


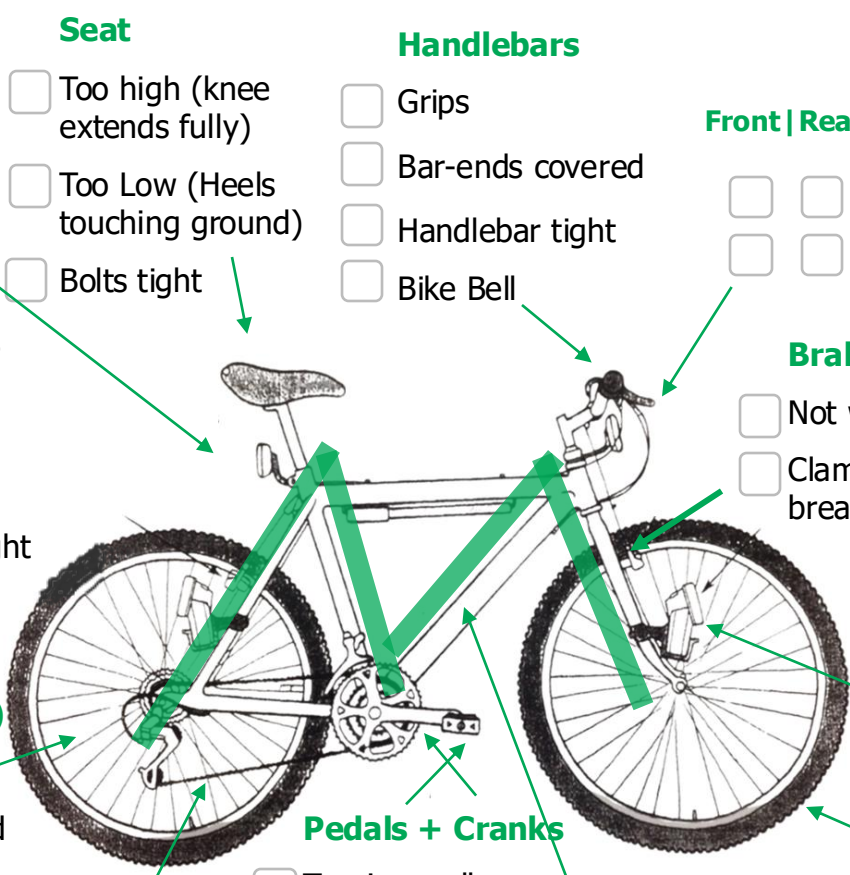
Bicycle Check Survey

Activity Sheet – Senior Primary

Green-Schools Travel 

Complete an M-Check on your bicycle at home.
Use the diagram and checklist as a guide.

Watch Daithi's M-Check video!



Reflectors

- Tight
- Clean

Seat

- Too high (knee extends fully)
- Too Low (Heels touching ground)
- Bolts tight

Handlebars

- Grips
- Bar-ends covered
- Handlebar tight
- Bike Bell

Front | Rear - Brake Levers

- Tight
- Working

Gears

- 1 shift = 1 gear
- Can use every gear without dropping chain
- Derailleur straight + not at risk of entering wheel

Brake Pads (Rim)

- Not worn (to metal)
- Clamps to Rim breaking surface

Wheels (both)

- Rim straight
- Rim undamaged
- Spoke tension
- No sideways movement

Lights 2x

- Charged
- Bright
- Tight

Pedals + Cranks

- Turning well
- Good condition
- No sideways movement

Frame + fork

- No dents
- No cracks
- No serious rust

Chain

- Clean
- Adequate lube
- Undamaged (check stretch)

Tyres

- Check wear/damage
- Adequate pressure for conditions

Wheel nuts tight

My bicycle is safe to use

My bicycle needs some work

Notes

Class Bike Check

Green-Schools Travel – Classroom/Pod Survey



School:

Class:

This 'hands up' class survey is to be completed by the Green-Schools Committee representative after students have completed their own bicycle check survey. Once completed, tally the results and construct a graph for your noticeboard. Discuss the outcome of your survey and possible actions you can take.

How many students have a bicycle or access to a bicycle

Tally Chart

Complete a tally (III) of issues identified by your classmates

Issue	Tally	Total	Issue	Tally	Total
Tyre			Lights		
Brake Pads			Pedals		
Brake Levers			Chain		
Seat			Gears		
Handlebars			Other		
Reflectors			No issue		

Bar Chart

Using the results from your tally construct a bar graph.

Issues found with	In my bar graph, each box represents _____ students.									
Tyres										
Brake pads										
Brake levers										
Saddle/Seat										
Handlebars										
Reflectors										
Lights										
Pedals										
Chain										
Gears										
Other										
No Issues found										

School Bike Check

Green-Schools Travel – School Survey



School:

Date:

This 'hands up' whole school survey is to be completed after students have completed their own bicycle check survey. Once completed, tally the results and construct a graph for your noticeboard. Discuss the outcome of your survey and possible actions you can take.

