

Transporting Children

The two most common methods of transporting children by bicycle include a bicycle-mounted child seat, and a bicycle trailer. Bicycle trailers are a better choice for a number of reasons:

- Children have room to shift position and play while being protected from bugs and weather.
- Bicycle trailers are more stable than child seats and tend to remain upright if the bicycle falls over. If the trailer does go over, the child is already close to the ground and is well contained and protected.
- Trailers are usually brightly colored and much more visible than a bicycle with a child seat and have ample space for diaper bags, toys or cargo from errand-running. For night or bad weather riding, a trailer should be well reflectorized on the back and sides. An orange flag and two rear mounted red flashing lights will make it even more visible in traffic.
- Motorists tend to give trailers a much wider berth.

When using a child seat, a bicycle becomes harder to manage because of the extra weight of the child and the higher center of gravity. Children risk having their feet caught in the rear spokes and must be taught to hold still because rocking back and forth in the seat makes balancing the bicycle difficult. Always load and unload the child by leaning your bicycle against a fixed object such as a wall. When stopped with a child on board, remember to hold on to the bicycle firmly even when straddling the bicycle.



Bicycle Rodeo Information

WHAT IS A BIKE RODEO?

A rodeo is an opportunity for young participants to learn, practice, and demonstrate bicycle skills in a fun, noncompetitive atmosphere. Its goal is to help participants become better bicyclists and to teach them the proper rules of the road.

RECRUIT HELP – Bicycle rodeos can be conducted with any number of partners or volunteers: local service groups, parent-teacher associations, health departments, bike shops, law enforcement, cycling clubs, co-workers or neighbors. One volunteer per station is ideal.

LOCATION – Hard-surfaced, level, and traffic-free areas are best, such as a convenient playground, gymnasium or parking lot.

SAFETY FIRST – Make sure all participants wear a helmet and understand the direction of the course.

There are many exercises available on the internet that you can use to teach specific bicycle skills. Look for ones that are straight forward and that reinforce the rules of the road. Design your course according to space and the number of volunteers you have available.