



MISCELLANEOUS CYCLING TIPS

BUYING YOUR CHILD A BIKE

Sizing

- Your child should be able to straddle the top tube with both feet on the ground
- Adjust the reach of the handlebars so the child is comfortable and sitting upright
- Bikes should not be 'grown into'; buy a bike that safely fits your child

Hand vs. pedal brakes

- Pedal brakes should be the child's first brakes; teach them to stop at a fixed point
- Small children may not be able to use hand brakes due to lack of strength and reach
- Use lever 'reach adjusters' to bring brake levers closer for smaller hands

BMX

- Dirt jumping requires safety gear including full-face helmet, shin pads and gloves
- Beginners should also consider elbow pads, knee pads and wrist guards
- Not all bikes are strong enough to jump; check with your local bike shop

Freestyle

- Flatland trick riding requires safety gear; helmet, glove and shin pads are important
- Freestyle bikes have 'pegs' on front and rear axles that allow standing
- Never allow your child to transport other children on their bike

Mountain

- Children should wear a helmet and gloves when mountain biking
- Ride or walk with your child so you know the trails that they will be riding
- Set specific boundaries for where your child can and cannot ride

Growing into a bike

- Don't buy a bike that does not fit your child; too small later is better than too big now
- Quality bikes will be easier to resell; they last longer as hand-me-downs also
- Make sure that your child's bike fits them by checking with your local bike shop

For more
cycling tips, visit
bikeleague.org

