**Your HWR Bike**

This bike has been kindly been donated by friends of Herts Welcome Refugees.

Please look after it – if well maintained it will last a long time. If you no longer need the bike it can be returned and given to other Refugees

Hertfordshire has lots of traffic free cycle routes. A good website to find a route can be found here:

<https://www.sustrans.org.uk/find-a-route-on-the-national-cycle-network?location=null&routetype=null&distance=null>

Stay Safe

* Always wear a bike helmet
* If dark, please use lights to be seen and ideally a high visibility jacket
* Before setting off, check your brakes work and your tyres are pumped up
* Keep to the left when cycling on roads to let others pass. Be confident.

Bike Maintenance

* It is your responsibility to keep the bikes in good condition. HWR may be able to help with some repairs but expect you to care for the bikes.
* Keep your tyres pumped up – the more air you have the easier it is to cycle
* Storage – please keep bikes in a dry place. Any moisture will lead to rusting of parts and reduce the life of the bike.
* Clean the bike regularly and dry the chain with a dirty rag
* Lubricate the chain with a lubricant to preserve its life
* Check the brakes – brake blocks/pads may need to be replaced if well used
* Check nuts/bolts are tight
* Ensure your seat is at the correct height so you can put your foot down when you come to a stop
* If the bike makes unusual noises or is hard to ride, take to a bike shop to get an opinion on what needs fixing
* If you get a puncture, you can repair it yourself but will need a few bits of equipment – a pump, tyre levers, a new inner tube or a puncture repair kit. Ensure the tyre wall is free of objects that may have caused the puncture e.g. hawthorns, flint. You can see how to fix it here: <https://www.youtube.com/watch?v=fwwfV99VV8I>

Enjoy !