

Bike Education Curriculum

Suggested List of Equipment and Supplies

Bicycle specification

- A basic hybrid style bicycle
- Durable, easily maintained unisex bicycle frame size dependant on kids in class, a variety of sizes is suggested to have on hand
 - 20" wheels
 - 24" wheels
 - 26" wheels
- Quick release seat adjustment
- (prefer) No gears (i.e. single speed)
- (prefer) Hand brakes, with free hub
 - coaster brake acceptable as second choice
- Heavy duty wheels with alloy rims
- Handlebars with upright riding position
- (prefer) No chain guard

Replacement parts

- Handlebar grips
- Replacement chains
- Extra long seat posts with seats (to fit specified bikes)
- Inner tubes (for 20" wheels)
- Inner tubes (for 24" wheels)
- Inner tubes (for 26" wheels)
- Patch kits

Equipment/tools

- Shop recommended floor pump
- Shop recommended bike stand
- Shop recommended chain lube
- Tire levers
- Pedal wrench
- Large adjustable wrench
- Set metric combination wrenches (including at least 8-15mm)
- Y tool for allen hex (2-2.5-3mm and 4-5-6mm)

Other Equipment

- CPSC-certified helmets of various sizes (mainly for 4th-6th graders, the majority of helmets to fit 22" – 23 1/4" head circumference)
Resources:
www.prorider.com
www.helmetsrus.net
- U-locks
- 30 foot cable

Other (miscellaneous)

Traffic cones, minimum 12, 8" to 10" cones
Traffic signs
Mock cars, trucks, shrubs, etc
Surgical caps (prevent lice) or spray
Field markers, chalk, paint or tape
Large cards
Clip boards, pens
Measuring tape
Whistle or megaphone
Tags/markers (to identify bikes in need of repair)
Reflective bike gear, vests
Tape & sharpies for number bicycles, helmets