

THE SAN FRANCISCO BICYCLE COALITION'S



FAMILY BIKING MINI GUIDE



An introduction to family biking gear, from biking while pregnant to biking your child to school







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BIKING WHILE PREGNANT

- 1) Yes, you can bike while pregnant: take it easy!
- 2 Ride a stable upright bike
- ③ Consult your doctor



GEAR WHILE PREGNANT

STEP THROUGH FRAME









BIKING WITH YOUR INFANT (0-12 months)

- ① The law: helmet required
- ② Consider your baby's neck strength and comfort
- 3 Consult your pediatrician on when to start





GEAR (0-12 months)









BIKING WITH YOUR BABY (I-3 years)

- ① The weight limit for front seat: 35 pounds
- ② Use head support, restraining straps and footrests to keep baby secure
- 3 A trailer can carry up to two children and more stuff





GEAR (I-3 years)



\$40-\$200 per seat





TWO-SEAT TRAILER \$70-\$700

BIKING WITH YOUR BABY (1-3 years)

- ① Make sure straps are secure and comfortable
- ② Consider the time of day
- 3 Bring snacks, layers and sunscreen





ACCESSORIES (I-3 years)



BIKE WITH YOUR CHILD ONBOARD (4-8 years)

- ① Ride on-road with younger riders
- 2 Bike to school, then bike to work
- 3 Head to the park, bike longer distances



GEAR (4-8 years)



TOW BAR

Attatches your bike to your child's bike \$50-\$80



TRAILER BIKE \$150-\$300



TANDEM BIKE \$200-\$2000



MID/LONG TAIL BIKE \$2000-\$4500

GET READY: CHOOSE YOUR FAMILY BIKE

- ① Borrow gear, take a test ride
- ② Most economical: add accessories to your bike
- 3 Bigger investment: consider a cargo/family bike





FAMILY AND CARGO BIKES









ELECTRIC PEDAL ASSIST

- ① How it works: you pedal, electric motor gives you a boost
- 2 Carry more weight, go longer distance, climb those hills
- 3 Extended frame and small back wheel improve stability



ELECTRIC ASSIST BIKES + MOTORS

CONVERT YOUR BIKE

Your bike + \$400-\$3000

Have an experienced mechanic install a motor for you.



BUILT IN ELECTRIC MOTORS Adds \$2000 to a family bike • Urban Arrow Family Yuba Spicy Curry • Xtracycle **EdgeRunner**

HELMET HOW-TO

- ① The Law: helmet required until age 18, on their own bike, in a child seat or trailer
- ② Adjust strap so helmet fits snug to head
- 3 Let your child choose their own helmet, and decorate it

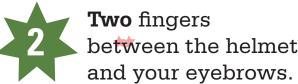




HELMET HOW-TO

Wear it right!

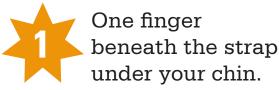






The straps should make a **V** below your ears.







Caution: make sure the helmet is on frontward! Invest in a new helmet. Used helmets may be unsafe.

TEACH YOUR CHILD TO BIKE

The right equipment:

- ① No training wheels
- ② No pedals! Use a balance bike or remove pedals
- 3 Lower the seat so your child's feet are flat on the ground





TEACH YOUR CHILD TO BIKE

Ready, set, go!

- ① Balance first: push, roll, run and glide
- 2 Pedal: use your feet to push off and glide, then find the pedals
- ③ Start from a stop: put one foot on a pedal at 2 o'clock and push off





BIKE TO SCHOOL

- 1) Practice on car-free streets and sidewalks
- ② Know all the rules of the road
- 3 Try out your route in advance: alone, then with your child





SF SAFE ROUTES TO SCHOOL

Making it safe, easier and more fun to bike and walk to school

- ① Meet other biking families at your school
- ② Join the annual Bike & Roll to School Week every April
- 3 Build a routine: once a month, once a week, or more!





RESOURCES

Have more questions about biking with your family?



SF BICYCLE COALITION RESOURCES

COMMUNITY BIKE BUILDS

We repair unclaimed bikes to provide free and affordable transportation to those who need it.