How many students have a bicycle or access to a bicycle

Issues	Enter class/year you are surveying						Total
Tyre							
Brake Pads							
Brake lever							
Seat							
Handlebars							
Reflectors							
Lights							
Pedals							
Chains							
Gears							
No issues found							

What is the most common issue?

What can we do?

For example, research bicycle shops in your area and distribute details or invite a bicycle mechanic to participate in a bike fixing action day.



Seiceáil Sábháilteachta Rothar

Bileog Gníomhaíochta- Clár na Scoileanna Glasa- Taisteal

Bunscoil Shinsearach



Déan 'M-Sheiceáil' ar do rothar sa bhaile. Úsáid an léaráid agus seicliosta mar threoir.

	Suíochán		Hanlaí		Luamhain coscáin	Clé	Deas
Frithchaiteoirí	Ró-ard <input type="checkbox"/>		Gan ghreamáin <input type="checkbox"/>		Scaoilte <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Scaoilte <input type="checkbox"/>	Ró-íseál <input type="checkbox"/>		Scaoilte <input type="checkbox"/>		Níl sé ag obair <input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>
Ar iarraidh <input type="checkbox"/>	Damáistithe <input type="checkbox"/>		Gan chloigín <input type="checkbox"/>				
Brocach <input type="checkbox"/>	<i>Ba chóir do chosa a bheith ar an talamh</i>						
					Bloc coscáin		
Bloc coscáin					Caite <input type="checkbox"/>		
Caite <input type="checkbox"/>					Neamhdhíreach <input type="checkbox"/>		
Neamhdhíreach <input type="checkbox"/>							
Ba chóir go mbeadh an dá choscáin ag dul isteach sa bhfonsa rotha					Soilse		
					Scaoilte <input type="checkbox"/>		
					Ar iarraidh <input type="checkbox"/>		
					Brocach <input type="checkbox"/>		
Bonn							
Caite <input type="checkbox"/>					Bonn		
Bog <input type="checkbox"/>	Slabhra		Troitheáin		Caite <input type="checkbox"/>		
Damáistithe <input type="checkbox"/>	Ola ag teastáil <input type="checkbox"/>		Scaoilte <input type="checkbox"/>		Bog <input type="checkbox"/>		
	Briste <input type="checkbox"/>		Briste <input type="checkbox"/>		Damáistithe <input type="checkbox"/>		

Tá mo rothar sábháilte le húsáid

Caithfear obair a dhéanamh ar mo rothar

Nótaí

Seiceáil Rothar sa Rang

Clár na Scoileanna Glasa- Taisteal – Suirbhé Ranga



Scoil:

Rang:

Ba chóir d'ionadaí ón gCoiste Glas an suirbhé ranga 'Lámha Suas' tar éis do dhaltáí a suirbhé seiceála rothar féin a dhéanamh. Déan na torthaí a chomhaireamh agus déan graf le cur ar an gclár fógraí. Pléigh toradh an tsuirbhé agus na gníomhartha a d'fhéadfá a thógáil.

Cé mhéad dalta a bhfuil a rothar féin nó rochtain acu ar cheann?

Cairt Scóir

Fadhb	Scór	Iomlán	Fadhb	Scór	Iomlán
Bonn			Soilse		
Bloc Coscáin			Troitheáin		
Frithchaiteoirí			Slabhraí		
Suíochán			Eile		
Hanlaí			Gan aon fhadhb		
Luamhán Coscáin					

Barrachairt

Bain úsáid as na torthaí ón gCairt Scóir chun barrachairt a chruthú

Fadbanna le:	Seasann gach bosca do _____ dhaltá sa barrachairt seo.									
Bonn										
Bloc Coscáin										
Frithchaiteoirí										
Suíochán										
Hanlaí										
Coscáin										
Soilse										
Slabhra										
Eile (i.e. gearanna)										
Gan aon fhadhb										

Seiceáil Rothar sa Rang

Clár na Scoileanna Glasa- Taisteal – Suirbhé Ranga



Scoil:

Dáta:

Ba chóir d'ionadaí ón gCoiste Glas an suirbhé ranga 'Lámha Suas' tar éis do dhaltáí a suirbhé seiceála rothar féin a dhéanamh. Déan na torthaí a chomhaireamh agus déan graf le cur ar an glár fógraí. Pléigh toradh an tsuirbhé agus na gníomhartha a d'fhéadfá a thógáil.

Cé mhéad dalta a bhfuil a rothar féin nó rochtain acu ar cheann?

Fadhb	Cuir isteach an rang/bláin						Iomlán
Boinn							
Bloc coscáin							
Frithchaiteoirí							
Suíochán							
Hanlaí							
Luamhán Coscáin							
Troitheáin							
Soilse							
Slabhraí							
Gan aon fhadhb							
Eile (i.e. gearanna)							

Cad é an fhadhb is coitianta?

Cad ar féidir a dhéanamh?

Mar shampla, déan taighde ar shiopaí rothar i do cheantar agus roinn a gcuid sonraí nó tabhair cuireadh do mheicneoir rothair páirt a ghlacadh i lá gníomhaíochta deisithe rothar.