



Bicycle Ride Guide



Helmetts

Making headway
in bicycle safety
since 1975!



PUT A LID
ON IT





3 Steps when faced with a new

HELMET

1



When looking up, you should be able to see the bottom rim of the helmet. Helmet should not cover eye brows

2

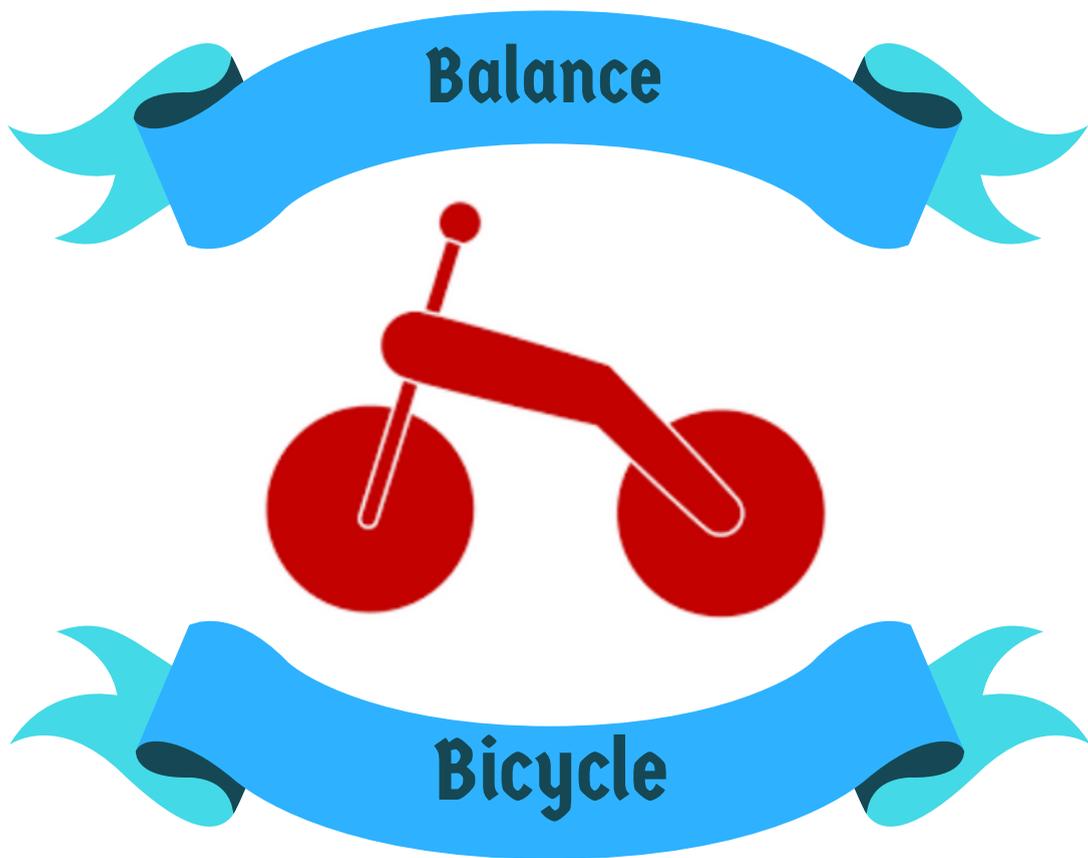


Straps should form a 'V' under your ears. When buckled straps should be tight but comfortable

3



When mouth is opened wide, helmet should hug the head.



- A balance bicycle (brand name: Stridor) is a pedal-less bike that allows one to focus more on balance and steering while learning how to ride
- These light weight bikes allows the rider to start off walking then progress to leaping or bounding once they are more comfortable
- The natural progression develops the concept of "Turn into the tilt" more intuitively than practicing with training wheels

Learning to ride a bike in

STRIDER



Strider 12
18 months - 5 years



Strider 16
6 years and up



Strider 20
13 years and up

"STRIDER BIKES HAVE TURNED INDIVIDUALS WITH DOWN SYNDROME, AUTISM, LOW MUSCLE TONE, POOR BALANCE, ARTHROGRYPOSIS, AND CEREBRAL PALSY INTO BIKE RIDING ENTHUSIASTS! WE HAVE RECEIVED COUNTLESS SUCCESS STORIES FROM PARENTS AROUND THE WORLD."

DIY

Balance Bike

Although Strider sells specialized bikes without a chain or pedals, a bike that was grown out of or a hand-me-down can be converted into a balance bike

-> Video Tutorial

Step 1: Find the right Candidate



- Find an existing bike with a seat low enough that your child can easily straddle it and reach the ground comfortably with both feet.
- When standing, your child should have 1-2 inches of clearance from the seat
- A bike with 12" tires, and a frame designed with one main tube that goes from the head tube to the seat post/bottom bracket area is ideal.

