

Guide for New Riders

Location 2

Try to meet as many conditions as possible, but it is fine if you can't meet them all. Use what you have, but always ensure safety.



This guide outlines the steps to get a New Rider balancing, pedalling, and steering in 7 steps. Remember: Only move on to the next step when you and the learner feel ready! You can also take a look at our video for more details at:

<https://bikehub.ca/new-riders-recources>

Ideal

- Calm
- Spacious
- Minimal traffic
- A smooth, paved surface
- On a gentle slope



Equipment

3

1 Teaching Mindset

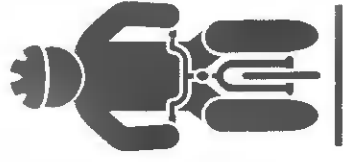
Your role as a guide

- Share knowledge
- Instill confidence
- Remain patient



Action plan

- Introduce yourself, you can mention your first time learning something.
- Ask the learner what they hope to achieve and what they are nervous about.
- Set realistic expectations. They may not learn to ride by the end of one session but they will make progress.



Action plan

- Help students to get a bike and a helmet in the appropriate size.
- Adjust the saddle so the students can put their feet flat on the ground when seated.
- Do the 2V2 and ABC quick checks.
- *Optional:* use a balance bike or remove the pedals.

4

Control

Have the students grasp the handlebars and lean the bike side to side, walk with it, and turn it around.



Brake Squeeze Game

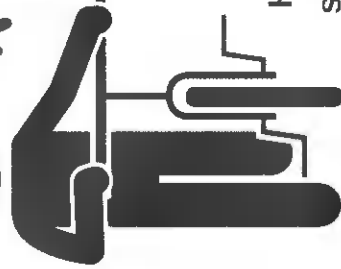
Walk beside the bike, fingers on brake levers.

Squeeze the brakes to slow down. How far do you squeeze to come to a full stop?



Have the students mount and dismount several times while pressing the brakes.

Keeping fingers on the brakes trains your brain that the hands stop the bike, not the feet. Squeezing the brakes helps to avoid slamming.



Balancing

Keep eyes up looking forward



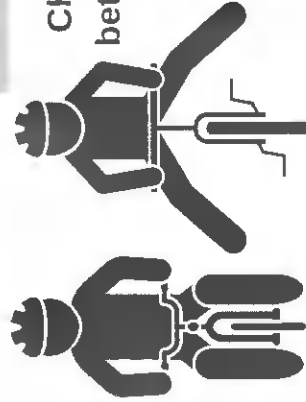
Have students gently release the brakes, and push themselves along with both feet at the same time (like a frog-hop), keeping their weight on the saddle.



Challenge them to keep their feet up between hops for as long as they can.

Invite students to use the brakes when:

- Mounting and dismounting.
- Gaining speed.
- Feeling unsafe.



able to coast for 10 seconds or more a couple of times.

Pedalling

6

From a standstill, move one pedal to 2 o'clock power position. Push off firmly to get momentum while lifting the other foot off the ground to find the second pedal.



Use the bike like a scooter. With one foot on a pedal in the down position, the other pushes off the ground until it can find the second pedal.



Start moving by hopping. Push both off the ground at the same time to find the pedals.

Hot Lava Game

Pretend a section of the pavement is hot lava. Try to keep your feet off the ground as long as possible with each and both legs.



Resist holding the students' bikes. They need to learn by feeling the balance.

Maneuvering

7

Practice:

- Wide turns
- Riding on narrower paths
- Riding up and down gentle slopes
- Riding in a single-file

Action

plan



RIDE THE ROAD: Your guide to a safe and enjoyable, city riding experience

Remember! When riding on city streets, you have the same rights and responsibilities on a bike as in a car.

Remember your needs while riding:

Need to be able to **MOVE**

Need to be **SEEN**

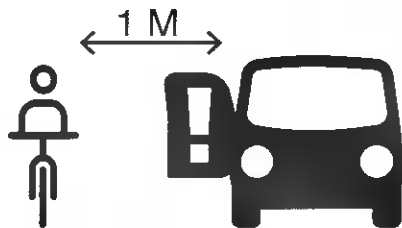
Need to be **CLEAR**

Need to do what is **EXPECTED**

Ride Safe: 3 important reminders

1. Door zone

Always ride one meter away from parked cars to avoid getting doored.



