

**ADULT LEADERS, YOUTH, & STAFF: Be Camp Ready and Bike Smart.**

It's everyone's job to put **SAFETY FIRST!** (See other side for 'Bike Smart')

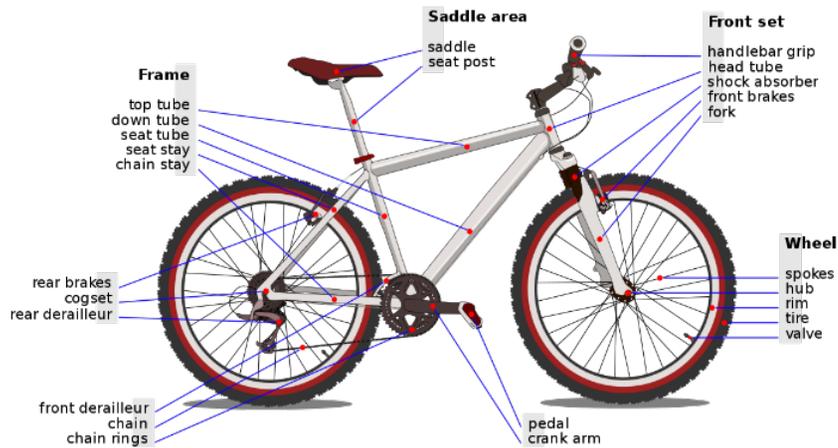
## **'CAMP-READY': Bike Check**

Check your bike's readiness **BEFORE** it leaves home if possible. It must pass the camp's bike-check (see following) before it can be used in camp.

### **Adjust your bike to fit:**

Stand over your frame and check the following:

- Distance between rider & top tube/bar: Road bikes, 1 – 2 "; Mountain bikes, 3 - 4 "
- Seat: Should be level front-to-back
- Seat height: Adjust to allow a slight bend at your knee when leg is fully extended
- Handlebar: Height at same level with seat, perpendicular to front wheel. Handlebars are firmly in place and turn easily.



### **A B C Quick Check:**

- **'A' IS FOR AIR**
  - Inflate tires to pressure listed on tire's side. Use a pressure gauge for accurate reading.
  - Check for damage on tires. Repair tire or replace. If bulges or no tread, tire should be replaced before being ridden at camp.
- **'B' IS FOR BRAKES**
  - Inspect pads for wear; replace if there is less than ¼" of pad left.
  - Check pad adjustment; make sure they do not rub the tire.
  - Look to see that you can fit your thumb between the brake lever handlebar when the brakes are squeezed all the way. If you cannot, the brake lever is too loose --- tighten it.
  - Test the brakes to see that they stop a spinning wheel quickly without slipping. Brakes that do not stop the wheel from spinning are unsafe—replace them.
  - While applying the brakes, try to move the bike forward. It should not move. Brakes that do not stop the wheel from spinning are unsafe—replace them.
- **'C' IS FOR CRANKS AND CHAIN**
  - Pull your cranks away from the bike – if they are loose or wiggle, tighten the bolt.
  - Check that your chain is free of rust, gunk.
  - Does the crank turn freely and without wobbling? If the crank wiggles or if there is a grinding sound while the crank is turning, the bike should be seen at a bicycle repair shop before riding the bike at camp.
- **'QUICK' IS FOR QUICK RELEASES**
  - Make sure your quick releases are all closed. They should all be pointing to the back of the bike, so that they don't get caught on anything. When they are closed they should not stick out and the seat or tires with the quick release should not wiggle. If there is a wiggle --- tighten the quick release.
- **'CHECK' IS FOR CHECK IT OVER**
  - Take a quick ride to check that the bike is working properly.
  - Do the wheels spin freely without wobbling? If the wheel rubs against the brake pad, the spokes may need to be adjusted to stop the wiggle.
  - Are there any missing spokes or are any spokes damaged? If so, the spokes will need to be replaced before riding in camp.
  - Are the pedals firmly attached?
  - If the bike has gears, does it shift freely? If not, the bike should be seen at a bicycle repair shop.
  - Check for looseness in the seat, handlebars, and front fork.
  - Check the seat height. For young cyclists, the rider should be able to sit on the seat and just reach two feet to the ground.
  - NOW take a quick ride to make sure the bicycle and the rider work well together

**ADULT LEADERS, YOUTH, & STAFF: Be Camp Ready and Bike Smart. It's everyone's job to put SAFETY FIRST!** Sources for information in this document include: BSA Cycling Merit Badge, and League of American Bicyclists & National Highway Transportation Safety Administration websites.



## 'BIKE SMART': Operating your bike safely

### **#1 RULE OF THE ROAD: WEAR A HELMET THAT FITS, AND SECURE IT PROPERLY**

Wearing a bike helmet with loose straps is like NOT wearing one at all. Be safe, get it right!

To find your size: Put one on and don't fasten its straps yet. Now, do a safety check for fit and adjust as needed:

- The front of the helmet should be level, a two-finger width above your eyebrows.
- Shake your head from side to side: There should only be a little movement.
- The side straps should come to a point just below your ears. Move the small tabs on the sides of these straps up or down until they're a half an inch or less under your ear lobe.
- The chinstrap should be about half an inch below your chin, when your mouth is closed.

**Check helmet daily for any adjustments needed and check your bike for any change in its condition. Ask camp staff if you have questions or need help. (See other side for 'Camp Ready')**

## RULES OF THE ROAD at BERT ADAMS

- **Always wear:** Helmet, closed toe shoes.
- **Ride with two hands on the handlebars** unless signaling a turn. Water bottle, stuff, etc. goes into a bike carrier or backpack.
- **Go with the Traffic Flow:** Ride on the right side in same direction as other vehicles. Go with the flow – *not against it*.
- **Pedestrians always have the right of way:** Alert pedestrians that you're nearby. Say, "Passing on your left," or use a bell or horn.
- **When passing another bike,** alert slower rider by saying "passing on the left" or use your bell or horn.
- **Look before turning:** Always look behind you for a break in traffic, **then signal before making your turn.** Watch for other left- or right-turning traffic.
- **Check for cars and other bicycles** when crossing or pulling onto the street or trail.
- **Stop at corners of sidewalks and streets** to look for cars; make sure the drivers see you before you begin your crossing.
- **Watch for and avoid road hazards.** Look for hazards that may make you crash, like: potholes, broken glass, gravel, puddles, leaves, dogs, sharp turns (especially at bottom of a hill). If riding in a group, the rider in front should yell and point to hazards to alert other riders.
- **Be predictable:** Ride in a straight line, not weaving in and out. **Signal your moves to others.**
- **Be self-aware:** Are you tired, thirsty, hungry, in a hurry, worried or distracted by something? Be aware. Always put your attention where it needs to be for safe cycling.
- **NO's for in-camp riding include:**
  - NO riding at night.
  - NO racing.
  - NO horsing around.
  - NO riding on the bridge (WALK your bicycle on the bridge)
  - NO jumping Speed Humps
  - NO riding on the parade field.
  - NO riding on sidewalks (WALK your bicycle on the sidewalks)
  - NO using personal electronic devices while you ride (*NO distracted driving!*)
- **If entering a street from a trail, stop on the trail** and check for traffic or other riders before turning onto or crossing the street.

### **IMPORTANT EMERGENCY ASSISTANCE NUMBERS:**

**Bert Adams Office                      770-385-1565**

**Bert Adams Health Lodge              770-787-1603**