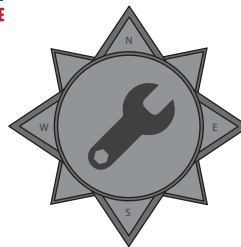


## ADJUST A BIKE CHAIN

If you are lucky enough to own a bike, then you need to take care of it and start learning how to do your own maintenance. One of the simplest things you can do is adjust the chain.

Over time, chains stretch and things move, and a chain can get loose. If it gets really loose, it can fall off the sprocket and that can be annoying or even dangerous. So we're going to learn to inspect it and adjust it.

## FLIP OVER FOR YOUR NEXT CHALLENGE



### EARN THIS NUGGET

Adjust the chain on a bicycle. Have your parents inspect it afterwards and make sure everything is tightened back up. Make sure you do it at least one extra time with minimal assistance.

LEVEL C

PERIOD 6

TASK 2

1. First, I find it easier to turn the bike upside down so it is resting on the handlebars and the seat.

2. Next, let's test the chain. It should have a little wiggle to it and not be super tight. But it should not have more than an inch of movement up and down (that is about the thickness of three of your fingers).

3. If you look at your back wheel, it is held on by two nuts, one on either side of the spindle. You'll need to get the right-sized wrench and undo those nuts. No need to take them off, just loosen them.

4. Now, the wheel will slide forward or backwards. If you move it backwards the chain gets tighter.

5. Move the wheel to the desired position and tighten up the nuts again. Make sure the wheel is in the center of the frame so that the tire won't rub on the frame.

6. Not a bad idea to oil that chain when you are done.

