

# Wellness Wednesday

## Little Sprockets Bike Circuit



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### Learning Outcomes:

- Cyclists will create a fun circuit and practice basic bike skills to gain confidence prior to riding on local paths and trails. Cyclists will learn how to start from a stationary position, steer with control, stop, dismount and safely use a crosswalk.

### Tools:

- Bike, helmet, runners, cones, chalk, Go and Stop signs, and sticks

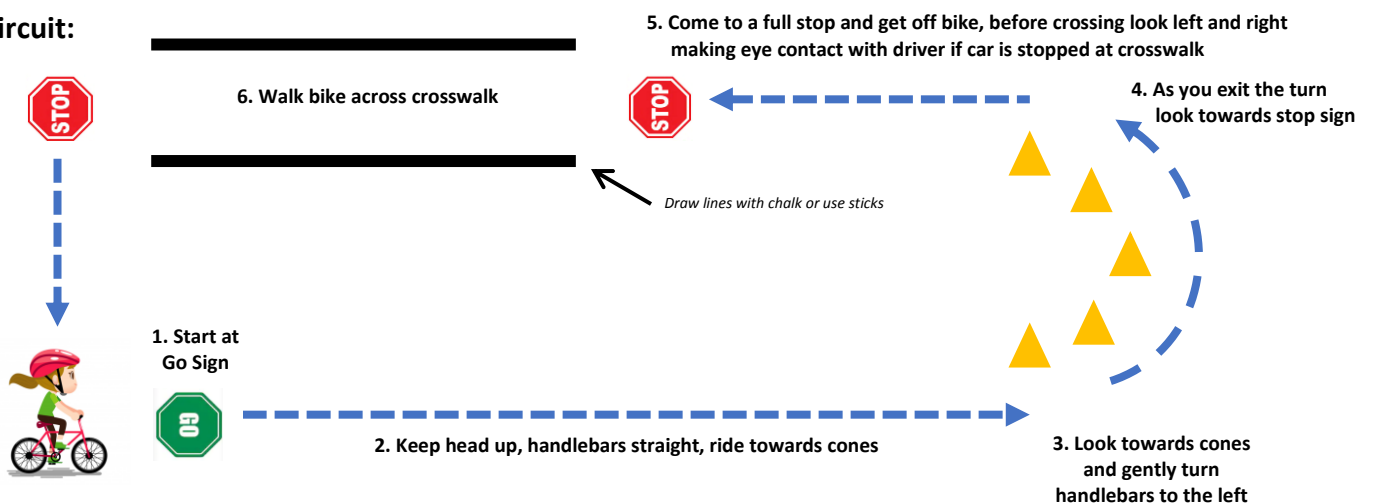
### Safety Tips:

- One cyclist at a time uses circuit
- Ensure helmet is done up properly; level on head with “Y” straps just below ears and chin strap snug enough to fit a couple of fingers between the strap and chin
- Prior to riding pedals are positioned at 12 and 6 o’clock
- Keep both hands on the handlebars, head up and handlebars straight when riding forward
- Prior to crossing a crosswalk, ensure cars have stopped and cyclist makes eye contact with driver

### Directions:

1. Cyclist and helper set up circuit using tools listed
2. Prior to riding, walk through circuit and talk about each activity
3. Begin circuit at Go sign, riding at a steady pace, observing signs around whole circuit
4. Repeat circuit after talking about successes, challenges, and what to do differently
5. Cyclists change or create new circuits to practice riding!

### Circuit:



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