

LEARNING TO RIDE

MY CHILD IS STRUGGLING TO FIND THE PEDALS/ CAN'T GET MOMENTUM.

If your child is struggling to find the pedals and you are not teaching them on a slightly sloped surface, try and find a sloped surface as this will assist them with momentum. If you are on a sloped surface, practice putting one hand on their shoulder or back to stabilize them and another on the very back of their seat. Help propel them forward (this will assist them with momentum), this will give them more time to find the pedals. Repeat until your child is confident finding and using the pedals.

CAN MY CHILD RIDE ON THE FOOTPATH?

Children under 12 years and an accompanying adult can ride on all standard footpaths.

IS MY CHILD'S BIKE TOO SMALL?

If your child's knees are bent when sitting on the bike, you may need to adjust the seat (move the seat upwards). If the seat cannot be adjusted any further, the bike may be too small. Your child's knees should not bend excessively/uncomfortably when riding.

WHY DON'T WE RECOMMEND TRAINING WHEELS?

Bikes with training wheels tend to be very heavy for young children, which makes it incredibly hard to balance. Balance bikes are generally a lot lighter and easier to learn on than bikes with training wheels.

WHAT IS COMPULSORY ON MY CHILD'S BIKE:

At all times:

- Helmet and bell

At night:

- White light (flashing or steady) on the front
- Red light (flashing or steady) on the back
- Red reflector on the back
- The lights must be visible from 200 meters and the reflector visible from 50 meters.

SHOULD GIRLS AND BOYS HAVE DIFFERENT BIKES?

Girl/Boy Children's Bike Design - does it matter? From a specific riding point of view, the difference in the girls or boys shape design absolutely has no impact on functionality.

YOUR QUESTION NOT ANSWERED HERE?

Please email us at ride2school@bicyclenetwork.com.au