

# STAY ACTIVE WITH SUSTRANS

## WEEK 4: BIKE CHECKS



WIN A BIKE  
OR SCOOTER!

### The Challenge

Send a 30 second video of you making sure your bike is safe to ride. Use the information included to help.

#### How to stand out – for children

You should explain how to check a bike is safe to ride in a way that even a beginner could understand. Use some of the information given in these videos which explain the [ABC check](#) and the [M check](#). If you don't have a bike to help you explain, no problem! Why not explain using diagrams, drawings or in some other imaginative way?

#### How to enter – for parents and carers

- Upload your video to Facebook or Twitter using the hashtag **#SustransActiveLondon**
- Or send your video to [BikeltPlusLondon@sustrans.org.uk](mailto:BikeltPlusLondon@sustrans.org.uk)
- Entrants must have the consent of a parent or guardian over the age of 18 to enter. Entries must be uploaded by a representative adult over the age of 18.
- Please see our [website](#) and read our Terms and Conditions for more details.

#### Deadline

Parents/carers – upload or send the video to us by **Wednesday 27<sup>th</sup> May** to be in with a chance of winning a bike or scooter.

#### What happens if I win?

- We will announce the winner on **Thursday 28<sup>th</sup> May**, on Twitter and via email.
- We will be in touch to arrange your prize: a bike or scooter!
- Your video will be uploaded to our Twitter, @SustransLondon.

#### What happens if I don't win?

- There's still a chance your video will appear on our Twitter page. We will be putting some of our favourites up throughout the week, so keep your eyes peeled!
- This is a weekly challenge so there will be plenty of opportunities to take part again. Look out for our next challenge which will be announced on Wednesday 27<sup>th</sup> May.

### DID YOU KNOW...



One of the most important moving parts of your bike are the lubricants. Without the grease in the bearings and on the chain your bike would quite literally grind to a halt!



The recommended tyre pressure can be found on the rim of your tyre, usually followed by 'psi' which stands for Pounds per square Inch – a unit of measurement for pressure.



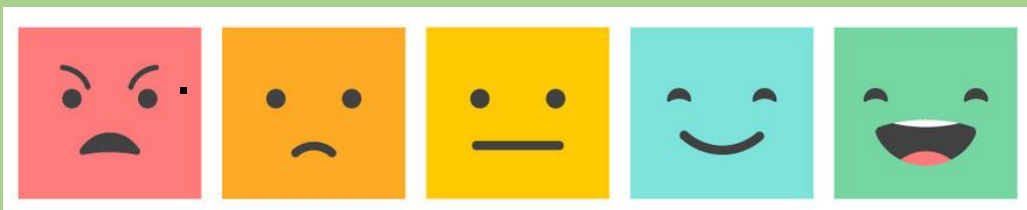
## SHARE YOUR CLIPS!

Click on the twitter logo to go straight to our twitter page



## #SustransActiveLondon

Tell us what you think of this activity



Click on the faces to link to our activity feedback survey