



Student Safety and Use Checklist

1. Adjust the seat height to fit. Your legs should be almost straight at the bottom of the pedal stroke.
2. Before putting your foot on a pedal, step over the bike so you are straddling it.
3. Grab the handle bars.
4. Put one foot on the lowest pedal and stand up.
5. Sit down on the seat and put both feet on the pedals.
6. DO NOT pedal super fast to start!
7. Pedal slowly and adjust the gears by twisting the right handlebar until they are at a comfortable resistance and quiet.
8. Find a comfortable pedaling speed.
9. Start reading!
10. Only pedal really fast if you have been given permission by an adult supervisor.



Supervisor Safety and Use Checklist

1. Only let students ride after they have passed a safety test created and approved by your administration based on the Student Safety and Use Checklist.
2. If you have bikes plugged into a power strip, turn the power strip(s) on when the bikes are in use, and off when they are not in use.
3. Make sure each student's seat is adjusted correctly. There is a quick release for each seat.
4. You will know that the device is generating electricity correctly if:
 - a. When it's at rest, there is a red light blinking on the back of the inverter below the rear wheel.
 - i. A red light blinking is good when it's at rest.
 - ii. When pedaling, the red light will stop blinking and 3 green lights will alternate blinking. This means the generator is sending electricity into the inverter, and into the building.
 - b. The meter on the front of the bike is showing numbers that rise and fall when the bike is being pedaled.
 - c. There is a slight hum coming from the generator.
5. If there are problems with #4, check the connections from the generator to the inverter, the cable from the inverter to the watt meter, and from the watt meter to the power strip or outlet.
6. Do not let all of the bikes be pedaled as fast as they can all at the same time. It's not advisable to let children pedal at maximum effort on any stationary bikes, including these. If a foot slips off a pedal at high speed or effort, it might hurt. If you do let children see how much electricity they can make, it's suggested you do so with close supervision, one or two bikes at a time.
7. Children may need help adjusting the gears to get to a comfortable pedaling cadence and resistance combination (the smaller the gear, the higher the resistance)
 - a. If the gears are not adjusted correctly, there also may be annoying chain/gear noises. These are easy to fix by twisting the right handlebar shifter up or down.
 - b. It's possible that the derailleur will need to be adjusted from time to time by a maintenance person.
8. Report any loose nuts or bolts to maintenance immediately.



Maintenance Guidelines

Tools needed:

- Crescent Wrench
- Philips Screwdriver

Weekly:

- Check cable connections between:
 - The generator (rear wheel) and inverter (metal box).
 - The inverter and the watt meter (the cable coming out of the inverter going to the watt meter).
 - The watt meter to the power strip or outlet.
 - The power strip to the outlet.
- Make sure the gears are adjusting correctly by turning the pedal and adjusting through the gears.
 - The shifter might not be able to go to the largest gear, closest to the generator. If it does, the derailleur may rub against the generator.
 - Adjust the derailleur with a small Philips screwdriver to restrict how far the derailleur travels when adjusted.
- Make sure the quick release on the seat is able to get tight enough to hold up a child, but not too tight that it's impossible to adjust.

Monthly:

- Check for any loose connections on:
 - The rear stand connected to the bike.
 - Should be snug but not overtightened.
- Check to see if the rear wheel is straight when it turns. It is ok if it is not perfectly straight.
- Adjust and oil the gears if needed
 - You may have to restrict use of the largest gear. The derailleur may rub against the generator if this is allowed. Each bike is slightly different in this regard.