. The helmet should not move more than 1/2 inch in any direction.

5

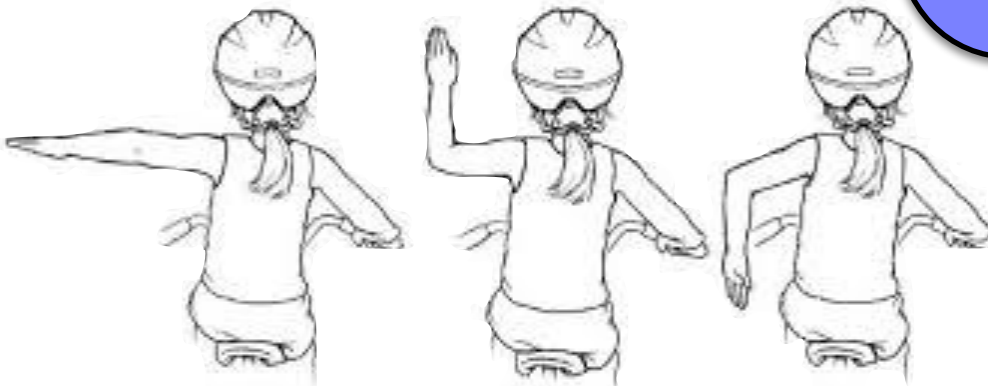
SKILLS A CAMPER MUST MASTER BEFORE CAMP STARTS

- ☑ Mount and dismount two-wheeled bicycle
- ☑ Start riding without assistance (training wheels not allowed)
- ☑ Come to a full stop using brakes (no foot dragging)
- ☑ Put on, fasten, and unfasten helmet
- ☑ Carry their own backpack (school book bags are unadvised)
- ☑ Know bicyclists ride on the right side of the road — with the flow of traffic
- ☑ Ride in a straight line
- ☑ Ride single file
- ☑ Know and use hand signals



6

Know and practice your hand signals

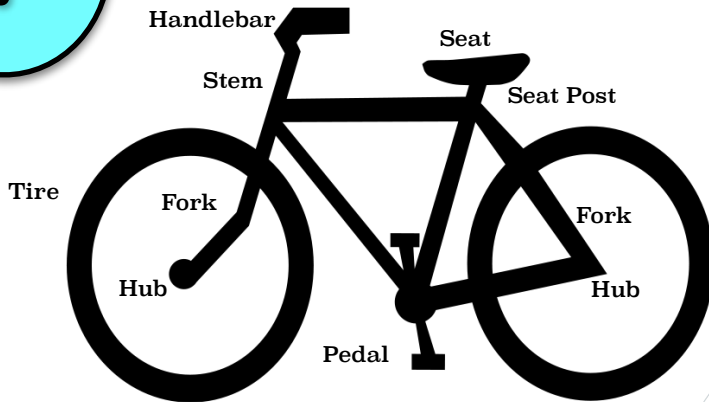


Left Turn

Right Turn

Stop

7



Bike Anatomy
Know the parts of your bicycle and use the correct bicycle terminology

