

## How to Repair a Puncture

You will need:

Puncture Repair Kit

2 or 3 plastic tyre levers

Pump

If you've never fixed a flat tyre before, then here is an easy step-by-step guide for you to follow.

1. Remove wheel from bike. Remove tyre from wheel rim using plastic tyre levers. Metal tyre levers can sometimes nip the inner tube and cause another puncture.
2. Separate inner tube from wheel and put air in inner tube.
3. Fill sink or bowl of water and put inner tube into water. Locate position of puncture (you are looking for small air bubbles to show where the air is escaping.)
4. Circle puncture with a pen and thoroughly dry.
5. Use sandpaper from puncture repair kit and sand over puncture area.
6. Apply glue and patch from kit.
7. Press patch down firmly. Allow patch to dry for 4 to 5 minutes.
8. Apply chalk around patch area to prevent any excess glue sticking to the tyre.
9. Check inside of tyre, feeling around the inside of it with your hand. Make sure there are no sharp objects still in the tyre. If there are, then this will cause another puncture if not removed.
10. Put a little air in inner tube and place back onto wheel rim. Remember to place inner tube valve through appropriate hole in the wheel rim. Next put tyre on. Finish pumping air into inner tube. Attach wheel to bike.
11. Finally, check wheel after approximately 30 minutes to make sure it hasn't gone down again

