

Clay County 4-H



MINI 4-H PROGRAM

BICYCLE PROJECT MANUAL

*Clay County Cooperative Extension Service
Mini 4-H Program Courthouse .. 2nd
Floor Brazil, IN 47834*

PROJECT EXHIBIT TAG
Mini 4-H Bicycle

Name: _____

Age: _____

Welcome to the "Mini 4-H" Bicycle project.

We hope you learn as you go through this project. Good Luck!

You will learn □□□

- *Bicycle DO's and DON'TS*
- *How to use your bicycle safely*
- *How to care for your bicycle*

What you will exhibit □□

You will exhibit one of the following at the Clay County 4-H Fair:

A 11" x 14" horizontal poster using cut pictures from magazines and catalogs. Must be mounted on a stiff backing and covered in clear plastic.

OR

A short story about you and bicycling including a picture of you and your bicycle on an 11" x 14" horizontal poster with a stiff backing and covered with clear plastic.

PLUS

- Attach the completed "RECORD SHEET" to the back of your poster.

A BICYCLE . . .

Takes you places.

Helps you keep physically fit.

Helps you have fun with your friends.

Helps you earn money.

Can be used for many fun and safe games.

**TAKE GOOD CARE OF
YOUR BICYCLE!**

CHECK THESE IMPORTANT PARTS:

SADDLE:

Adjust height so leg bends only slightly with ball of foot on pedal at bottom of stroke. Tighten securely.

COASTER BRAKE, HAND BRAKES:

Have brakes adjusted by a reliable service dealer.

HANDLE BARS:

Adjust for your comfort.

SPOKES:

Release broken ones promptly.

Keep them light.

REFLECTOR:

Must be visible for 300 feet and be state approved for night riding.

CHAIN:

Check for damaged links and a snug (but not too tight) fit. Clean frequently and lubricate with light oil.

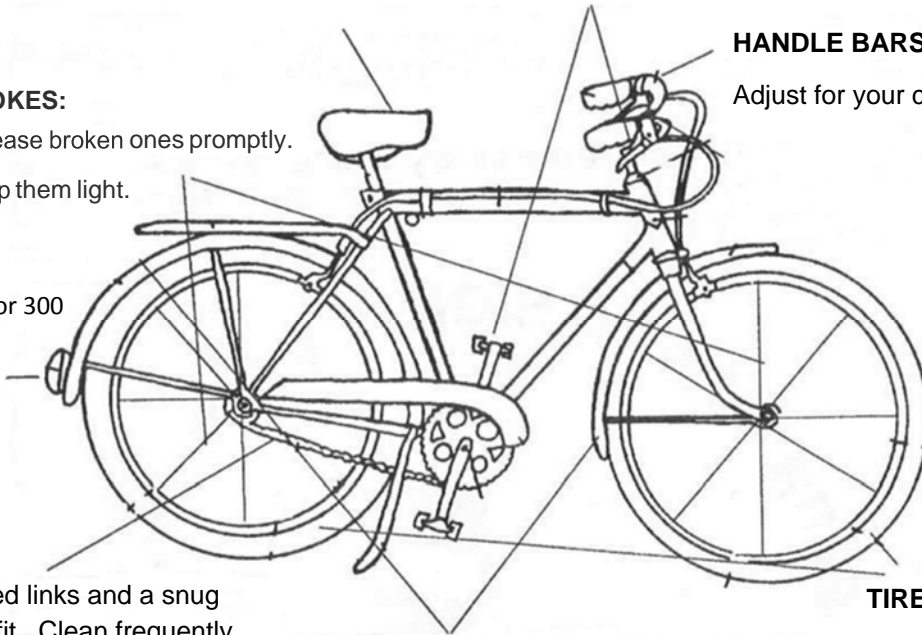
FRONT & BACK WHEELS:

Should be lined up so they don't wobble.

TIRES:

Inflate to correct pressure.

Check tires frequently.



**KNOW
THE
PARTS OF
YOUR
BICYCLE!!!!**



Bicycling can be a **SAFE**
ACTIVITY
if you take care!

Know these signals and use them every time you are bicycling. Look to see if other Bicyclists are also using these signals when needed. Make all these signals a regular habit.

LEARN HOW TO SIGNAL PROPERLY...



Slowing or Stopping



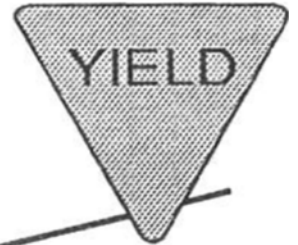
Right turn



Left Turn

Know these signs of Life" and use them daily. Where have you seen these signs when you bike? Write your answers below.

SIGNS OF LIFE



"PEDESTRIAN CROSSING"



"NO Uturn"



"DO NOT ENTER"



"STOP"



"RAILROAD CROSSING"



"SPEED LIMIT"

OTHER WAYS TO PREVENT AN ACCIDENT...