Get involved at sfbike.org/our-work/safety-education

• FREE FAMILY BIKING GUIDE

An in-depth manual on all stages of family biking, provided in 3 languages.

Download at sfbike.org/family

• FREE FAMILY BIKING CLASSES

From Biking with Babies to Biking to School, we can help along the way.

Sign up at sfbike.org/family

• FREE ADULT BIKE EDUCATION

Learn the rules of the road and gain confidence on your own before biking with your child.

Find our next event at sfbike.org/resources/urbanbicycling-workshops

SF SAFE ROUTES TO SCHOOL

SFBC is a proud partner of SF Safe Routes to School, making biking and walking easier and safer for students and families.

Get resources for your school at sfsaferoutes.org

CAMPS, ORGANIZATIONS, SHOPS + PRODUCTS

SF CAMPS AND ORGANIZATIONS

• BICIS DE PUEBLO / PODER

Community program to encourage bicycling for low-income youth bicisdelpueblo.com; podersf.org

• MTC SPARE THE AIR YOUTH

Empowering SF Bay Area families to walk, bicycle, carpool and take transit sparetheairyouth.org

PRESIDIO YBIKE

Clubs, camps, learn-to-ride workshops, after-school riding clubs, and PE programs ymcasf.org/programs/ybike-presidio

• SF RECREATION AND PARKS

Public parks, classes, camps, bicycle trails, and outdoor events sfreepark.org

SF SHARED SCHOOLYARDS

Public school playgrounds are open 9:00 am to 4:00 pm weekends in every district of the city sfsharedschoolyard.org

SUNDAY STREETS

Closure of streets to car traffic on various Sundays for community event *sundaystreetssf.com*

WHEEL KIDS

Camps, classes and family rides wheelkids.com/san-francisco

SF BIKE SHOPS

*MEMBER DISCOUNT PARTNERS

American Cyclery
Avenue Cyclery
Bespoke Cycles
Big Swingin' Cycles
The Bike Connection
Box Dog Bikes
Citizen Chain

City Cycle of San Francisco

DD Cycles Freewheel Fresh Air Bicycles

Heavy Metal Bike Shop High Trails Cyclery Huckleberry Bicycles Market Street Cycles Mike's Bikes

Mission Bicycle Company Noe Valley Cyclery

Nomad Cyclery

Ocean Cyclery

Pacific Bikes & Boards

Pedal Revolution

PUBLIC Bikes

Refried Cycles

Roaring Mouse Cycles

Sports Basement

Swell Bicycles

A Tran's Bay Bike Shop

Treat Street Bicycle Works

Valencia Cyclery

Warm Planet Bikes

Wiggle Bicycles

PRODUCTS AND BRANDS

*PARTIAL LIST

HELMETS

Bell, Bern, Giro, Lazer, Nutcase, Razor

• CHILD SEATS

Bell, BoBike, CoPilot, iBert, Kettler, Thule, Topeak, WeeRide, Yepp

• TRAILERS / TAG-ALONGS

Adams, Buddybike, Burley, Trail-a-Bike, Trail-Gator, Weehoo, WeeRide

• BALANCE BIKES

Kinderfeets, Strider, WeeRide

• FAMILY/CARGO BIKES

Bullitt, Bike Friday Haul-a-Day , Urban Arrow, Vie Bikes San Francisco, Xtracycle EdgeRunner, Yuba

The Family Biking Mini Guide was researched and designed by Eva Phillips, SF Bicycle Coalition Intern for Safe Routes to School, and written by Nancy Buffum, Family and Schools Program Manager. Many thanks to Kit Hodge, author of the original Family Biking Guide, Chris Cassidy, SF Bicycle Coalition Communications Director, and MTC's Spare the Air Youth program. Thanks also to the parent and teacher consulting editors, Ana Vasudeo, Anna Gore, and Robert Prinz.





This free Family Biking Guide is brought to you by the San Francisco Bicycle Coalition, a 10,000-plus-member nonprofit promoting the bicycle for everyday transportation. To learn more about the San Francisco Bicycle Coalition and our family biking work, visit sfbike.org/family.