

Bicycling with Family



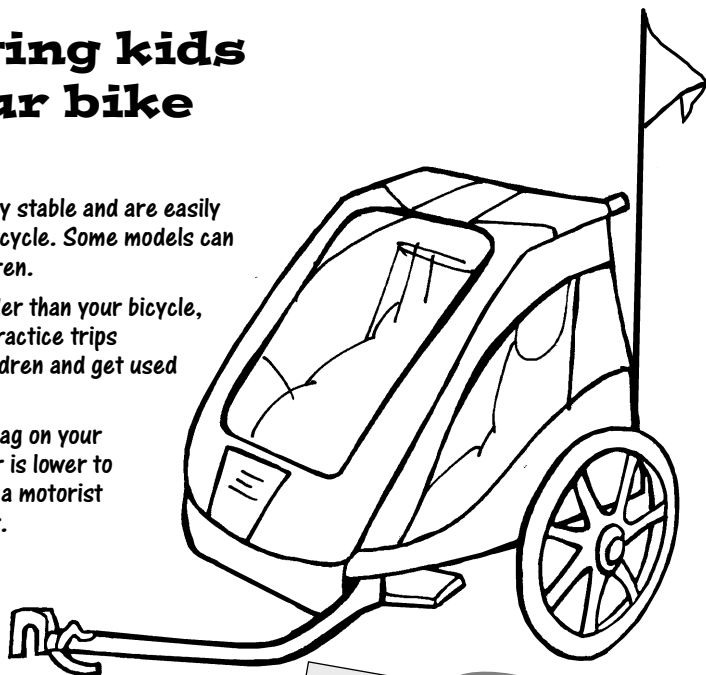
© 1999 Trudy E. Bell, *Bicycling With Children*

**A fun and healthful way
to spend time with your kids
and get around!**

Carrying kids on your bike

TRAILERS:

- Trailers are very stable and are easily attached to a bicycle. Some models can carry two children.
- Trailers are wider than your bicycle, so take some practice trips without the children and get used to the width.
- Always have a flag on your trailer. A trailer is lower to the ground and a motorist might not see it.



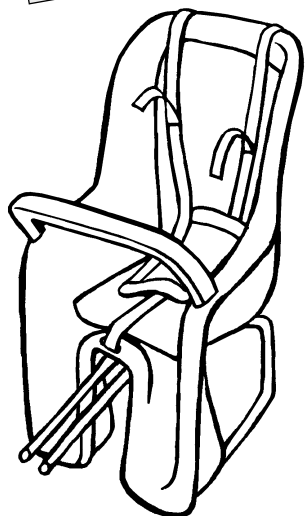
tips

Never carry a child on your body while bicycling! While carrying a child on your bike, remember to allow more stopping distance (because of the increased weight).

tip

TOP-TUBE MOUNTING CHILD SEATS:

- Advantage: Child is in front of the parent and can hold onto the handlebars. The parent can see and talk with the child.
- Disadvantage: The child will be more exposed to injury in a head-on crash. Some seats don't have straps to hold up a sleeping child.

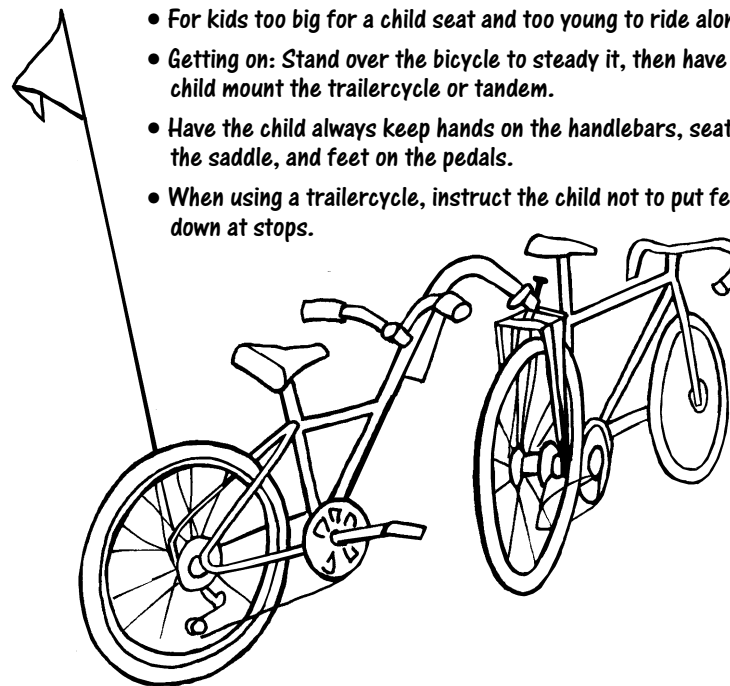


CHILD SEATS:

- Should reach higher than the child's head.
- Should mount onto a secure rear-carrying rack.
- Should carry kids no younger than 12 months and no heavier than 40 pounds.
- To get on: Immobilize the bike by having another adult hold it, or lean it against a wall. Don't use the kickstand. Put the child in, and then get on.
- To get off: Immobilize the bike by having another adult hold it, or lean it against a wall. Don't use the kickstand. Then get off. Hold the bike still with your body and take off the child.

Using a trailercycle or tandem

- For kids too big for a child seat and too young to ride alone.
- Getting on: Stand over the bicycle to steady it, then have the child mount the trailercycle or tandem.
- Have the child always keep hands on the handlebars, seat on the saddle, and feet on the pedals.
- When using a trailercycle, instruct the child not to put feet down at stops.



Riding with children on their own bikes

- Children should ride single file.
- With one adult, ride behind and slightly to the left of the children.
- With two adults, one rides in front, and the more experienced biker rides in back.
- Adults should keep talking to the kids, telling them where to go and coaching them on their position.

tip

SIDEWALK VS. STREET RIDING?

Some options:

- 1) Have children ride on the sidewalk and you run along next to them.
- 2) Ride along with your children on the sidewalk at a very slow speed. Note: It is illegal for anyone over 11 to ride on the sidewalk.
- 3) Have your children ride on the sidewalk and you ride on the street beside them.
- 4) Coach your children to watch for cars entering and leaving driveways.

General tips

- Children and adults should always wear snugly-fitting helmets with chin straps buckled. For more information, go to www.helmets.org
- Don't carry a baby on a bicycle until the child can sit upright while supporting the weight of their head and helmet. (Note: In some places outside of Chicago, it is illegal to carry a child younger than 12 months on a bicycle.)
- Adults should teach by example and wear helmets and obey all traffic laws.
- Being visible can save a life! Use flags and flashing lights on all types of child carriers, as well as on children's bikes.
- Check that small children and all equipment are secure and safely strapped in before each and every ride.
- For more information, read *Bicycling With Children*, by Trudy E. Bell, available from The Mountaineers Press, 1999, ISBN 0-89886-589-1.



312/42-PEDAL
www.biketraffic.org/ambassador



888/YOUR-CTA
www.transitchicago.com