

Finding the Right Bicycle Equipment

The Bike

❖ Frame Size

- When straddling the bike, there should be 2-3 inches clearance over the bike frame.
- Children's Bike Sizing Chart (from <http://www.sportchek.ca/info/index.jsp?categoryId=37435>)

<i>Age</i>	<i>Inseam</i>	<i>Wheel Size</i>
2 - 4	14" - 17"	12"
4 - 7	16" - 23"	16"
6 - 10	23" - 26"	20"
9 - 13	24" - 28"	24"

❖ Seat Height

- When sitting on the seat with feet on the pedals, your child's knee should have a slight bend when the pedal is at the bottom and his/her thigh should be approximately parallel to the ground when the pedal is at the top.
- Your child should be able to touch the ground with at least the balls of his/her feet. You may want to have the seat lower than this if your child feels quite unstable sitting on the bike (ie. With training wheels) or if your child is just learning to ride without training wheels. In these cases it would likely be more beneficial to lower the seat so that your child's feet are close to being flat on the ground.

❖ Hand Brakes or Pedal Brakes?

- Some factors to consider
 - Age – the older your child is, the more difficult it may become to find a bike with pedal brakes, therefore, it may be most beneficial to start your child with a bike that has hand brakes.
 - Strength – if your child has poor strength when gripping objects in the hand, using a hand brake may be quite difficult initially; however, frequent practice should help to strengthen those muscles. If one side is much stronger than the other, you can always move the hand brake to that side.
 - Motor Planning – if your child has difficulty with motor planning, it may be easier for him/her to learn how to use a hand brake versus a pedal brake as it takes extra thought/coordination to figure out how to deliberately reverse the direction of the pedals.
 - Hand brakes can later be added to a bike with pedal brakes.

The Helmet

- ❖ Helmet Sizing Checklist – adapted from <http://www.bhsi.org/checklist.htm> (Bicycle Helmet Safety Institute)

Is it level?	The helmet should be level on the rider's head.
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Rim barely visible	When the rider looks up the front rim should be barely visible to their eye.
Y below the ear	The Y of the side straps should meet just below the ear. (This is not adjustable for Bell True Fit helmets)
Snug strap	The chin strap should be snug against the chin so that when the rider opens their mouth very wide the helmet pulls down a little bit.
Skin moves a little	Move the helmet side to side and front to back, watching the skin around the rider's eyebrows. It should move slightly with the helmet. If it does not, the fit pads are probably too thin in front or back, or the helmet may even be too large.
Stabilizer snug	If there is a stabilizer, snug it up under the bulge on the rear of the head.
Palm test	Have the rider put their palm on the front of the helmet and push up and back. If it moves more than an inch more fitting is required.
Shake test	Have the rider shake their head around. This can be fun. If the helmet dislodges, work on the strap adjustments.
Is it comfortable?	Ask the rider if the helmet is comfortable and check to make sure there are no comfort issues that still need to be addressed.

Where to Find Training Wheels & Adaptive Equipment

- ❖ United Cycle (7620 Gateway Blvd, Edmonton, AB) – www.unitedcycle.com Phone: (780) 433-1181
 - Sturdy training wheels for wheel sizes 20-26 inches.
- ❖ Mud, Sweat and Gears (133 Main Blvd, Sherwood Park, AB) – www.mudsweatandgears.ca Phone: (780) 449-2453
 - Sturdy training wheels for wheel sizes 16-20 inches.
- ❖ Fatwheels (online only) – www.fatwheels.com
 - Heavy duty training wheels for wheel sizes 16-26 inches.
- ❖ Specialty Designs (Spruce Grove) – www.specialtydesigns.ca Phone: (780) 968-6686
 - Adaptive equipment for your child's bike, as well as adapted bikes..
 - Trunk supports with/without seat belts, pedal adaptations to strap feet on, handlebar extensions, large training wheels, etc.
- ❖ Cal's Cycle (Linden, AB) – www.calscycle.ca (map located on website) Phone: (403) 546-4007
 - Carries Rhino Trikes (large, sturdy tricycles for children, adolescents and adults)
 - Information about Rhino Trikes can also be found at www.rhinotrikes.com

