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Most of us are spending a lot of time at home. For those of us who have bikes or scooters, this might be a good time to make sure that they are in good condition and Ready to Ride

It is always important that you are safe and seen whilst out and about on the roads. We recommend you always wear a helmet and bright clothing when riding your bike – do you have anything fluorescent to wear like the lollipop ladies and men?

**Do you know your  
ABC when it  
comes to your  
bike?**



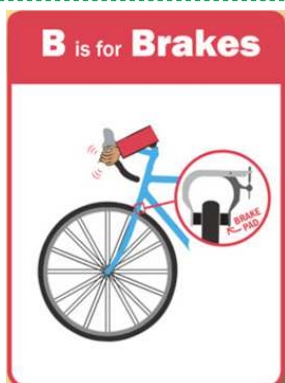
## A is for Air

Check your tyres to make sure they are not flat. Use a bike pump to inflate your tyres.

Do you know how to do this?

Can you change a tyre?

[How to Repair a Bicycle Puncture with Via - YouTube](#)



## B is for Brakes

Make sure your brakes work **BEFORE** you ride your bike.

Do you know how to check your brakes?



## C is for Chain

Check your chain is attached and moves smoothly. Be careful not to get oil all over your hands and clothes!

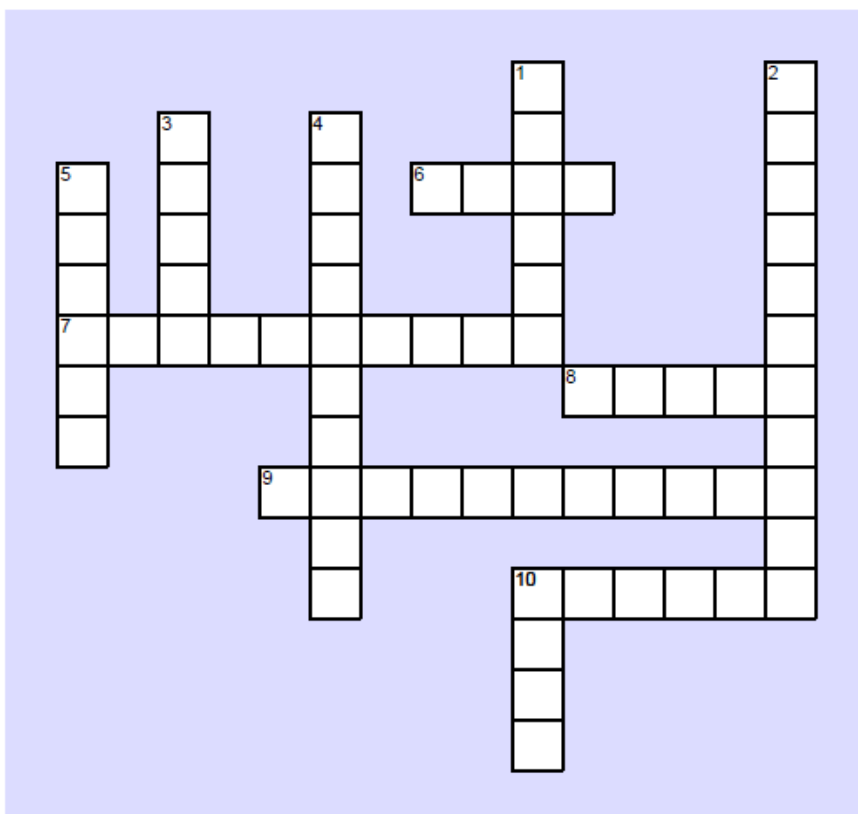
Do you know how to fix a chain?

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**Crossword Time. Can you use the clues below to fill in the crossword below? Grown-ups can help!**



**Across:**

- 6 What do you sit on? (4)
- 7 Hold on to these (10)
- 8 These should be pumped up (5)
- 9 Tyres need to be inflated to the correct ... (3 & 8). If you unscramble these letters you can make both words - AEEIPRRRSSU
- 10 This clothing is better than dark clothing if you want to be seen (6)

**Down:**

- 1 Both need to be working to help you stop (6)
- 2 Lollipop ladies and men have coats that are bright during the day, because they are this (11). Clue: It begins with F
- 3 Let's keep this oiled and smooth running (5)
- 4 This is why the strips on a Hi-Vis top show up when lights shine on them (10)
- 5 Helps you see where you are going and gets you seen (6)
- 10 Ring this so that people know that you are there (4)

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**Riding our bikes is a  
great way to get about.  
However, it is important  
that we keep ourselves  
safe while riding.**



### **Be seen, be safe!**

What can you think of to put on you and your bike to help keep you safe while out riding on the road:

- 1)
- 2)
- 3)
- 4)
- 5)
- 6)
- 7)

### **Can you follow the word trail?**

Can you find the following safety messages in the grid below? Each message follows on from each other, the first one is highlighted for you:

- Wear a helmet
- Put lights on your bike
- Check your brakes
- Check your tyres
- Check your chain

W	E	T	T	L	I	G	H	T
E	M	P	U	E	K	I	O	S
A	L	E	H	C	Y	B	N	Y
R	A	H	E	E	S	R	U	O
O	Y	K	C	K	C	H	E	C
U	R	B	R	A	U	O	Y	K
C	R	U	K	C	R	T	Y	R
H	A	O	Y	E	H	C	S	E
N	I	F	S	T	H	O	P	L

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### Word Sudoku

Can you fill in the missing words? Remember each word appears once in each column, row and box!