Step 2: Disassemble the Bike



- Note the setup used to loosen the far side pedal
- Block under near pedal allows wrench on far side to be driven towards the ground
- To remove the crank, you just need to remove the pedal on the non-chained side
- Once this pedal is off, remove the opposite-threaded nuts and washers on the non-chained side
- Pull the crank out
- You can remove the chain with a chain tool or duck tape the chain to the bike frame

Step 3: Remove Plastic from Frame



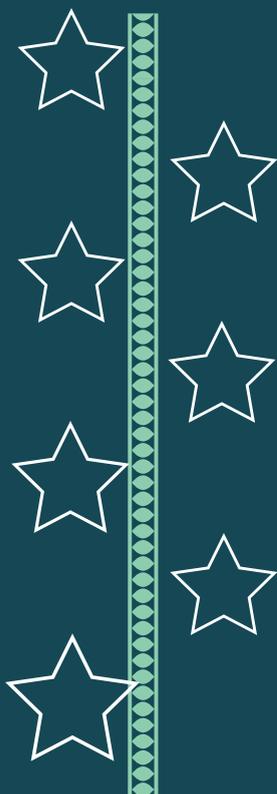
- Take off chain guards and grind down any parts of the frame that aren't smooth

PRACTICE MAKES PERFECT

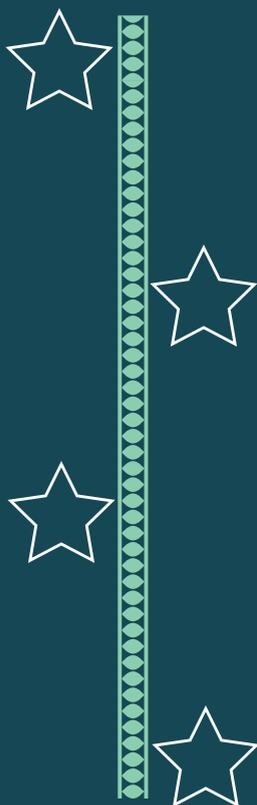
While practicing on the balance bike one strategy that may be helpful is using spot markers (any type of flat visual that won't blow away) or drawing circles with chalk with the aim of only stepping on the spot markers while riding on the balance bike.

The following is a progression of spot markers:

1. Small Strides



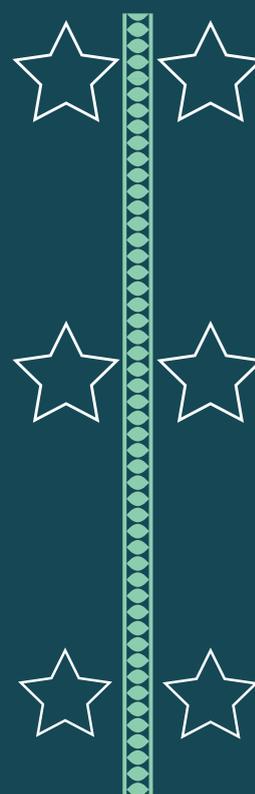
2. Large Strides



3. Small Jumps



4. Large Jumps



Once comfortable with large jumps, one can practice going down hill on a slightly pitched road with feet off the ground

