

General instructions for handling bikes

Safety

Your bicycle is only safe when properly adjusted and regularly serviced.

The bicycle has been constructed for normal cycling tours and not for competitions, stunts, tricks and riding off-road.

The guarantee will lose its validity if the bicycle is damaged due to being put to use for competitions, stunts, tricks and off-road use.

Safety hints for bicycles

The following points should be checked at regular intervals:

1. The wheels should be fixed firmly to the frame and forks.
2. The hub bearings must be adjusted correctly to avoid lateral play and premature wear.
3. The brakes must be 100% functional.
4. The head parts must not have any play. Simply pull the front brake lever and move the bicycle backwards and forwards, you will be able to feel any play in the handlebars.
5. The tyres are to be free of any damage and must have the correct tyre pressure. Indications can be found on the side wall of the tyre.
6. The gears must be adjusted correctly.
7. The pedals and cranks must be tightened correctly.
8. All nuts and bolts must be tightened correctly.
9. You must be able to sit on and ride the bicycle comfortably.

It is your responsibility to make sure that the bicycle has been assembled in such a manner that it is safe and ready to ride.

Information concerning safety whilst riding

1. For your own safety you should always use a cycling helmet.
2. Select a gear that enables you to pedal at a rate of no more than 70 pedal revolutions per minute (when doing so observe your pulse rate).
3. Wear clothing, which cannot get caught in the wheels and sprockets.
4. For your own safety always look ahead when riding.
5. Always comply with traffic regulations.
6. Always use a cycle path if available.
7. Before turning off always glance back over your shoulder to watch following traffic and always use hand signals.
8. Always give a clear and definite hand signal to inform other road users of your intentions.
9. Always watch out for doors of parked cars being opened and for cars pulling out in front of you.
10. Always watch out for potholes, gutters and tramlines.
11. Never take a pillion passenger with you.
12. Never hold on to a stationary or moving vehicle with the intention of being pulled along.
13. Never ride next to another person, always ride one behind the other.
14. Never ride too close behind another vehicle (this includes behind other bicycles).
15. Never hang bags or similar on the handlebars, this will have a negative effect on your safety.

Advice when riding

One should be very careful when riding when it is raining or snowing.

If the wheel rim becomes wet a lubricant film will be produced when braking, this can double the braking distance and the braking force required; grip on the road will also reduce.

When riding in the dark make sure that your bicycle is equipped with a white front reflector, a red rear reflector, yellow pedal reflectors and lighting (headlight, rear light, dynamo).

Cleaning

To ensure that your bicycle works perfectly it is important that all moving parts are kept clean.

To clean aluminium, chrome, and paint-sprayed parts it is recommended that you use special cleaner available at bicycle shops. Chrome parts must be sealed subsequent to cleaning. This can be carried out by using a wax spray and a soft cloth, which will protect the chrome from rusting and also enable it to be cleaned more easily the next time.

Use an old toothbrush to clean the sprocket, derailleur, rear gear cluster and rear derailleur.

Greasing and oiling

Make sure that the bicycle is always well oiled and greased.

To grease ball bearings one requires special tools and specialist knowledge. For this reason it is recommendable to have these serviced at a specialist dealer. Ball bearings should be greased annually.

Caution: Only use a grease and oil that does not resinify and does not retain particles, sand or dust. For example, use a silicone grease and silicone oil.

Warning: Oil and grease must by no means come into contact with the wheel rims, brake-shoes and tyres.

Chain care

Your bicycle chain must always be oiled.

If the chain is not running smoothly it may have a stiff link. Hold the chain so that the stiff link is between your hands and bend the chain backwards and forwards until the stiff link is loosened.

Protecting your bicycle and safety

Caution: Do not leave your bicycle unlocked when unattended. Each year thousands of bicycles are stolen, most of them are never found again.

Use a sturdy lock, e.g. a heavy steel chain or shackle lock and always fasten the bicycle to a fixed object (tree, post, bicycle rack, etc.). Remove all small parts (saddle including pillar, speedometer, etc.) from the bicycle, pull your means of locking through the frame and front and rear wheels.

Most bicycles have an individual frame number. This can be found on the frame at the following places: Under the pedal bearing, on the head tube, on the seat tube or on the rear brace.

For future reference it is best to note the frame number on the bill.

It is also possible to register a bicycle with the police or have it marked with personal identification.