How to Put Air in a Bicycle Tire

Introduction: Arizona Mountain Bikers United (AMBU) is a non-profit organization dedicated to getting people on mountain bikes and educating them about everything mountain bike-related. One of the goals of their Mountain Bike Basics training is to educate new mountain bikers on bicycle safety. A key to bicycle safety is a properly maintained bicycle. An important aspect of bicycle maintenance is maintaining proper air pressure in tires. The goal of this training is to demonstrate how to maintain proper air pressure in bicycle tires.

Learning Objectives:

During this training, learners will:

1. Discover two different valves used on bicycle tires.
2. Explore how to achieve the correct air pressure in a bicycle tire.

Outline:

Introduction

Two Valve Stems

- Shrader
- Presta.

Air Pressure

- What is PSI
- Which PSI is right for your tire?

Attaching the Hose

- Prepare Valve Stem
- Things to Know

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Adding Air

- Monitor PSI

Removing the Hose

Conclusion

Color Palette:



Notes: All scene transitions will be fade transitions unless otherwise noted. Background music will be “A Simple Way” from the Camtasia library.

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1. Introduction			
Visuals/Graphic	**Script/Audio**	**Programming/Animation Notes**	**Comments**
A scenic bicycle photo fills the screen. The title "How to Put Air in a Bicycle Tire" fades in, along with the Arizona Mountain Bikers United (AMBU) logo.	**[Narrator]** How to put air in a bicycle tire. Brought to you by Arizona Mountain Bikers United.	Fade in from black to the introduction image. The title and logo fade in along with the narration. Use a fold transition to go to the next scene.	

2. Introduction			
Visuals/Graphic	**Script/Audio**	**Programming/Animation Notes**	**Comments**
A photo of a mountain bike rider fixing a flat tire on a bicycle fills the screen.	**[Narrator]** Don't get caught out on the trail with a flat tire. Maintaining the correct air pressure in your tire may help prevent flats. Always check your tires before you head out to ride.	Use a fold transition to go to the next scene.	

3. Two Valve Stems			
Visuals/Graphic	**Script/Audio**	**Programming/Animation Notes**	**Comments**
The video will show someone with a bike pump and a bike tire in the background.	**[Narrator]** The first thing that you need to be certain of is which valve stem is on your	Use Zoom-n-Pan to show the valve stem up close on the bike.	

The video will zoom in on the valve stem as the person unscrews the dust cap. The video will An arrow will fade in with the question "Which valve is this?" An image with two valve stems will fill the scene. Callouts will identify the Presta valve and the Schrader valve. Transition back to the zoomed-in scene with the bike's valve stem. Transition to the scene with the hose attachment. Extend the scene with the attachment showing both valve options. Callouts will identify the Schrader and Presta valve options.	tire. Let's see if you can identify which valve this is. Presta valves are long and slim with pointy tips. Schrader valves are shorter and thicker. They are flat on the top with the threading visible only at the top. This valve is a presta valve. Your bike pump will usually have both options. One on each side of the hose attachment. If not, you will need to get a pump that is compatible with your tire's valve stem.	Extend the scene showing a close-up of the valve stem. Fade in the arrow with the question. Fade through black to transition to the image. Callouts appear with narration. Fade through black to transition back to the video. Extend the scene with the attachment showing both valve options.	

4. Air Pressure			
Visuals/Graphic	**Script/Audio**	**Programming/Animation Notes**	**Comments**

The video begins zoomed in on the bike pump pressure gauge. Then the video pans over to the PSI information on the bike tire. Extend the scene with the PSI information.	**[Narrator]** You want to make sure you have a bike pump with a pressure gauge on it, like this. You will need to verify what PSI is needed for your tire. PSI is pounds per square inch. You can find this on the side wall of the tire. This shows 35-50 PSI. As you pump up the tire, you will check the gauge to make sure you put enough, but not too much air in your tire.	Extend the scene with the PSI information.	

5. Attaching the Hose			
Visuals/Graphic	**Script/Audio**	**Programming/Animation Notes**	**Comments**
The scene begins with a video zoomed in on the bike valve stem. Extend this scene in timing with the narration to show the tip of the valve stem being unscrewed. The video shows the hose attachment being attached to the valve stem.	**[Narrator]** To add air to your tire, you will need to attach the hose to the valve stem. If it is a Presta valve stem, you will need to open the valve stem by unscrewing the little tip here. Be careful not to unscrew the whole valve stem. If it is a Schrader valve stem, you don't need to unscrew anything. Once the valve is ready, secure the hose attachment to the valve. This	Extend the beginning scene of the video to align the narration with the tip of the valve being unscrewed. Extend the scene to show the attachment on the bike's valve stem.	

Extend the scene to show the attachment on the bike's valve stem.	can be tricky and hose attachments vary. Most click on like this one. Some will screw on.		

6. Adding Air			
Visuals/Graphic	**Script/Audio**	**Programming/Animation Notes**	**Comments**
The video pans from the bike's valve stem and shows the person pumping the handle of the pump. The video pans down to the pump's pressure gauge.	**[Narrator]** Once the hose is attached to the valve, it is time to add air. You do this by pumping the handle up and down. As you do this, watch the pressure gauge. Pump air until the pressure gauge registers the PSI that you verified is correct for your tire. Stop when you are at that pressure. You might want to put in a tad more air because you might lose a little air as you detach the hose.		

7. Removing the Hose

Visuals/Graphic	Script/Audio	Programming/Animation Notes	Comments
The video shows the hose attachment connected to the bike's valve stem. A hand removes the hose attachment. The hand retightens the valve closure and secures the dust cap. The video pans out and shows most of the bike including the front tire of the bike. Extend the scene showing most of the bike.	**[Narrator]** When you are ready to detach the hose, you unclick it or unscrew it. If you have a Presta valve, you will want to retighten the valve closure and then secure the dust cap. If you have a Schrader valve all you need to do is secure the dust cap. You do the same with your other tire and you are ready to roll.	Extend the scene showing most of the bike. Use a fold transition to go to the next scene.	

8. Conclusion			
Visuals/Graphic	**Script/Audio**	**Programming/Animation Notes**	**Comments**
The AMBU logo is large and centered on the screen.	**[Narrator]** This video was brought to you by Arizona Mountain Bikers United. Happy trails friends!	The audio fades out after several seconds on this scene.	