Other Helpful

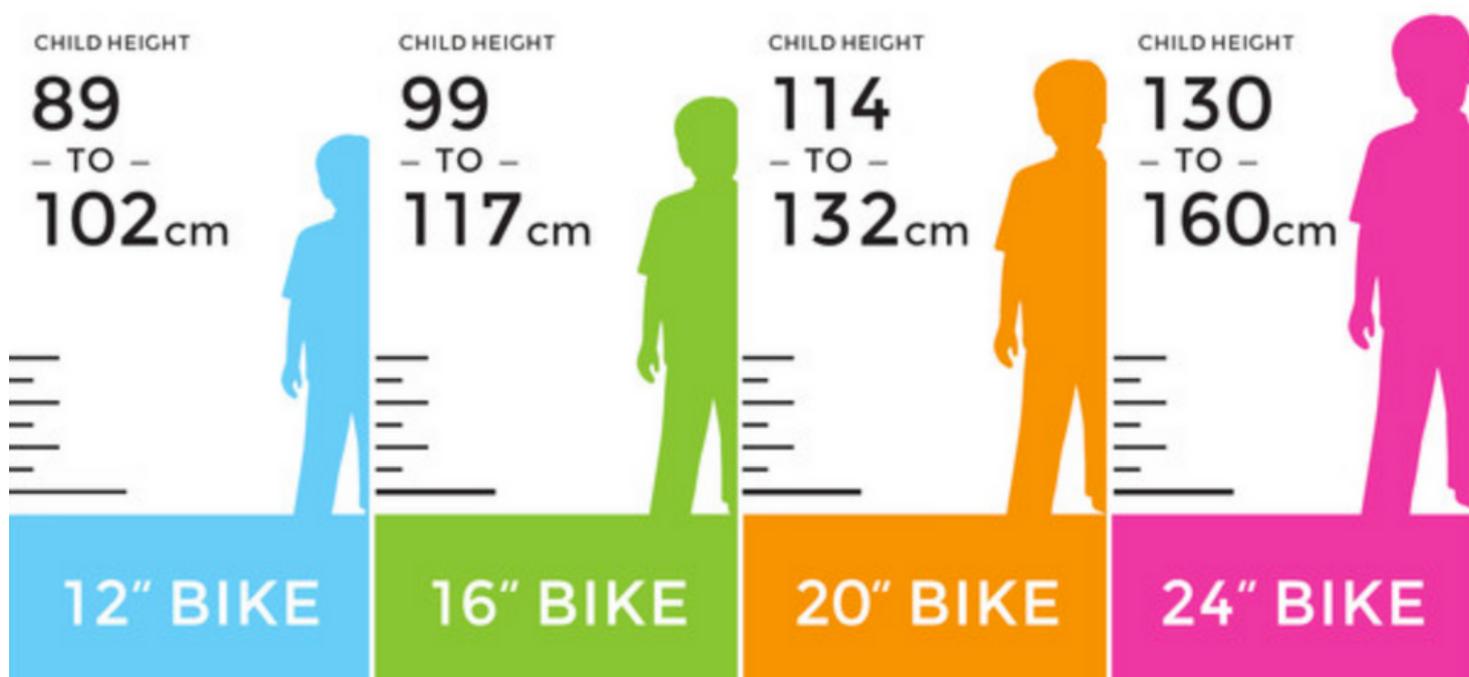
ACCESSORIES



"Trail Gator" or "Balance Buddy" are a couple of the many handle options that are available for either a balance bike or one with pedals. The additional guidance of a handle can provide a safe way to gain more confidence while on a bicycle.

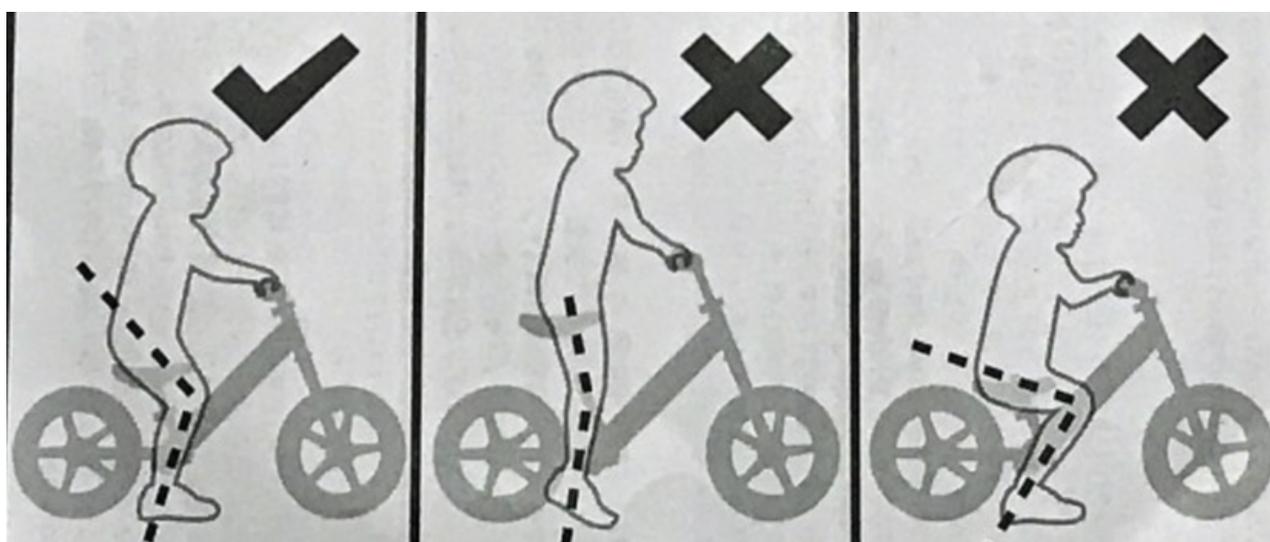
FINDING THE RIGHT FIT

Height to Wheel ratios



*May differ depending on your child's needs

Balance Bike Quick Check



Size Guide

Too Small



- Knees come above hips at the top of cycle
- Knees bow out to the sides at the top of cycle
- Knees bump the handle bars while turning

Too Big



- Knees are locked out at the bottom of cycle while seated
- Both feet can not touch the ground while straddling the bicycle frame
- Torso is hunched forward over the handle bars