

Pedalheads Parent Guide

Level Three: Pedalheads

The major goals in our namesake Pedalheads level is to strengthen cycling skills and build awareness of one's surroundings.

Your child is already starting on their own and using their brakes, rather than their feet, to stop and they can ride in a straight line without weaving. They're mobile and know enough to get into trouble. So now we're going to teach them to:

- ride in a straight line with one hand, so they can do their hand signals
- ride in a straight line while conducting shoulder checks
- competently steer around objects
- successfully communicate with riding partners

Along with working on technical skills, we spend a good deal of time encouraging kids to not only watch where they're putting their tires, but watch where they're putting themselves. Becoming safety-conscious and aware of what's going on around them dovetails nicely with communicating with other road users. Using games, drills and a mock intersection, we learn to:

- recognize many common road signs and their meanings
- stop at stop signs, crosswalks and stoplights; get off their bikes to cross at intersections
- maintain proper distance between riders in a group (a bike length or a bike length and a half)
- determine the dangers of riding past parked cars, alleys, playground zones, etc.
- determine when a parked car is pulling out, plan escape routes
- hold a safe distance from the curb; watch for obstacles in the gutter
- use and extend peripheral vision to look around for dangers

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. There are plenty of safety and proficiency skills that children can work on before they ever go on the street. We recommend reading the 'Child's Perception of Traffic' flyer in the Pedalheads Parent Guide Series.

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.

