Bike maintenance instructions

How to change a flat tyre

1. Release the brake and then release the wheel by turning the lever anticlockwise. Don't loosen the skewer all of the way - you don't want to lose parts.
2. Remove the wheel from your bike and let out any remaining air in the tube by depressing the valve.
3. Check over the tyre to make sure there is nothing large protuding from the tyre.
4. Insert one tyre lever under the bead of the tyre, and lever it over the rim. Repeat this process until one side of the tyre is sitting outside the rim.
5. Remove the tube and store it away for repair. Leave the valve in initially.
6. Carefully run your fingers around the inside of the tyre to feel whether there is anything sticking through the tyre casing. Carefully remove anything you find. Also check the sidewalls of the tyre for any cuts or slashes.
7. If you haven't found any obvious cause for the flat, run your finger around the inside of the rim. Check that the rim strip/tape is in good condition and hasn't exposed any spoke holes.
8. Inflate the replacement tube just enough for it to hold its shape inside the tyre - this limits the risk of it sitting under the bead of the tyre and pinching on full inflation.
9. Slowly work the tyre around onto the rim. You should be able to do this with your thumbs, most, if not all of the way around.
10. Once you've fitted the tyre correctly onto the rim, inflate the tube about halfway, check that there are no unsightly bulges or asymmetries, and then inflate fully.
11. Replace the tyre on the bike, remembering to reconnect your brakes. Do the ABC Tight Bike Safety Check before riding your bike.

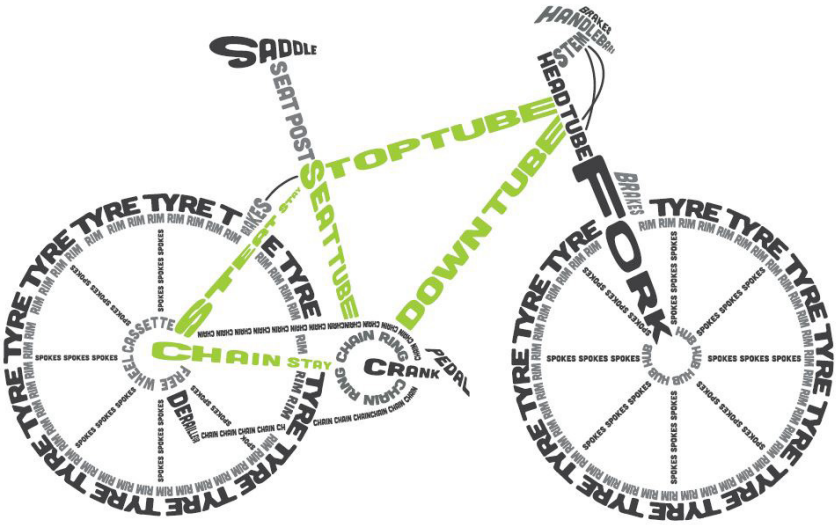
How to put a chain back on

1. Make sure the bike is in the lowest gear.
2. Push the derailleur all the way forward to slacken the chain.
3. Pick up the chain and drop onto the smallest chain ring.
4. Check that the chain is lined up. Give the cranks a few quick turns to check.
5. Lubricate the inside of the chain, whilst turning the cogs. Just a few drops are needed. Lubricant can be bought from any bike shop.
6. Do the ABC Tight Bike Safety Check before riding your bike.

How to wash your bike

A clean bike is a safe bike and needs servicing less often.

1. Rinse bike with a sponge and soapy water. Don't clean the brakes, brake pads or discs.
2. Spray bike with a bike wash. A good bike wash spray helps remove all of the grime. Bike wash can be bought from any bike shop.
3. Give bike another good scrub with the sponge and soapy water. You can use dishwashing liquid to make the soapy water.
4. Dry the bike with a cloth. An old towel or dish cloth works well.
5. Lubricate the inside of the chain, whilst turning the cogs. Just a few drops are needed. Lubricant can be bought from any bike shop.
6. Do the ABC Tight Bike Safety Check before riding your bike.



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