

You have been for a cycle and your bike is all muddy and dirty. Should you:

- Just put it back in your shed as it is. You can just leave your bike out next time it rains to clean it off!
- Give it a quick rinse off. There is no need to get it shiny because it will just get dirty again next time you go out.
- Rinse it off and check for any grit and debris inside the brake pads. You do not want that scratching your wheel rims and wearing out your brakes faster!



You notice the pattern on your brake pads has worn off of them. Should you:

- Replace them with the help of an adult. It is important to keep your brake pads in good shape.
- Take them off. It is better to have no brake pads than worn ones.
- Leave them alone. Your bike still stops when you brake!

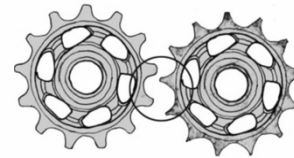


You notice there is a small patch of rust on your bike frame. Should you:

- Leave it, it is only a small patch of rust and it is not that bad at the moment.
- Get an adult to help you gently clean away the surface rust and put a new seal in the scratch underneath. A small bit of rust can easily turn into a bigger patch.
- Find a way to cut the rusted patch out of your bike frame completely! Rust is bad and needs to be avoided!



Spot the old worn-down chain ring. Is it:



- Left chainring
- Right chainring



What is the main job of the chain ring?

- To move the chain to different gears.
- To help with braking.
- To carry the chain.



What does the derailleur do?

- Makes the chain move between gears.
- Steers the bike.



Is it a helpful or unhelpful type of friction that causes the chainring to wear down and change shape?

- Helpful.
- Unhelpful.



Is it a helpful or unhelpful type of friction that is produced when using your brakes?

- Helpful.
- Unhelpful.



You notice the pattern on your brake pads has worn off of them. The answer is a



You have been for a cycle and your bike is all muddy and dirty. The answer is c.



You notice there is a small patch of rust on your bike frame. The answer is b.



Spot the old worn-down chain ring. The answer is b.



What does the derailleur do? The answer is a.



What is the main job of the chain ring? The answer is c.



Is it a helpful or unhelpful type of friction that is produced when using your brakes? The answer is a.



Is it a helpful or unhelpful type of friction that causes the chaining to wear down and change shape? The answer is b.



You should always ride your bike in the same direction as the traffic.

- a) True.
- b) False.



What are tyres filled with?

- a) Water.
- b) Air.
- c) Dust.



The gas used to fill up your bike tyres is made of tiny particles, and they can easily escape without notice. How often should you check your tyre pressure?

- a) Once a week and before you go on a long ride.
- b) It is not necessary until you see a puncture on them.
- c) Once a month.



How can you cover/remove scratches in your bike?

- a) You can use permanent marker in the colour you want and just fill up where the scratches are.
- b) Get some glue and paper and place them in the scratches. They will go away.
- c) Nail polish or metal paint in whatever colour you want!



What is the name of that brown material that appears when metal parts containing iron are exposed to water and oxygen?

- a) Dirt.
- b) Rust.



It is okay to wear loose shoes like sandals or flip-flops when you ride a bike.

- a) False, it is not okay.
- b) True, you can wear them.



Is rust reversible?

- a) Yes, it is easy to change rust back into the shiny metal it once was.
- b) No, it is irreversible, and once there is even a tiny rust on your bike it is there forever.
- c) No, it is irreversible, but surface rust can be cleaned off of your bike with tin foil and a mild acid like cola or lemon juice.



If you are only cycling a short distance you do not need to wear a helmet.

- a) True, especially if you are riding on the pavement.
- b) False, you should always wear your helmet.



What are tyres filled with? The answer is b.



You should always ride your bike in the same direction as the traffic. The answer is a.



How can you cover/remove scratches in your bike? The answer is c.



The gas used to fill up your bike tyres is made of tiny particles, and they can easily escape without notice. How often should you check your tyre pressure? The answer is a.



It is okay to wear loose shoes like sandals or flip-flops when you ride a bike. The answer is a.



What is the name of that brown material that appears when metal parts containing iron are exposed to water and oxygen? The answer is b.



If you are only cycling a short distance you do not need to wear a helmet. The answer is b.



Is rust reversible? The answer is c.



Riding a bike is lots of fun but it can be dangerous! When do you need to think about staying safe?

- a) When you're on a busy road.
- b) Before you set off by putting on your helmet and reflective clothing.
- c) When there are other cyclists around.
- d) All of the above.



Your parents have offered to buy you a gift for your bike to help keep you safe. What should you choose?

- a) New tyres, your bike's tyres are a little flat and you're too lazy to pump them.
- b) Brightly coloured clothing with reflective strips.
- c) Stickers for the frame of your bike.



Which country has the most bikes?

- a) China.
- b) Germany.
- c) UK.



The most famous bike race in the world is the Tour of France, a 23-day long race across France. The rider in the lead wears a special top, what colour is it?

- a) Yellow.
- b) Blue.
- c) Red



What is the best outfit for cycling?

