

LET'S GET GOING

Week Two

This week the children learnt some more components of safe bicycle riding. Try practising these at home with them.

Mount

- Mount on the left side of the bike to avoid the chain. This will also become important when the children begin to ride on the road as they will be leaning away from any traffic.
- Rotate the pedal so your right pedal is at 45° forward and up. This is the "Power Start" position.

Bike Dismount

- Apply brakes slowly. When the bike is almost stopped slide forward on the seat and put foot down. Dismount on the same side as bike mount.



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