**Tandem Biking**

**Reference Guide**

**Goals:**

1. Increase cardiovascular activity/fitness each day by increasing laps
2. Learn and understand the rules of the road, hand signals, the ABC’s of biking and helmet safety.
3. Apply all lessons to riding in daily life.

**HELMET FITTING 101**

1. **Level**- The helmet should be level on the rider’s head. The rim of the helmet should be about two fingers above the rider’s eyebrows. Use the “h” finger test. The front rim should be barely visible to the rider’s eye.
2. **Y below the ear**-The Y of the side straps should meet just below the ear.
3. **Snug strap**- The chin strap should be snug against the chin so that when the rider opens their mouth very wide the helmet pulls down a little bit. Use the “h” finger test.
4. **Shake test**- Have the rider shake their head around. This can be fun. If the helmet dislodges, work on the strap adjustments. Move the helmet side to side and front to back, watching the skin around the rider’s eyebrow. It should move slightly with the helmet. If it does not, the fit pads are probably too thin in front or back, or the helmet may even be too large.
5. **Ask for comfort**- Ask the rider if the helmet is comfortable and check to make sure there are no comfort issues that still need to be addressed.

**ABCs of Biking**

1. **A=AIR**: Do the tires have enough air? Barely able to press into them with your palm of hand.
2. **B=Brakes:** Do the brakes work? Check back and front.
3. **C=Chain**: Is the chain on?