

Useful Links:

🚲 Paediatric Occupational Therapy Service:

www.ekhft.nhs.uk/patients-and-visitors/services/a-z-of-services/child-health/paediatric-ot

🚲 Spokes Map of cycle routes - Ashford, Folkestone, Dover, &

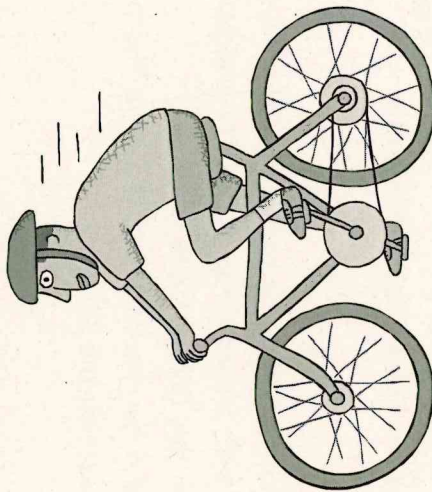
Deal: <http://www.spokeseastkent.org.uk/maps/>

🚲 Dyspraxia foundation - Hints and tips for bike riding:

<http://www.dyspraxiafoundation.org.uk/dyspraxia-children/bike-riding-tips/>

🚲 Canchild bike riding advice sheet:

http://canchild.ca/elearning/dcd_pt_workshop/assets/evidence-based-practice/cycling-handouts.pdf

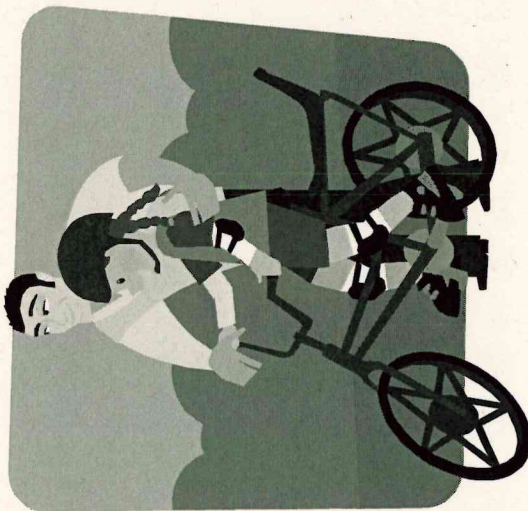


Remember learning to ride a bike is hard work but worth it!

Bike Group

Skill Progression Advice

Stage 1



Safety:



Skill: Able to put helmet on independently.

Tips:

- 🚲 Practice fastening the buckle before putting helmet on.
- 🚲 Start with longer strap initially to avoid catching the skin (but tighten this before cycling).
- 🚲 Use of a mirror may help to locate the buckle if this is hard when wearing the helmet.

Mount /Dismount:

Skill: Able to mount bike placing both hands on the handle bars and brakes if necessary.

Tips:

- 🚲 Practice getting on and off the bike from the left side, holding both handle bars.
- 🚲 Use the brakes if the bike moves or you are on a slope.

Skill: Able to dismount, keeping both hands on the handlebars, holding the brakes.

Tips: Take right leg over the back wheel, to end up standing on the left hand side.

Standing & Pushing:

Skill: Able to hold both handlebars and push bike *in a straight line* while walking beside it standing on the left hand side (no chain this side). Looking ahead and around to check route is clear.

Tips:

- 🚲 This is important in terms of safety for crossing roads.
- 🚲 It helps to start with this to learn how to handle the bike.
- 🚲 Children sometimes stand and walk too close to the bike and fall into it, so give hints to stand further away.
- 🚲 Emphasise the need to LOOK around and listen for safety.

Skill: Able to hold handlebars and push bike *round a corner* while walking beside it.

Tips:

- 🚲 Give guidance to turn a large enough circle so that the bike does not lean excessively while turning the circle.
- 🚲 As children become more confident or if space is limited they may be able to hold under the saddle with one hand to lift the back wheel into position.

Skill: Able to stop bike using both brakes (walking beside it) to sudden verbal command.

Tips: It is important in terms of safety to learn how to use the brakes before learning how to ride.