

Choosing the right bike

Children need bikes that suit their needs as cyclists. On the other hand, they will naturally want one that is 'cool'.

Whether they want a BMX, mountain bike, racing cycle or 'hybrid', try to guide them towards one that will suit their needs, and is suitable for where they will ride most - on the roads or off-road.

If your child is to cycle regularly be sure to buy a bike that is well-built and will last. Pay attention to the quality of the components (brakes, gears, etc.) as well as the frame.

Most importantly, buy one that is the right size for your child. Advice on how to buy the correct size is given below, but better still visit your local bike shop and try one out for size.

In order to ride safely, he/she **MUST** be able to:

- Place the balls of both feet on the ground when seated on the saddle.
- Place both feet flat on the ground when standing astride the frame (where there is a crossbar, some clearance is needed).
- Reach the handlebars when seated, in all handlebar positions.
- Grip both brake levers and apply enough pressure to stop the bike.

Never buy a bike that is too big in the expectation that your child will grow into it.

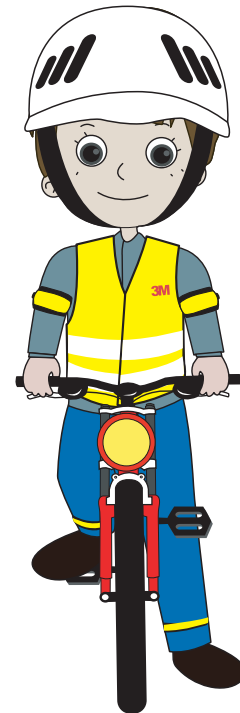
A bike that is the wrong size (either too large or small) represents a danger to both the child and other road users, as it cannot be controlled safely.

Buy bikes from a reputable dealer who can help select the correct frame and wheel size, and adjust the bike correctly for your child. You might want to buy a bike as a surprise present, but it is far better to take your child with you, so the bike can be adjusted to fit their size.

When budgeting, allow extra for basics such as:

- A fitted helmet (EC safety standard number EN1078).
- High visibility clothes, reflective accessories and stickers.
- Front and rear lights.
- A good quality bike lock.

Take a look at www.3Mroadwise.ie, (go to Pupils section - Bright thinking for cyclists - Be safe - Choose the right bike) to see what features you should always look for, and other kit to consider.



Bright Thinking for Cyclists

3M Roadwise
Bright thinking on our roads

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Support your child's cycling and visit:

www.3Mroadwise.ie for more tips on safe riding

www.3Mbeseen.co.uk for information on 3M reflective products

www.bikeforall.net