RESTAT
Recognition of Skills to Transform Accessible Tourism

MODULE 3
Accessible Bike Tours
Adaptive recreational cycling Training manual

UNIT 4: General Overview
Bikes' technical know-how

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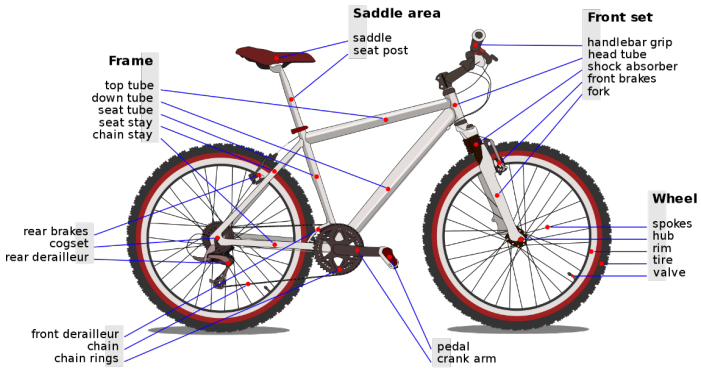
4.1. Getting to know the Bike parts

Standard Bicycle parts



In order to ensure a safe and enjoyable ride, cyclists need to perform a basic **ABC check** beforehand:

A: Air – check that there is air in the tires

B: Brakes – check front and rear brakes (e.g. by means of a quick release) to see if they work well

C: Chains and cranks – check if the chain and cranks are properly set

A short ride is advised to make sure the bike is running properly before hitting the road. In addition, cyclists need to make sure the bikes are clean so that they can work well (any traces of grease, soil or mud in the chains, sprockets, derailleurs, etc.)

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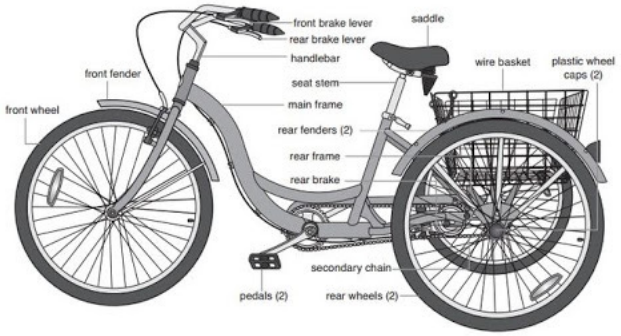
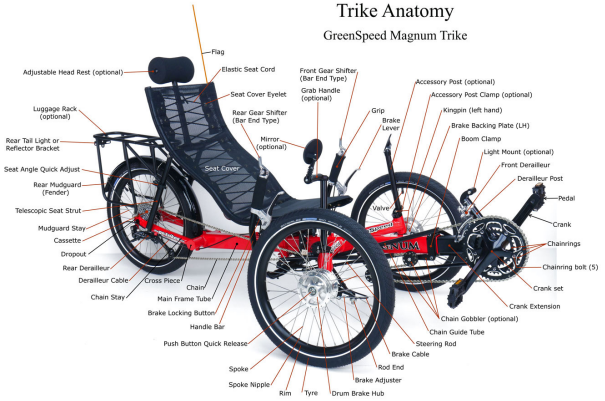
4.1 Tricycle, Recumbent tricycle, Handcycle's parts





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4.2. Bike gears

Understanding how to pedal effectively and changing gears will enable riders to bike longer and faster and on different terrain.

The right hand-lever on the handlebar operates the rear gear by moving the chain across the sprockets. The left hand-lever on the handlebar shifts the chain from one chainwheel to another.

What determines the number of bike gears?

It's a multiplication of the number of sprockets at the rear with the number of chainrings at the front. A double chainring set-up with a 10-speed rear cassette is therefore a 20-speed bicycle — meaning that it's possible to use all of the 10 sprockets in combination with each of the two chainrings. Likewise, a triple chainring paired with an 11-speed cassette is a 32-speed set-up, and so on.

The big chainwheel is for riding along flats while the smaller chainwheels are for riding uphill or when there is a strong headwind. It is important to keep pedaling while changing gears and shift the gear one to three notches at a time rather than. From biggest to smallest and viceversa

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4.3. Bike maintenance

Bike maintenance includes:

1. A pre-ride inspection will help to catch potential problems before they develop into safety hazards. **Brakes, Air and Chain**: Keeping your chain lubricated and everything clean will ensure your bike shifts easier and the drivetrain (made up of the front chain rings, rear cassette, rear derailleur and chain) last much longer.

2. Cleaning your bicycles

A regular schedule of maintenance is crucial. Lubrication protects moving parts from excessive wear caused by friction and helps keep rust and corrosion at bay.
Of course, over-lubricating can lead to component damage

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4.4. Bicycles Safety and First aid

- Principle of bike safety

Parents and caregivers should encourage biking while stressing safety, including mandatory use of properly fitted and secured helmets. For this reason, it is strongly recommended some early investment in safety equipment:

Helmets - very important
Selection of proper bike
Bicycle maintenance
Reflective clothing for low-visibility conditions
Bike safety equipment: reflectors on wheels and frame

- **Bicycling safety guidelines and tips to avoid common injures**

Use a bike in a way that is appropriate for the age of the rider;
Keep away from busy streets and parking lots;
Know and obey traffic rules;
Avoid major roads and sidewalks;
Announce your presence and arriving.

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4.5. Pedal Techniques

Tips on how to pedal properly and improve the skills on the pedals.
- Get your bicycle set up correctly
Pedal smoothly and consistently
- Look ahead at a point in front of the wheel in a way you can see your whether your pedal stroke should be modified depending on possible obstacles.
Pull your pedals in semicircles, in fact cyclists should focus on pulling (instead of the pushing) their pedals, using a semicircular motion.
- Play with cadence. There is a lot of research around the optimum pedaling rate, the cadence. High cadences became fashionable, in thanks partly to **Lance Armstrong** who favored fast leg speeds, but beginners should not try to push cadences too high to begin with. Keep at a cadence that is manageable but over time look to increase this. It is important to be comfortable

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