



**active & safe**  
routes to school

# Bike Fit Quiz

Test your knowledge on bike fitting!

# Instructions

For each image on the screen, identify:

1. The problem with the bike fit.
2. The adjustment that should be made.



# Image #1:

**What is the problem with this fit?**

- A) The cyclist's leg is too straight.
- B) The cyclist's leg is too bent.
- C) The wheels are too small.
- D) The wheels are too large.



# Image #1:

**What is the problem with this fit?**

- A) The cyclist's leg is too straight.
- B) The cyclist's leg is too bent.
- C) The wheels are too small.
- D) The wheels are too large.

**What is the solution?**



# Image #1:

**What is the problem with this fit?**

- A) The cyclist's leg is too straight.
- B) The cyclist's leg is too bent.
- C) The wheels are too small.
- D) The wheels are too large.

**What is the solution?**

Lower the saddle height to allow some bend in the knee when the pedal is at its lowest point.



## Image #2:

**What is the problem with this fit?**

- A) The cyclist's leg is too straight.
- B) The cyclist's leg is too bent.
- C) The wheels are too small.
- D) Nothing.



## Image #2:

**What is the problem with this fit?**

- A) The cyclist's leg is too straight.
- B) The cyclist's leg is too bent.**
- C) The wheels are too small.
- D) Nothing.

**What is the solution?**



## Image #2:

**What is the problem with this fit?**

- A) The cyclist's leg is too straight.
- B) The cyclist's leg is too bent.**
- C) The wheels are too small.
- D) Nothing.

**What is the solution?**

Raise the saddle height so that the knee only has a "slight" bend.



## Image #3:

**What is the problem with this fit?**

- A) The cyclist's arms are too bent.
- B) The bicycle is too large for the cyclist.
- C) The cyclist is sat too low down.
- D) The cyclist's arms are too straight.



## Image #3:

**What is the problem with this fit?**

- A) The cyclist's arms are too bent.
- B) The bicycle is too large for the cyclist.
- C) The cyclist is sat too low down.
- D) The cyclist's arms are too straight.**

**What is the solution?**



## Image #3:

**What is the problem with this fit?**

- A) The cyclist's arms are too bent.
- B) The bicycle is too large for the cyclist.
- C) The cyclist is sat too low down.
- D) The cyclist's arms are too straight.**

**What is the solution?**

Raise the height of the handlebars to allow the elbows to be slightly bent.



# Image #4:

**What is the problem with this fit?**

- A) The cyclist's arms are too bent.
- B) The bicycle is too large for the cyclist.
- C) The cyclist's leg is too straight.
- D) Nothing.



# Image #4:

**What is the problem with this fit?**

- A) The cyclist's arms are too bent.
- B) The bicycle is too large for the cyclist.**
- C) The cyclist's leg is too straight.
- D) Nothing.

**What is the solution?**



## Image #4:

**What is the problem with this fit?**

- A) The cyclist's arms are too bent.
- B) The bicycle is too large for the cyclist.**
- C) The cyclist's leg is too straight.
- D) Nothing.

**What is the solution?**

A smaller bicycle is needed for proper fitting.

Also missing a helmet!



# Image #5:

**What is the problem with this fit?**

- A) The handles are too high.
- B) The bicycle is too large for the cyclist.
- C) The saddle is too low.
- D) Nothing.



# Image #5:

**What is the problem with this fit?**

- A) The handles are too high.
- B) The bicycle is too large for the cyclist.
- C) The saddle is too low.
- D) Nothing.**

**This cyclist's bike is well fit for them!**



# Thank You!

Have any Questions?

Email: [info@activesaferoutes.ca](mailto:info@activesaferoutes.ca).

Visit: <http://activesaferoutes.ca/>

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## Image Sources

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