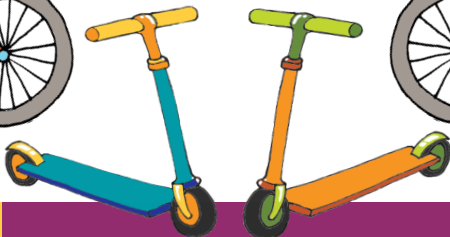


BIKE CREW MANUAL

THINGS TO DO IN I BIKE CREW!



ACTIVE
TRAVEL IS
GREAT!

Active Travel means cycling,
scooting, wheeling or walking
to travel.

😊 It's fun!

♥ It's good for your body

😊 It's good for your mood & mind

♥ It's good for the environment

😊 You can spend time with your friends



HOW YOU HELP

★ Some pupils might feel nervous riding a bike or scooter

★ You can make them feel good about joining in

★ Set a good example by being kind, patient and positive – and by having fun!

★ If you need help, just ask your teacher or I Bike Officer and they will know what to do. Everybody needs help sometimes!



GETTING GOING

The I Bike Officer comes into school to do activities

They and your teacher can help you with ideas for I Bike Crew



IDEAS:



- ★ Design a logo
- ★ Choose activities to do (use this booklet for ideas)
- ★ Spread the word! Tell your friends, class, family about I Bike Crew



SPREAD THE WORD

Think about the best ways you can do this:



NEWSLETTERS



ONLINE



ASSEMBLIES



POSTERS

BIKE & SCOOTER COUNTS



Helps you see how many people are active on their school journey



It shows that Bike Crew is spreading the word!



Share your results with your I Bike officer & teacher! Send to IBike@sustrans.org.uk

Date	
Bikes	
Scoters	
Walking	

OUTDOOR ACTIVITIES

You can
help by :



- ★ Getting everything ready (cones - helmets - bikes)
- 😊 Helping pupils (helmets - bikes/scooters - vests)
- ★ Showing others how to do the activity
- 😊 Helping others complete a task or worksheet
- ★ Making sure things are tidied away afterwards

ACTIVE TRAVEL BREAKFASTS

Those who cycle, scoot or walk to school can join a school breakfast with their friends after their active journey

Breakfasts usually includes fruit, cereals, pastries and drinks



How you can help :



Set out everything you need



Make sure everyone gets their fair share



Tidy up afterwards; recycle what you can!



SMOOTHIE BIKE

*Pupils use pedal power to
make delicious smoothies!*

How you can help :



Setting up and tidying up



Preparing the fruit



Handing out smoothies & wash cups



Encouraging people to keep pedalling!

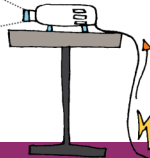


PEDAL CINEMA

The Pedal Cinema is powered by people on bikes!

How you can help :

- ★ Setting up
- ★ Powering the cinema
- ★ Making sure everyone gets a turn
- ★ Giving encouragement
- ★ Tidying up afterwards



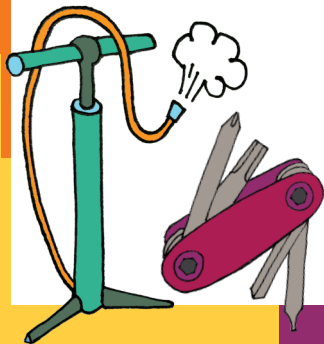
DR BIKE

Dr Bike will come to your school to check and repair bikes, making sure they are safe to ride!

How you can help :

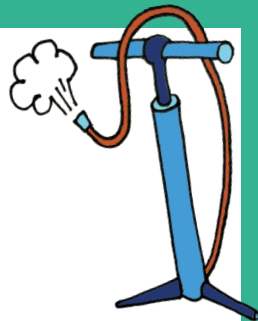
- ★ Let people know about Dr Bike
- ★ M-Check bikes
- ★ L-Check Scooters
- ★ Pump up tyres

The next few pages will help you to do this.



LOOKING AFTER BIKES & SCOOTERS

★ Once you know how to do an M or L Check, you can make sure bikes and scooters are safe to ride



★ It's important to keep your bike clean so that the moving parts work properly. Don't forget to oil the chain afterwards!



★ If you have a pump station at your school you can help to look after it and teach other classes how to use it. You can do this in person or by making a video which you can share

BIKE & SCOOTER LOCKING

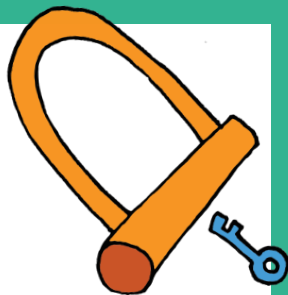
★ Lock your bike or scooter to something that doesn't move

★ Use a **sturdy** lock

★ Thread the lock through your frame

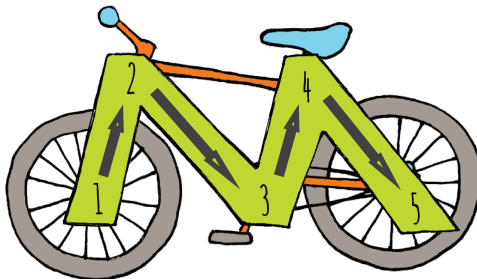
★ Lock through your wheels too if you can

★ Locking guide: <https://youtu.be/6yMBibs85Ds>



BIKE M-CHECK

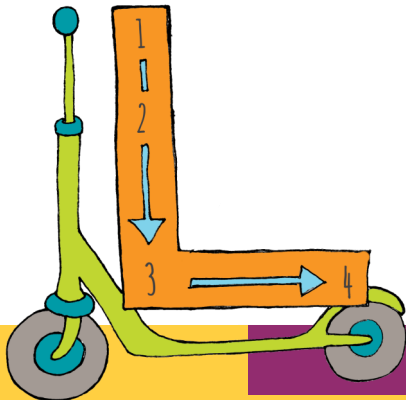
A SAFETY CHECK BEFORE
EACH RIDE



- ★ Front wheel not wobbly, tyre pumped up, wheel bolt/ lever tight
- ★ Handlebars straight & not wobbly, bar-end plugs, front brake works
- ★ Pedals spin freely
- ★ Seat at right height and tight
- ★ Rear wheel not wobbly, tyre pumped, brake ok, wheel bolt/ lever tight

SCOOTER I-CHECK

SAFETY CHECK YOUR
BIKE OR SCOOTER
BEFORE EACH RIDE!



Bar end plugs in place



Handlebars clamp tight



Folding hinge locked



Wheels spin, not wobbly, brake bolts tight

VOLUNTEERS
WANTED



I Bike needs adult volunteers to help with activities. Full training & support is provided. If you'd like to find out more about helping at a time that suits you, please get in touch:

SustransVolunteersScotland@sustrans.org.uk

ibike.sustrans.org.uk

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