

We are happy to help teach your child how to ride a bike! We understand the challenges that come with trying to do this on your own: it's ok, professional help is available. Over 200 kids have successfully learned how to ride a bike by attending a course.



Most First Time courses are held outdoors, so subject to suitable weather (must be dry). For this reason, courses cannot be confirmed until 36 hours in advance, based on the hourly weather forecast. You will receive an email letting you know if the course will proceed at this time. **An adult must stay on site throughout the course**, and be ready to provide encouragement, support, comfort and monitor their condition, as well as to receive tips and feedback from the instructor.

Your child will need a properly fitting bike and helmet. ***We do not provide this equipment for you.*** Fitting a bike to a child is a little more complicated than for an adult, because they are growing. A good, but long, guide on choosing an appropriate size for a child is [here](#) but the short story is that **your child must be able to put their feet on the ground, preferably flat, when seated on the seat** as well as be able to comfortably reach the hand grips at all times, including when the wheel is turned. In addition, the bike should be big enough such that the seat can be raised up at least another few cm and there should be enough space for the child to pedal without hitting the handlebars, including when the wheel is turned. I understand that it can be tough to determine proper fit of all these things when the child can't test the bike out: if the bike has training wheels on, you can try it that way and if not, try holding the bike upright while the child pedals. Either way, it's very important that the child is comfortable sitting on the seat with both feet on the ground. *A slightly too small bike is better than a slightly too big bike.* Please remove training wheels from the bike if necessary before the course: they are not needed! If the bike is used, consider taking it to have a tune up: SportChek has the best prices for real bike mechanics, in my experience. It is critical that the bike is in good working condition or your child will be frustrated with things that don't work properly. Key areas that tend to fail on kid's bikes are the chain (rust, bent or worn links) and the cogs on the back wheel. Also ensure the brakes work properly; coaster (pedal) brake is fine as are hand brakes, as long as they work.

Children under the age of 18 are required to wear a properly fitting, certified bike helmet at all times when they are on a bike of their own or riding in a child seat or trailer attached to an adult's bike. Again, because of growth, fitting a child's helmet can be a little more tricky than fitting an adult's but the same principles apply. [This video](#) is meant for adults but the techniques are the same for kids. I always recommend buying a child's helmet with a ratcheting fit adjustment as these tend to be much more reliable in getting a good fit. Also please avoid any helmet that has moulded plastic parts attached to it, like the Raskullz, as in a fall these projections may affect the performance of the helmet, increasing the odds of injury to the head

or neck. For most children, any department store like Walmart or Canadian Tire will have a good selection of helmets that will work. For smaller-headed children, you may need to go to a dedicated bike shop to find a “toddler” helmet. Very few helmets are certified for more than one impact - check the information that comes with a helmet to find out - and any impact with a hard surface, including falling off a closet shelf onto hardwood or tile or being dropped onto the sidewalk from 1m height, should trigger a replacement. Please don't take chances with your child's brain. If you can't afford a helmet, for yourself or your child, contact [ProHAB Helmet Society](#) for helmets by pay-what-you-can donation. *There are exemptions for religious headwear* however many types of headwear can accommodate a helmet. A patka or kippah may not work with a helmet; a turban certainly doesn't: a helmet is useless if it doesn't fit properly.

Your child may be more comfortable wearing knee and/or elbow pads, though these are not required. Padded cycling gloves (available at stores like Canadian Tire, possibly some dollar stores) will increase a child's comfort and reduce the risk of injury to the hands in the event of a fall. If your child tends to be sensitive, you may also want to consider purchasing padded bike shorts.

As mentioned earlier, and adult will need to stay on site the whole time. You will be involved with your child's learning: please do not expect to care for other children, work or read during this time.

If you have any questions or need any assistance, including help figuring out if a bike fits your child, don't hesitate to get in touch.

Thank you,
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