

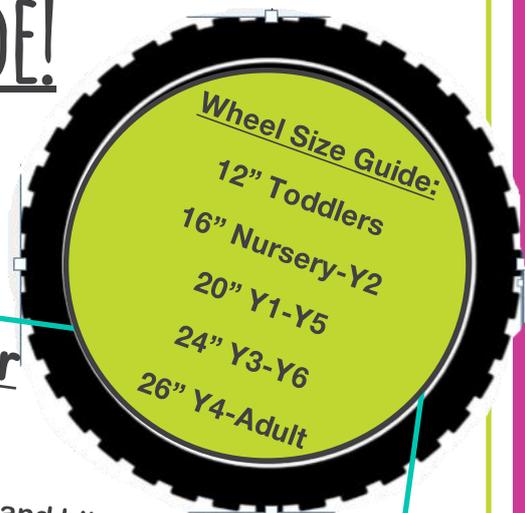
**Extras to think about:**

Helmet; gloves; waterproof jacket



# BIKE BUYING GUIDE!

## HOW TO BUY A BIKE FOR YOUR CHILD



### TOP TIPS!

- \* Keep it Light...**PICK IT UP**...can your child lift it easily?
- \* Keep it simple...single-speed for under 5s. Rear gears for 6+ (Don't worry about front gears!)
- \* Quality pays! More fun, less fixing, better bits, better re-sale value...
- \* Buy from a good Local Bike Shop!
- \* Try before you buy!

### Consider this:

- \* A second-hand bike could be a great buy! Just check if it has been looked after.
- \* Do the gears, brakes, pedals and chain work?
- \* Can you make any simple repairs like replacing the tyres?

#### Tyres

Semi-Slicks will cover most kinds of terrain and give good grip.

#### Saddle

Make sure you can adjust the saddle up as your child grows.

#### Brake Levers

Easy to reach for small hands—adjustable levers are best.

#### Frame Size

Big enough to grow into but not too big to handle. A bike that is too big can affect a rider's confidence.

#### Gear Levers

Easy to reach for small hands—grip shift or finger shifters on the right side only

#### No Suspension Needed!

Rear suspension is super heavy and children just don't need it!

#### Gears

Just 1 gear at the front is all a child needs. Any more just adds complication and weight.

#### Rigid Fork

Suspension on children's bikes is heavy and doesn't work all that well.



If you need any further advice contact your Active School Travel Officer: [richard.farrow@sustrans.org.uk](mailto:richard.farrow@sustrans.org.uk)

The Active School Travel Programme is an exciting initiative for schools who wish to see more of their pupils choosing an active and healthy journey to school. The programme provides schools with the skills and knowledge to get more children walking, cycling and scooting as their main mode of transport to school.

Find out more at [www.sustrans.org.uk/NIschools](http://www.sustrans.org.uk/NIschools)

