



Post iCan Bike Riding Tips

By the end of the iCan Bike week, some individuals are still developing and improving skills such as maintaining balance, self-starting, turning both directions easily, or coming to a controlled stop on their own. In our experience, individuals with disabilities go through a longer learning process, as compared to their typically-developing peers, in becoming comfortable and proficient bike riders. New riders coming out of our program require assistance and nurturing. Key things that should be considered include the following:

- Make sure the rider has a bike suitable for learning.
- If recommended by the iCan Bike Floor Supervisor, purchase a bike training handle to facilitate proper spotting after the program.
- Initially practice on a large flat surface, such as an empty parking lot or running track.
- Schedule frequent and fun bike rides. Daily is ideal.
- If your rider falls, get them right back on the bike as quickly as possible. The more time that passes, the more difficult it is to overcome their fear.
- Always wear a helmet. This includes all family bike riders! Be a good role model and protect yourself as well.
- Select a time of day where the temperature will be comfortable.
- Make the biking activities a social event and include family members and friends whenever possible.