General Tips

- Children and adults should always wear a snugly fitted helmet with the chin strap 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 its own head and helmet.

- Adults should teach by example: Wear a helmet everytime you ride and obey all traffic laws.

- Being visible can save a life. Use flags, flashing lights, and reflectors 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.

Learn how YOU can make Wisconsin roads safer for everyone at WisconsinBikeFed.org

Share & Be Aware is a statewide campaign to increase pedestrian and bicyclist safety by educating all road users.

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Carrying kids on your bike

TRAILERS:
- Trailers are very stable and are easily attached to bicycle. Some models can carry two children.
- Trailers are wider than your bicycle, so take some practice trips without the children to 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.

REAR CHILD SEATS:
- Should reach higher than the child’s head.
- Should mount 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 kick stand. Put the child in, 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 and take off the child.

TIP
- 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).

TOP-TUBE MOUNTING CHILD SEATS:
- Advantage: Child is in front of the parent and can hold onto the handle bars. The parent can see and talk to 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 their 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.

TIP
- Agents should keep talking to the kids, telling them where to go, and coaching them on their position.

Riding with children on their own bikes

- Children should ride in a single-file line.
- 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 the back.
- Adults should keep talking to the kids, telling them where to go, and coaching them on their position.

TIP
- 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).

SIDEWALK vs. STREET RIDING?

- Some Options:
  - Have children ride on the sidewalk and you run along next to them.
  - Ride along with your children on the sidewalk at a very slow speed.
  - Have your children ride on the sidewalk and you ride on the street beside them.
  - Coach your children to watch for cars entering and leaving driveways and alleys.
  - Children under 10 should ride on the sidewalk.