- a) Your fanciest outfit, you want everyone to see you looking your best.
- b) Long, loose trousers and flip-flops, so you can stay relaxed on your bike.
- c) Trousers that will not get caught in your chain, shoes with some grip on the sole and a top with bright colours or reflective stripes.



What was the first bike made out of?

- a) Wood.
- b) Metal.
- c) Ice.



How many bikes are made every year?

- a) 10,000.
- b) 1,000,000.
- c) Over 100,000,000.



Where were bikes invented?

- a) Scotland.
- b) France.
- c) India.



Your parents have offered to buy you a gift for your bike to help keep you safe. What should you choose? The answer is b.



Riding a bike is lots of fun but it can be dangerous! When do you need to think about staying safe? The answer is d.



The most famous bike race in the world is the Tour of France, a 23-day long race across France. The rider in the lead wears a special top, what colour is it? The answer is a.



Which country has the most bikes? The answer is a.



What was the first bike made out of? The answer is a.



What is the best outfit for cycling? The answer is c.

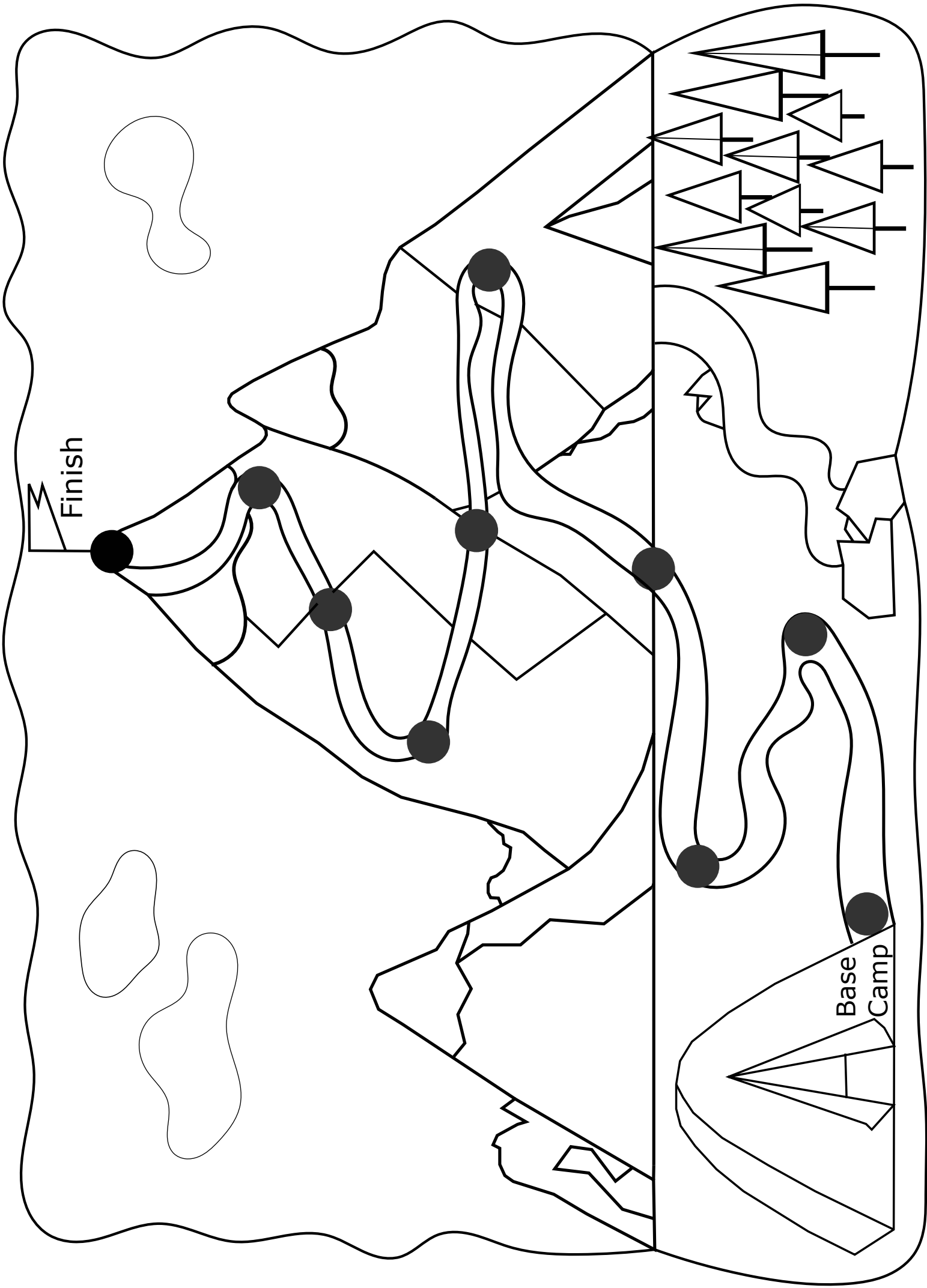


Where were bikes invented? The answer is b.



How many bikes are made every year? The answer is c.





Finish

Base  
Camp