



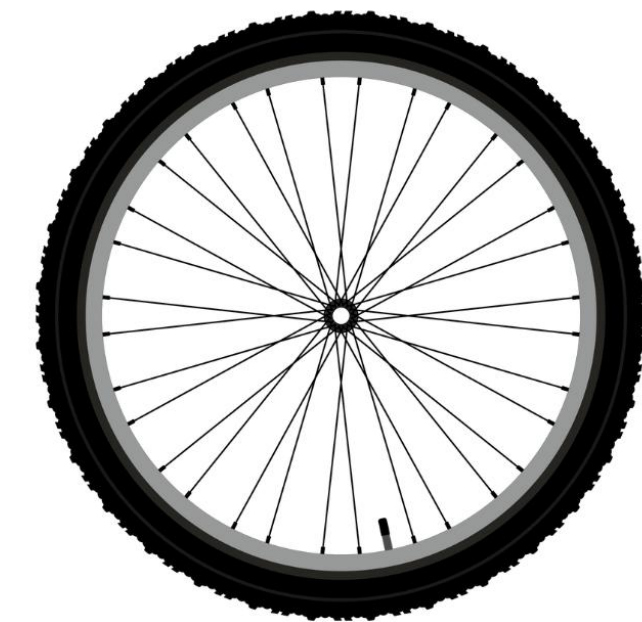
active  **safe**
routes to school

Know your Bike: Bicycle Anatomy and Fit

The different parts of a bicycle and how
to fit a bike to you.

Your Bike, Your Fit!

- Every bike has many parts that work together to help you ride safely.
- When your bike is the right size and adjusted properly, it is easier to:
 - ✓ Balance
 - ✓ Control your speed
 - ✓ Ride comfortably
- Let's learn about bike parts and how to fit a bike to you.



Steering and Brakes

These parts help you control and stop your bike:

- **Handlebars** - used to steer the bike
- **Brake Lever** - the handle you squeeze to stop
- **Cable** - connects the brake lever to the brakes
- **Gear** - helps you change how hard or easy it is to pedal



Wheels and Moving Parts

These parts help the bike move:

- **Chain** - transfers power from pedals to the wheel
- **Pedal** - where you place your feet to move the bike
- **Spokes** - thin metal rods that support the wheel
- **Rim** - the outer metal part of the wheel
- **Tire** - the rubber part that touches the ground



(Beyond the Bike, 2022)

Parts of the Frame

- **Top Tube** - the bar across the top of the frame
- **Seat Tube** - holds the seat post and saddle
- **Down Tube** - connects the handlebars to the pedals
- **Saddle** - the seat you sit on



Why the Frame Matters for Locking

- The frame is the strongest part of your bike and is made of several tubes, including:
 - ✓ Top Tube
 - ✓ Seat Tube
 - ✓ Down Tube



- These parts form the main triangle of the bike frame which is why you should lock your bike through the frame when using a bike lock.
- Locking **only** the wheel makes it much easier for someone to steal your bike.

How to Fit my Bike

Why Proper Bike Fit Matters:

- A properly fitted bike is safer, more comfortable, and easier to control.
- Correct bike fit helps riders maintain balance and ride efficiently.
- Adjusting the frame size, seat height, and handlebars helps prevent injuries and strain.
- Learning how to properly fit a bike ensures riders can ride comfortably and safely.

Frame Size

- Stand over the bike with both feet flat on the ground.
- There should be about 2–5 cm of space between your body and the top tube.
- If the frame is too big or too small, the bike may be difficult to balance and control.



Adjusting Seat Height

- Sit on the saddle with the balls of your feet on the pedals.
- When the pedal is at the lowest point, your leg should be **almost** straight.
- Your knee should still have a **slight bend**.
- Proper seat height:
 - ✓ Improves pedaling efficiency
 - ✓ Reduces strain on your knees
 - ✓ Makes riding more comfortable



Handlebar Position

- 45 degree angle
- knees no higher than dotted line
- leaning forward
- knees in line with pedal at 3 o'clock



- Handlebars should allow you to ride in a comfortable position.
- Your weight should be evenly balanced between the seat and handlebars.
- Hands should rest **lightly** on the handlebars without too much pressure.
- Make sure the handlebar is tight and secure to the frame.
- Adjust the height of the handlebars as needed.

Safety Check

Anytime you are going to ride your bike, it is important to check the safety and function of your bike to prevent injury:

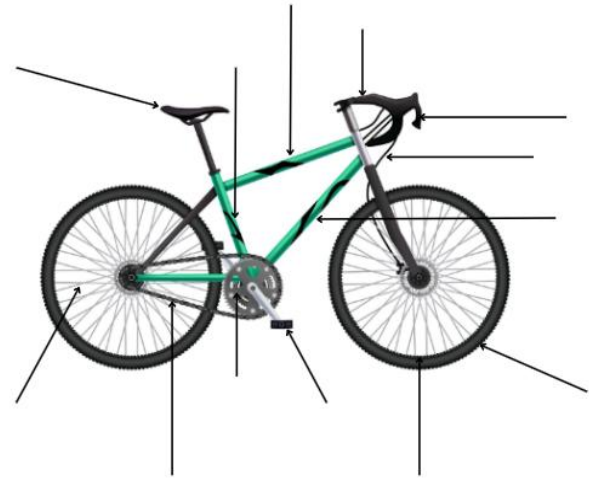
- **Check tires** - Make sure they are properly inflated.
- **Test brakes** - Squeeze brake levers to ensure they stop the bike safely.
- **Inspect chain and gears** - Make sure the chain does not slip.
- **Check wheels and spokes** - Look for loose or broken spokes.
- **Check lights and reflectors** - Ensure they are working and visible.

Activity Time!

Test what you learned with either the Bicycle Anatomy worksheet or the Bike Fit Quiz PowerPoint!

Bicycle Anatomy

Instructions: Label the different parts of the bicycle.



Word Bank

Top Tube	Handle Bars	Spokes	Chain
Seat Tube	Break Lever	Rim	Gear
Down Tube	Cable	Tire	Pedal
Saddle			



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Bicycle Fit Activity

Test your knowledge on bike fitting!

Thank You!

Have any Questions?

Email: info@activesaferoutes.ca.

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

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