

Station 1: Power Pedal Skills



Crash avoidance: Swerving into traffic.

Learn straight line riding to maintain control of the bicycle.

Beginners:

- Power pedal position just past the top
- Practice pulling pedal up from behind with the top of their foot
- Strong push down gains speed quickly with their feet securely on the pedals
- Avoid unpredictable “scooter starts”



Advanced:

- Practice stopping with pedals in the power pedal position
- Shift down to a comfortable gear for a smooth start
- Bike should fit so rider does not get off the seat at each stop
- No “cowboy” starts

Drivers: Know that kids may not start their bicycles quickly, they do not have good judgement of speed, and may be slow to react to their decision that it is safe to go.

Station 1: Controlled Braking Skills



Crash avoidance:

Stop your bike instinctively, maintain control of the bicycle.

Beginners:

What do we use to *stop our bikes?*

BRAKES (not feet!)

- Smooth steady pressure on brakes to stop
- Avoid a skid by pressing the coaster brake in a rotating motion
- Riders say “stopping” to begin the idea of communicating



Advanced:

- Faster speed with a controlled stop
- Simulate crash scenarios
- Signal and verbalize slowing and stopping
- Hand brakes: Right vs both
- Emergency stop with the hover

Drivers: Know that kids are trusting, often distracted and simply may not stop. Kids do not have good judgement of speed, or their brakes may not work.

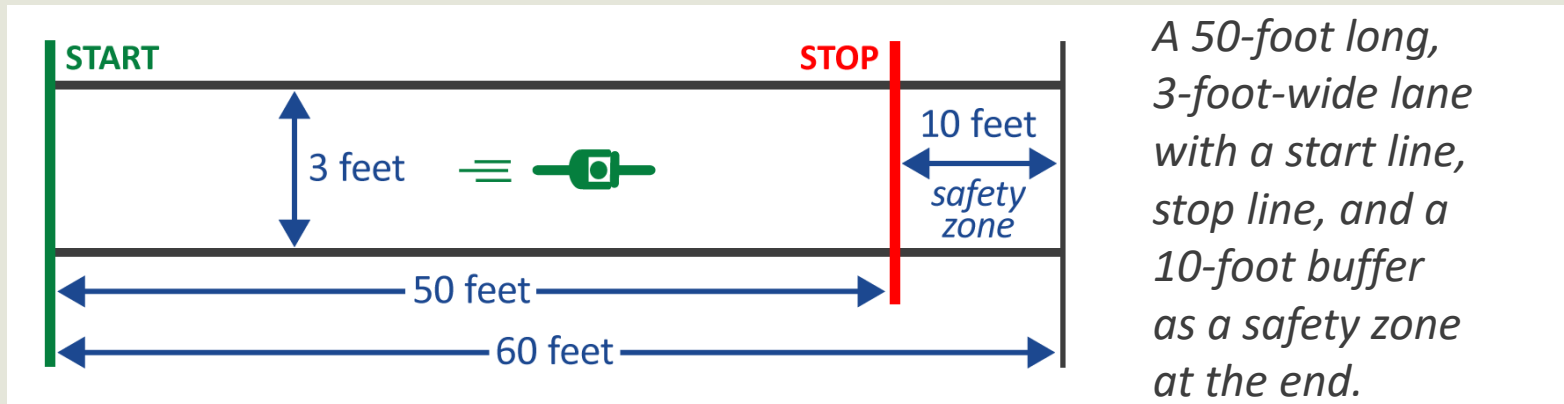
Power Pedal and Controlled Braking – Activity

► **Crash avoidance:** A fast start helps you ride in a straight line. Practice so you know exactly what it takes to stop your bike. Stay within the 3-foot lane.

Power Pedal Start: Teach kids to position power pedal with the top of their foot under the pedal. Start without scooting the bike with a walking motion.

Stopping: Practicing controlled braking by having the child ride down a 3-foot-wide lane and stop, as close to a line as possible, without going over.

Advanced: 1st-right brake, 2nd-both brakes, 3rd-emergency stop hover.



Make it fun: Mark where the front tire is when they stop so kids can see progress in their practice! Skid length is added to the end of the final stop.

Drivers: Take your foot off the accelerator when passing kids on bikes. Give a minimum of 3 feet when passing. Slow down and anticipate kids to be unpredictable.