

Guide for New Riders

Intro

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>

1 Teaching Mindset



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.



Your role as a guide

- Share knowledge
- Instill confidence
- Remain patient

Location

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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.

Ideal

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



Equipment

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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.

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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.

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Balancing

Keep eyes up looking forward

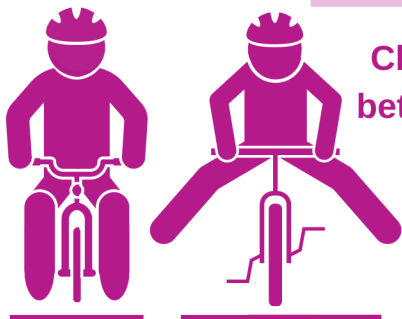


Have students gently release the brakes, and push themselves along with both feet at the same time (like a frog-hop), keeping their weight on the saddle.

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.



Rolling down a gentle slope here will make balancing easier.

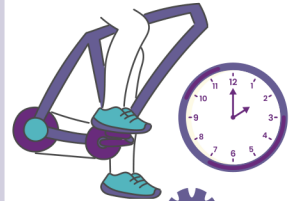
Students are ready to start pedalling when they are able to coast for 10 seconds or more a couple of times.

Pedalling

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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

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Practice:

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



Action plan