

I BIKE

# TOP TIPS FOR BEGINNERS

This resource is aimed at adults, parents, carers

HOW TO:  
PUMP  
YOUR  
TYRES

 5-10 MINS

 BIKE PUMP

## HOW TO PUMP YOUR TYRE

**Aim:** A basic how-to guide for those new to riding a bike

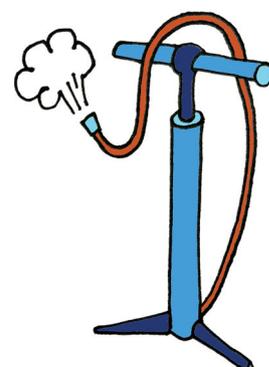
First perform a safety check, also known as an M check on your bike to establish if it is safe to ride. Follow [this link](#) to learn about the M check

### Instructions

How to pump a tyre, follow along with our step by step video— [LINK](#)

1. Establish whether your bike has a presta or a shrader valve  
The **Shrader** is the wider valve more commonly associated with wider, chunkier tyres. (similar to that found on a car tyre)  
The **Presta** valve has a nut on the valve which needs to be loosened before adding air
2. Make sure your pump is suitable for the valve. Newer pumps often have both fittings
3. Connect the pump to the valve, ensuring the valve is at right angles to the rim
4. Flip the lever up and start pumping. If it feels forced, remove the pump and try again.
5. Pump until the tyre is hard, or until you can't get any more air in.
6. Foot pumps are more powerful and have a pressure gage. The correct air pressure is usually written on the side of the tyre.  
(Typically around 30 psi for mountain/kids bikes tyre, 90-11- psi for a road bike tyre)
7. Leave the bike overnight. If the tyre is still hard in the morning, you're good to go. If it has become soft again, you may have a puncture.

Should you have a puncture, [this video](#) will show you how to fix it and get on your way



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Funded by Scottish Government and delivered by Sustrans in partnership with local authorities, I Bike promotes cycling, walking and scooting in schools. I Bike encourages exercise and reduces congestion by empowering teachers, parents and pupils to travel actively, safely and confidently to school.

Find out more at [www.ibike.sustrans.org.uk](http://www.ibike.sustrans.org.uk)

  
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