

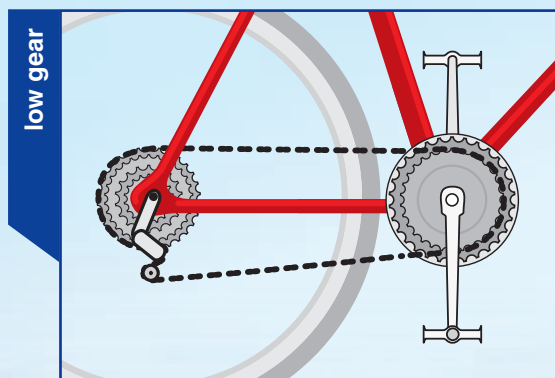
7 Stopping in an emergency

Practise emergency stops in a quiet area. Learn how to brake quickly and evenly without skidding or losing control of the bicycle.

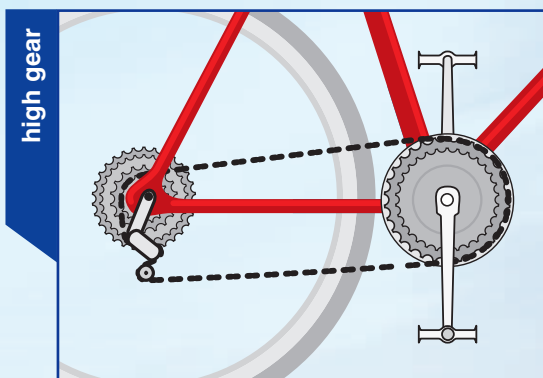
8 Gears

Bicycles have gears so that it's easier to start, pedal up hills, and then go faster on level ground or downhill.

Bicycles have different numbers of gears. Some just have one and others have over 20. The gears let you change the amount that the bike moves forward with each full turn of the pedal. The chain moves from cog to cog as you change gear.



Low gears are for starting off and going up hills. The steeper the hill the lower the gear you will need to use. (front shown with guard removed)



Higher gears are for level ground and downhill. Some bikes have extra gears by the pedals. These give you a bigger range of gears when you need to change them.

Changing gear

The gears are changed by levers or twistgrip handles on the handlebars. In a quite flat area, practise and experiment with changing gear. You need to pedal at the same time as you change gear.

Remember: If it's hard to pedal, change to a lower gear.
If it's easy to pedal, change to a higher gear.