

# Flat Fix and Chain Tricks

How to repair a flat tire and fix a fallen chain.

# Introduction

Sometimes bikes stop working while you're riding. Two common problems are **flat tires** and **chains that fall off**.

In this lesson, we will learn:

1. How to repair a flat bicycle tire.
2. How to put a bike chain back on if it falls off.



# What is the difference between a tube and a tire?

A bicycle wheel has two main parts:

## Tire

- The outer rubber part that touches the ground.
- Protects the inner tube and provides grip.



(Amazon, n.d.)

## Inner Tube

- The rubber tube inside the tire.
- Holds the air that keeps the tire inflated.
- Inflates through the valve stem (circled).



(Garage Sanctum, n.d.)



(Amazon, n.d.)

When fixing a flat tire, you usually repair or replace the inner tube, not the tire itself.

# Tools you will Need

- Before repairing a flat tire, it is important to have the right tools.
- Common tools used to repair a flat include:
  - ✓ **Tire levers** to help remove the tire from the rim.
  - ✓ A **bike pump** to inflate the tube.
  - ✓ A **repair kit**, which usually includes sandpaper and patches.



(Bike Academy Shop, n.d.)



(Time to Ride, n.d.)



(BikeBerry, n.d.)

# Step One: Removing the Tire

The first step in fixing a flat tire is removing the wheel and the inner tube.

Start by:

1. **Removing the wheel** from the bike.
2. Using tire levers to **lift the tire off the rim.**
3. **Deflate the inner tube.**
4. **Pulling the tube out of the tire.**



# Step Two: Finding the Leak

Next, you need to locate the hole in the tube.

To do this:

1. **Add some air to the tube.**
2. **Listen or feel for air escaping.**
  - Alternatively, put the tube into water and look for bubbles.
3. **Mark the hole once you find it.**



(REI Co-op, n.d)



(Montague Bikes, 2017)

# Step Three: Repairing the Leak

After locating the leak:

1. **Clean and dry** the area.
2. Lightly sand the surface.
3. **Apply the patch** and press it firmly in place.
4. **Inflate the tube** slightly to make sure the patch seals the hole and the tube holds air.



# Step Four: Putting the Tire Back Together

Once the hole is repaired, the tire can be reassembled.

1. Insert the **valve stem** back into the rim, then place the tube carefully inside the tire.
2. Use your hands or tire levers to **push the tire back onto the rim**.



(REI Co-op, n.d)



(REI Co-op, n.d)

# Step Four: Putting the Tire Back Together (Continued)

Finally:

4. Inflate the tire to the recommended pressure.
5. Reattach the wheel to the bike.



# Fixing a Chain that Fell Off

Another common issue cyclists face is when the chain slips off the gears.

If this happens:

1. Shift the gears to the **smallest gear**.
2. Move the chain back onto the chainring or rear gear.
3. Slowly **rotate the pedals** to help guide the chain into place.
4. Continue turning the pedals until the chain moves smoothly again

Be careful when handling the chain, as it can be dirty or oily.



# ABC Bike Check

Before getting back on your bike, take a moment to check that everything is working properly.

Check the ABCs:

**A – Air:** Make sure the tires are properly inflated.

**B – Brakes:** Check that the brakes stop the bike safely.

**C – Chain:** Ensure the chain is on and moving smoothly.



# Thank You!

Have any Questions?

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

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