

# Youth & Family Biking

*How to get rolling at all  
ages and stages*

# San Francisco Bicycle Coalition: Our Work

## Advocacy

- Street Campaigns
- Vision Zero
- Bike the Vote
- Regional Policy

## Membership

- Volunteers & Internships
- Signature Events
- Women Bike SF

## Bikes & Business

- Bike Valet
- Bike Parking
- Business Partnerships

## Programs

- Bike Education
- Youth & Family
- Bike Builds



# *What do parents need to get rolling?*



# Infrastructure! ... and confidence

Intro to Urban Bicycling

Traffic Skills 101 Group Rides



Shared Lane



Dedicated Bike Lane



Protected Bikeway

# Biking with Babies (Pregnancy to Toddlers)



# Test Your Gear, Test Your Route

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- Ride without baby with your Family Bike gear (new bike, trailer, seats)
- Practice getting on/off, starting/stopping
- Try out your routes to daycare, store, etc.
- Change your speed, how you handle turns, where you ride, raise your visibility
- Try car-free space first with baby on board

# Bike Safety

- Helmets
- ABC[DS] Check
  - Air
  - Brakes
  - Chain
  - Danglers
  - Secure



# Front Bike seats





# Xtracycle Edgerunner



*XtraCycle Edge Runner Bicycle*

# Light & Lock it up





# SAN FRANCISCO BICYCLE COALITION'S **FAMILY BIKING GUIDE**

**A how-to manual for all stages of family biking—from biking while pregnant to biking your child to school.**

# Sunday Streets: Freedom From Training Wheels/Test Ride a Family Bike



# On Road With Your Family, Learn-to-Ride & Skill Building



# Bike & Roll to School Week



# Middle School PE Classes



# Family Biking Champions

