

# Learn to bike, without training wheels!



BICYCLE  
ALLIANCE  
OF WASHINGTON

Watch:  
*Bicycle Alliance of Washington Learn  
to Bike without Training Wheels Youtube*



## Make sure your helmet fits snugly.

- Two fingers space above the eyes to protect your face, with secure straps.

### Guidelines for learning to bike:

- Build confidence by scooting with your feet on the ground.
- Develop balance from the start!
- Avoid streets and driveways until you know safe riding skills.
- Adult supervision required.
- Raise seat when you are ready.
- Try it on a grassy slope.

Thanks to PE teacher Joanie Mass, & student Mary,  
McGilvra Elementary School.

Design & photos Andy Goulding 2010



**1** Lower the seat, so your feet are flat on the ground.

Ready...

With your feet on the ground, steady yourself. Practice braking, with one foot.

**2** Scoot down a slight slope, to get balance, before pedaling.

Set...

Scoot and stop with your feet. Momentum helps balance. Use pedals & brakes when you are balanced & confident.

**3** You are pedaling!  
Now you are stopping!

Go!

A day to remember!  
Please visit our website!

BicycleAlliance.org  
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