		Wheels		Chain	Helmet			
		Reflectors		Lights			Helmet	Brakes
Brakes		Bell	Pedals			Wheels		
Tyres		Chain			Brakes		Reflectors	
Reflectors			Tyres	Helmet		Chain		
		Pedals	Reflectors				Brakes	Tyres
Chain	Reflectors		Helmet		Bell			
	Pedals		Lights				Bell	Chain
	Brakes			Wheels	Pedals		Lights	

#### The words used in the puzzle:

Bell

Brakes

Chain

Helmet

Lights

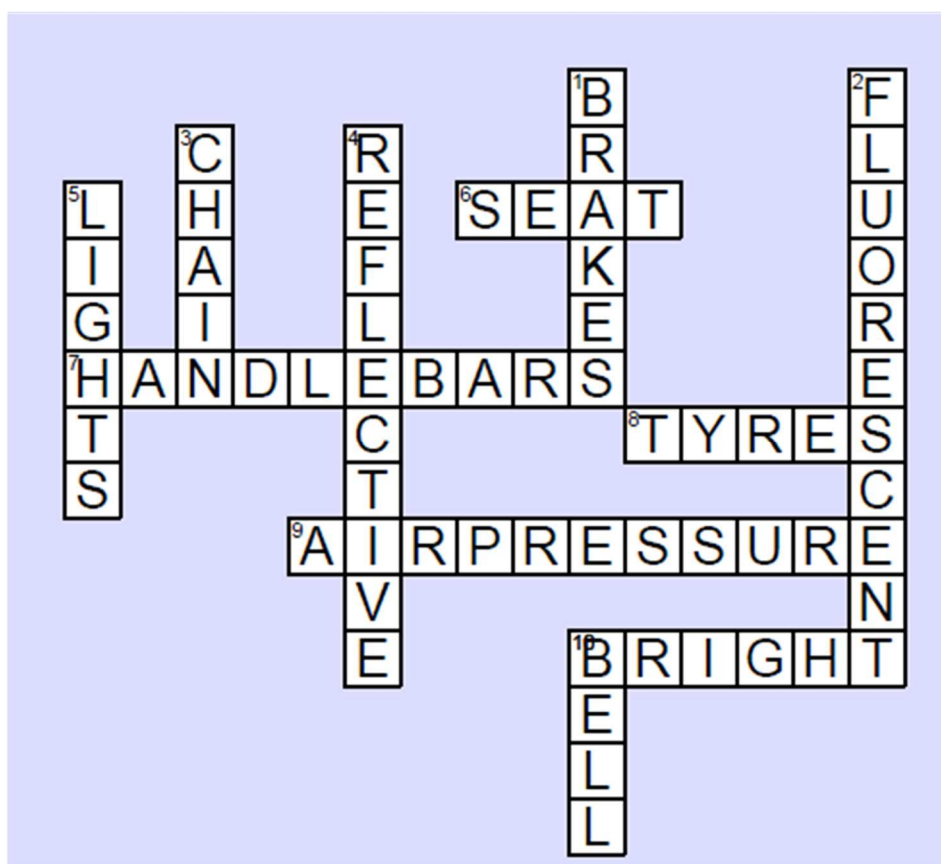
Pedals

Reflectors

Tyres

Wheels

**ANSWERS**



**Be seen, be safe!**

- 1) Helmet
- 2) Bell
- 3) Lights
- 4) Reflectors
- 5) Bright Clothing (Hi-Vis)
- 6) Oil the chain
- 7) Tie back long hair

**Follow the word trail**

W	E	T	T	L	I	G	H	T
E	M	P	U	E	K	I	O	S
A	L	E	H	C	Y	B	N	Y
R	A	H	E	E	S	R	U	O
O	Y	K	C	K	C	H	E	C
U	R	B	R	A	U	O	Y	K
C	R	U	K	C	R	T	Y	R
H	A	O	Y	E	H	C	S	E
N	I	F	S	T	H	O	P	L

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Lights	Tyres	Wheels	Brakes	Chain	Helmet	Bell	Pedals	Reflectors
Pedals	Chain	Reflectors	Bell	Lights	Wheels	Tyres	Helmet	Brakes
Brakes	Helmet	Bell	Pedals	Tyres	Reflectors	Wheels	Chain	Lights
Tyres	Lights	Chain	Wheels	Pedals	Brakes	Helmet	Reflectors	Bell
Reflectors	Bell	Brakes	Tyres	Helmet	Lights	Chain	Wheels	Pedals
Helmet	Wheels	Pedals	Reflectors	Bell	Chain	Lights	Brakes	Tyres
Chain	Reflectors	Lights	Helmet	Brakes	Bell	Pedals	Tyres	Wheels
Wheels	Pedals	Helmet	Lights	Reflectors	Tyres	Brakes	Bell	Chain
Bell	Brakes	Tyres	Chain	Wheels	Pedals	Reflectors	Lights	Helmet