

PEDALHEADS®

Bike, swim, and sport programs for kids.

At Pedalheads, we love seeing all the fun and colourful helmets and bikes that children arrive with. However, a helmet and bike that fit properly are most important to ensure biking success and enjoyment.

We estimate at least 50% of kids who are sent to camp do not have a properly fitted bike or helmet. To see if your child is ready for the first day of camp, please take a few minutes to check the following:

Checking the Helmet

As your child's safety is our top priority, making sure they have a well-fitting helmet is of upmost importance. Here is what to look for:

IS IT ADJUSTABLE FOR HEAD SIZE?

- Turn your child's helmet upside down
- Look inside to see if the helmet can be adjusted so it fits snugly on your child's head.
- If your child's helmet is not adjustable it will only fit *one size* of head diameter
- We strongly suggest a helmet that has an adjustable dial called a **retention system**
- From our experience skateboard or dome style helmets rarely fit properly.



IS IT TOO BIG?

- Place your child's helmet on their head
- Keep straps unbuckled (straps will not affect the head fit).
- Have child shake their head front to back and side to side.
- Helmet should not move front to back or side to side.
- If there is movement and no adjustable dial the helmet is too big.



IS IT TOO SMALL?

- Place your child's helmet on their head.
- Face your child.
- Check that there is no more than a two-finger gap between your eyebrows and the front part of the helmet.
- If the helmet sits too high on your child's head then the helmet is too small.



**Please note that hockey/skating helmets, ski helmets, and horse-back riding helmets are not designed to be used for biking, and will not be approved for use at camp.*

Checking the Bike for size

Children's bikes are sized according to the diameter of the wheel. Your decision to buy a 10, 12, 14, 16, 18, 20-inch wheel will depend on how your child looks and feels when he or she is sitting on the bike.

For levels 1-3, *your child's feet should be flat on the ground* on both sides when he or she is sitting on the saddle, with a slight bend at the elbows when holding the handlebars. If the seat on the bike has been lowered completely, and the child is not flat-footed while sitting on the bike, it is likely too big and we would recommend sizing down. This is especially important in levels 1 and 2.

For levels 4 and above, your child should *have at least half of their foot touching the ground, on both sides* when sitting on the saddle, with a slight bend at the elbows when holding the handlebars.

Making sure the bike is in good working order

To help us get all kids in the class going quickly on the first day of camp, please try your best to ensure that your child's bike is in good working order. Before coming to camp please check the simple ABC's of the bike:

Air

The tires are pumped up and there are no punctures or slow leaks in the tires. We have bike pumps available onsite, however repairing a puncture is time consuming, and we are not equipped to repair punctured tires at the start of camp.

Brakes

Check to make sure the pedal brakes (single-speed) or hand brakes (gear bike) are working.

- **Single-Speed Bike:** Lift the rear wheel off the ground using one hand, and with the other rotate one pedal forward (towards the handlebars) to get the wheel turning. To check that the brake is working, rotate the pedal backwards. The rear wheel should come to a quick and complete stop
- **Gear Bike:** Lift the front wheel of the bike and spin it, then squeeze the left brake to bring the wheel to a complete stop. Do the same for the rear wheel, and squeeze the right hand brake to perform the same test. Depending on where your bike was manufactured, hand brakes may be reversed.

Most kids' bikes (single speed) are equipped with pedal (coaster) brakes, which stop the bike when pressing backwards on the pedal with their feet. These are generally easier for children to use than hand brakes. If the bike only has one hand brake, it should also be equipped with a pedal brake.

When choosing a bike with two hand brakes, ensure that your child can reach and pull the levers. Many are difficult for kids to use because they can be either too big for their small hands or too stiff. A bike mechanic may be able to make adjustments to suit your child's hands better.

Chain

As you did to check the brakes, lift the rear wheel of the bike and rotate the pedal forward a few times. If the chain is in good working order, you should be able to rotate the pedal freely without catching, clicking or the chain falling off. Chain lubricant is also available on site.

Onsite Bike Maintenance

Although our instructors do have good working knowledge of bikes and bike maintenance, and we have all tools required for basic maintenance, we are not equipped to repair major bike problems. If you are using an older bike, we recommend taking it to a bike shop to make sure it is in good working order before the first day of camp.