WATCH OUT for ...

sudden opening of
door of a parked car

your speed, especially
going DOWNHILL

Uneven gravel in road
or slippery surfaces

cars pulling out of
driveways and alleys

**OBEY SAFETY RULES-
BE COURTEOUS and LIVE LONGER!!!!**

and DON'T ☐☐☐

- ... ride on a bicycle that's TOO BIG for you!
- ... ride DOUBLE!!
- ... perform STUNTS on streets!!!
- ... be TOWED by another vehicle!!!!

LEARN THESE "RULES OF THE ROAD"

- 1. OBEY ALL TRAFFIC REGULATIONS!**
Red and green lights, stop signs, highway directions.
- 2. KEEP TO THE RIGHT ... FOLLOW TRAFFIC.**
Always ride in a straight line, never weave in and out.
- 3. YIELD THE RIGHT OF WAY TO PEDESTRIANS.**
Avoid the sidewalks and use care at crosswalks.
- 4. WATCH OUT FOR CARS.**
Beware of cars pulling out and doors opening unexpectedly.
- 5. ALWAYS RIDE ALONE.**
Bikes made for one rider should never carry two – don't overload.
- 6. WATCH THE INTERSECTIONS.**
Slow down and look to the right and left before crossing.
- 7. HAVE PROPER LIGHTS ON FRONT AND REAR.**
Never ride at night unless you have a white headlamp in front, and state approved red reflector in the rear.
- 8. HAVE A PROPER SIGNALING DEVICE.**
Warn others of your approach with a horn or bell.
- 9. NEVER HITCH RIDES.**
Hanging on a moving vehicle while riding is extremely dangerous.
- 10. CHECK YOUR BRAKES.**
Be sure they work efficiently and safely without squeak or failure.
- 11. USE HAND SIGNALS.**
Let the other driver know your intent, use hand signals.
- 12. NEVER WEAVE OR SWERVE.**
Unexpected moves cause accidents. Ride safely and watch out for the other rider.

ACTIVITY

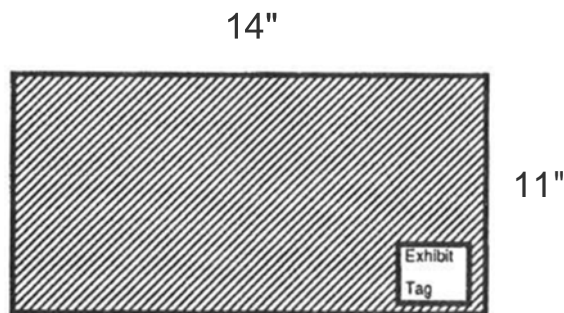
Share the "RULES OF THE ROAD" with friends, classmates and your family. Put this on your "Record Sheet" if you talk about the Do's to other people.

MINI 4-H BICYCLING POSTER TITLE SUGGESTIONS

Topics for your poster on Bicycling might (but do not have to) include any one of the below titles:

1. Rules of the Road
2. Bicycling is Fun
3. Care of My Bicycle
4. Signs of Life
5. Ways I Use My Bicycle
6. Bicycling is the Key to ...

Your poster should be a 11" x 14" horizontal display. All posters are required to have a STIFF BACKING and covered with CLEAR PLASTIC. Read the helpful hints on page 9 before starting your exhibit.

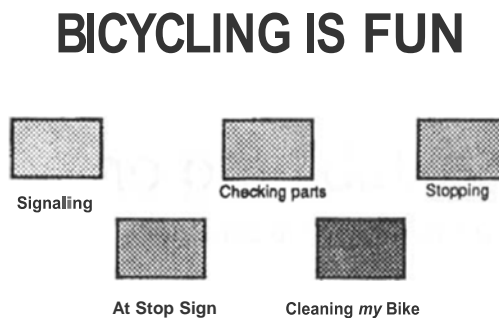


HELPFUL HINTS

WHILE DOING YOUR

POSTER FOR BICYCLING

1. Every poster should have a title.
2. The poster can be a collage (a group of pictures telling your story), magazine cutouts or your own drawing.
3. If you use pictures, be sure to label them underneath.
See Example below!



4. Place the exhibit tag (found on the front cover of this manual) on the lower right hand corner of your poster and put your "record sheet" on the back of your poster.
5. Cover your poster with plastic wrap.
6. Check your poster before you take it to the fair to be exhibited to be sure all of the above has been completed.

HAVE FUN...RIDE SAFELY...TAKE CARE OF YOUR BIKE...OBEY THE RULES OF THE ROAD

MINI 4-H CHECK SHEET

Did You Check?

BIKE



SAFETY

- __1. Is your exhibit tag on correctly?**
(lower right hand corner of your poster)
- __2. Are your records complete?**
(Attach your record sheet to the back of your poster)
- __3. Is your work neat, clean, and your very best?**
- __4. Are you pleased with what you have completed?**

"BICYCLE" RECORD SHEET MINI 4-H PROGRAM

Name _____ Age _____

Address _____

Please answer the following questions. Attach this completed record sheet to your project. See you at the fair!!!

1. List at least six of the "Rules of the Road"?

2. List some of the "SIGNS OF LIFE".

3. Identify the hand signals below?







Parent's signature: _____ Date: _____