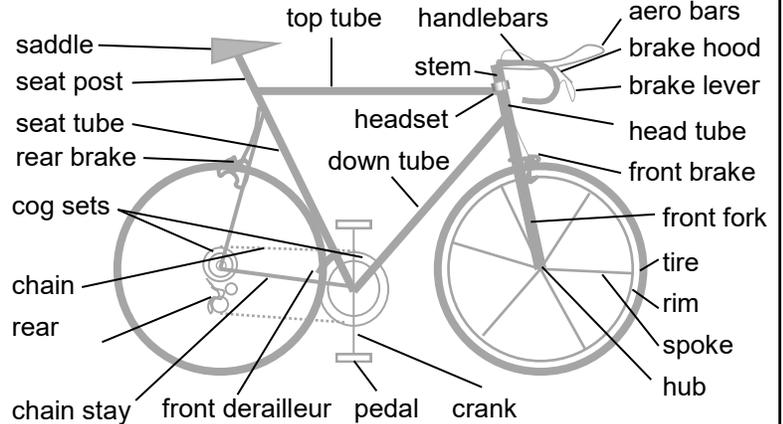


Bike Safety

Bike Check

Before every ride, make sure your bike is in working order. Always check:

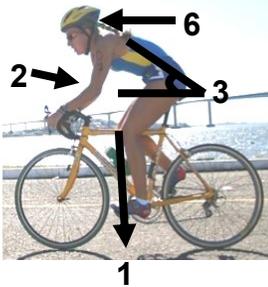
- brakes** (work quickly)
- stem and handlebars** (no twisting)
- seat** (no twisting or loosening)
- wheels** (spin freely) and tires (pumped up)



Bike fit

Proper bike fit is extremely important for athletes of all experience levels. A properly fit bike will prevent injuries, make the bike easier to handle, allow the athlete to progress more quickly in skill learning, and increase their comfort while riding. The guidelines in the box below are general and apply more to older youth. Younger athletes should get the bike store to assist them with set-up. Important safety notes for parents of younger athletes include:

- Knees should stay below the hips and behind the toe when cycling
- Some athletes like to be able to touch the ground with both feet while sitting on the seat (safety) but this position may place the seat lower than suggested and stress the knees while riding. In this case you may need to experiment with different bike styles to find one that has the best compromise - seat height and knee position when pedaling.



- For larger wheels on small frames, make sure the pedal will not hit the front wheel as it turns from side to side.
1. When the front pedal is parallel to the ground (horizontal), a plum bob from the knee should fall in line with the pedal and ball of the foot.
 2. Arms should be comfortable, with a slight bend. .
 3. When their hands are on the brake hoods, an athlete's back angle should be approximately 35 degrees from the ground. (When their hands are on the top of the handlebars next to the stem, the back angle increases to about 45 degrees).
 4. When the pedals are vertical (12 o'clock and 6 o'clock), the lower leg should have a slight bend of 10-20 degrees.
 5. The athletes' hips should not rock when cycling. (Watch them from behind). If the hips rock, the seat is too high.
 6. Their head should be as neutral as possible (avoid hyperextension or bending the neck backwards)