

Pedalheads Parent Guide

Level One: Newbees

One of the major goals in the Newbees level is to take off the training wheels and get the children riding unassisted on two wheels. Before we take off a child's training wheels we want to ensure that:

- both you and your child are ready to take the wheels off
- your child can pedal continuously with training wheels
- your child can steer and brake around a small obstacle course
- your child can look up and see where they are riding
- your child feels proud & confident on their training wheels & is excited to remove them

After we remove the training wheels we support and guide the children around the field encouraging them to pedal constantly, to look up, to steer around obstacles and to use their brakes with assistance. Here are some guidelines we use to determine when it's time to let go:

- when the child feels "light" as we push them and is not leaning into us
- when the child is pedaling continuously
- when the child is riding in a space away from hazards and other classes
- when the child can look up as they pedal
- when the child can steer and brake (not necessarily come to a complete stop)
- when we have prepared the child ("I'm going to let go this time, so keep pedaling")

We want biking to become a beloved, lifetime activity for your child so we don't want to push them to do something they are physically or emotionally not ready to do. On some occasions, we determine a child is not ready to have his/her training wheels removed during all five lessons of Pedalheads. There are still many safety and proficiency skills that we can work on so every child gets the maximum benefit from the camp.

You can help your child's learning process by being positive and upbeat about biking, by expressing your confidence in their ability to learn, and by practicing with them as much as you can. We hope your child has a great experience at Pedalheads. Please speak to the instructor or supervisor if you have any concerns or questions regarding the program and your child's progress.

