

## 1. Safety Precautions

- Always wear a helmet and protective gear (knee/elbow pads).
- Inspect your bike before each ride (tires, brakes, chain, and handlebars).
- Ride within your skill level and avoid dangerous terrain if inexperienced.
- Obey trail rules and yield to pedestrians.

## 2. Basic Bike Handling

- Body Position: Keep your weight centered, elbows slightly bent, and knees flexed for stability.
- Braking: Use both front and rear brakes evenly to avoid skidding.
- Shifting Gears: Shift before steep climbs/descents to maintain momentum.

## 3. Climbing & Descending

- Uphill: Lean forward, stay seated, and pedal steadily.
- Downhill: Shift weight back, lower your saddle, and use controlled braking.

## 4. Maintenance Tips

- Clean and lubricate the chain regularly.
- Check tire pressure before rides (see recommended PSI in Table 1).
- Tighten bolts (handlebars, saddle) periodically

## 5. Emergency Situations

- Flat Tire: Carry a spare tube/patch kit and learn basic repairs.
- Chain Issues: Use a quick-link tool to reattach a broken chain.

Note: Always carry a multitool, water, and a first-aid kit on long rides.