

Bicycle Education Event Tips & Tricks for Instructors

1 Helmet Check

- Good condition, no cracks,
- Proper size
- worn level (~1" above eyebrows)
- Straps adjusted to form "V" just below ears
- Chin strap showing no daylight below chin, not binding
- Occipital adjusters snug

2 Bike Mechanical Check

- ABC quick check (see detailed mechanical list - repair/adjust as necessary or note additional repairs on handlebar tag and verbal to parent.
- Do not let any unsafe bike enter the skills course.

3 Starting/Stopping

- Check seat height for leg straight, but knees not hyperextended (locked)
- When starting, rider should be off the seat standing over the top tube and one pedal in power position (9 or 10 o'clock).
- When stopping, rider should come off the seat so feet can touch the ground.
- Use both front and rear brakes if applicable.

4 Emergency Stop

- Practice stopping from normal riding speed, in as short a distance as possible.
- Use front and rear brakes.
- Rear wheel skidding or lifting up means need to shift more weight over rear wheel, or feather front brake.

4 Riding a Straight Line

- Rider should be looking 10' ahead of bike, not down at the front wheel.
- Arms should be relaxed without too much weight on hands.
- This becomes easier as speed increases.

5 Turning at an Intersection

- Stop fully, put foot down, start in power pedal position. Use hand signals, but put hands back on before starting turn.

6 Slalom

- Path should be almost a straight line, not swooping/sharp curves.
- Relax arms.
- At higher speeds, use body weight to steer and less steering input.

7 Scan Test

Rider looks over left shoulder and speaks number of fingers held up by instructor

8 Figure 8

Practice slow speed balancing and steering.