



MISCELLANEOUS CYCLING TIPS

KIDS AND BIKES

When

- Once a child can hold their head up and fit a helmet, they can be a passenger
- Until about age five, kids should ride in a child seat, or better yet, a trailer
- Kids need basic motor skills to operate a bike

Traffic

- Explain to kids how traffic works; they have only been passengers
- Teach them about yielding, passing, predicting and traffic law
- Bicycle riders have to obey the same rules as cars and buses

Helmets

- Let them pick out their helmet and they will want to wear it; wear yours also
- Make sure that the helmet fits the child properly; level on the head and snug
- Replace the helmet after a crash

Balance

- Lower the seat and remove the pedals so your child can touch the ground
- Practice balancing in an open field or vacant parking lot
- Have the child practice riding in circles as well as in a straight line
- Show them how to use the brakes; get them to skid the rear wheel

Starting and stopping

- Children should learn to stop before entering the roadway
- Look left, then right, then left again before proceeding
- Driveways, sidewalks and crosswalks are potential danger zones

Riding straight

- Use a painted line in a parking lot
- Straight-line riding will allow drivers to predict what the child will do
- Predictability is important in any traffic situation; kids don't know this

Scanning and signaling

- Have the child ride straight and look back at you without swerving
- Children must scan for traffic in front of them as well as behind before signaling
- Teach them how to signal right, left and stop and when to do it

Neighborhood ride

- Plan a ride with your child around your neighborhood and discuss possible dangers
- Allow your child to lead
- Include them in the planning of the ride

Transportation choices

- Bikes are vehicles; this is their introduction to driver's training
- Plan a route with your child to get them to a friend's house or school by bike
- At about 10, kids are ready for longer trips; make sure they make safe decisions

For more
cycling tips, visit
bikeleague.org