2. Traffic circles

Slow down when approaching a traffic circle. The vehicle inside the traffic circle has the right away, followed by the vehicle on the right.



Traffic always flows to the right around the circle. Avoid the temptation to cut through.

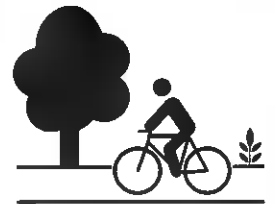
3. Taking the lane

If there is not enough space for a car to pass you, you can take the lane. Cars will have to wait until there is a safe time to pass.



Route Planning

The type of road you ride on has a big impact on your safety and enjoyment. Quiet streets and separated bike lanes are the safest place to ride.



tip View the "Bicycling" mode on Google Maps or city bike maps to find bike routes.

Resource: bit.ly/translinkcyclemaps

HUB Cycling is a charitable non-profit working to get more people riding bikes more often in Metro Vancouver. Learn more about our events, education courses and action campaigns and join HUB as a member at bikehub.ca.

Safety Equipment

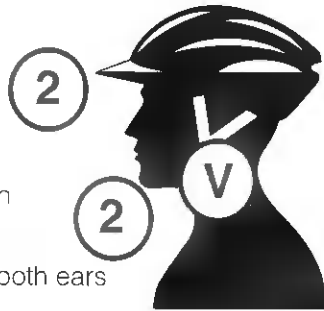
It's the law to ride with the following safety equipment.

Helmet

Wear a helmet.

Check if it fits using 2V2:

- 2 fingers space between helmet and brow
- V-shape straps around both ears
- 2 fingers between chin and helmet strap



Replace your helmet after a fall or collision.



Lights

Use white front and red back lights when riding after dark.



Use your lights day and night – it lowers your risk of being hit by 47%

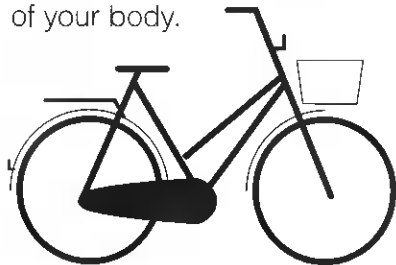
Bell

Ride with a bell to help you communicate with other people on the road.



Gear Tips

Baskets, racks and **panniers** are all very helpful when carrying items by bike. Use your bike to carry your things instead of your body.



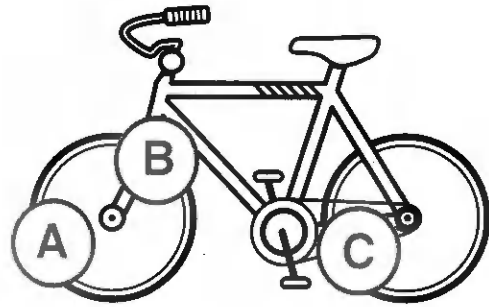
Fenders are great. They help keep you dry and clean when the road is wet or dirty.

Water-resistant jackets, pants and **shoes** will help keep you dry while fall & winter riding. Having a change of clothes at your destination helps too!



Maintaining your bike

Make sure your bike is in good condition before riding.



ABC Quick Check

Air - Are your tires pumped to the recommended pressure?

Brakes - Test front and rear brakes. Can you still see the grooves on your brake pads?

Chain - Is your chain clean? Does it need oil?

Quick releases - Are they all tight?

Bikes and public transit

Using your bike and transit together can be the fastest way to get across town.



You can take your bike on skytrains (except rush hour) and busses all the time.



You can practice using a bus bike rack at the start or end of a bus line.

Resource: bit.ly/translinkbikesonbus

Mobi Bike Share

In Vancouver, you can borrow a Mobi bike for small trips around the city. You need a day pass or membership to rent them. Mobibikes.ca

