

Choosing a Two-Wheeled Bike for Beginner Riders



Look for a bike with **handbrakes**. Bikes may or may not also have a coaster brake (back pedaling to stop.) Generally, we recommend bikes without coaster brakes, but there are many factors to consider so it is a good idea to speak with your TR about this choice before you purchase a bike.

The **handlebars** should be noticeably higher than the seat.

Choose the largest bike that allows for your rider to place both feet flat on the ground while sitting on the seat. This helps the rider to feel safe and confident when starting and stopping.

Choose a **low-slung, compact and lightweight frame**. This makes it easier for riders to get on and off the bike while promoting an upright position.

As the **pedals** rotate they should come no higher than $\frac{3}{4}$ of the height of the tire to avoid the rider's feet and knees coming up too high with each rotation.

Keep it simple and select a **single speed** bike.

These bikes are often called "Cruiser" bikes. These bikes promote an upright riding position helping the rider sit up straight and look ahead, making it easier to balance. When choosing a bike for a beginner rider, avoid BMX and mountain bikes, which have longer frames and require the rider to lean forward.

Training handles can be added to any two-wheel bike to support the transition to two wheels.

Some of the information on this handout is summarized material from the iCan Bike program. iCan Bike is a program that teaches children and youth with disabilities how to ride a two-wheel bike.

- iCan bike information: www.icanshine.org/parents/ican-bike-parents/
- KidsAbility's iCan Bike program: www.kidsability.ca/iCan-bike

Need more support to get your child riding a two-wheel bike?

The TR Bike Clinic provides individual assessments and support. This clinic is a universal service and is available free of charge to all families eligible for KidsAbility's universal services. For more information visit:

www.kidsability.ca/tr-bike-clinic

To access this clinic, contact Intake 519-886-8886 or 1-888-372-2259 ext. 1214 or speak to your KidsAbility Therapist.