



Bike workshop – fixing punctures and checking brakes

AT A GLANCE



Place

Outdoors or in a garage



Key idea

Making your own bike roadworthy: patching an inner tube, checking brakes, lights and chain – and helping each other



Effort

Materials 15 min · Preparation 20 min



90 minutes



pairs



12–16 years



bring your own bike



Materials

- ☐ own bikes (announce in advance)
- ☐ Allen keys and spanners, chain oil, rags
- ☐ puncture repair kit, tyre levers, pump with suitable valve adapters
- ☐ checklist “roadworthy bike”
- ☐ bucket of water to find the hole



Schedule

0–10'

Introduction – Who has ever had a flat tyre – and what did you do?

10–25'

Bike check – In pairs with the checklist: brakes, lights, bell, reflectors, tyre pressure, chain. What is missing or broken?

25–60'

Fixing a puncture – The leader shows step by step how to patch an inner tube. Then each pair practises on an old tube or on their own bike.

60–75'

Small repairs – Oil the chain, adjust saddle height, have brakes adjusted. Bigger faults are noted down – for parents or a bike shop.

75–90'

Devotion – Ecclesiastes 4:9–10: “Two are better than one. If either of them falls down, one can help the other up.” Repairs are easier with two – and so is life. God has given us to each other as help.



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How it works – simply explained

- 1 Remove the wheel or use tyre levers to lift the tyre off the rim on one side and pull out the tube.
- 2 Pump up the tube and pull it through the water: where bubbles rise, that is the hole. Mark the spot.
- 3 Roughen the spot with sandpaper, spread a thin layer of rubber solution and let it dry briefly.
- 4 Press the patch on firmly. Feel inside the tyre for thorns or glass and remove them.
- 5 Put the tube back, fit the tyre, pump it up and check that it runs true.

 **Example:** “On your own you struggle for ages with the tyre lever. With two, one holds and the other pulls – and it works. That is exactly how God meant us to be: for each other.”

Safety

- Only check brakes; bigger brake adjustments are done by a leader or a bike shop.
- Keep fingers away from the moving chain and spokes; stand the bike securely or turn it upside down to work on it.
- After the repair, test ride only in a safe place away from traffic.

Variations

- Skills course: ride slowly, slalom, brake on the spot.
- Repair service: the group offers a bike check for children at church.

Something to think about

Who last “helped you up” – and whom can you help this week?