

How To Guide

Depending on how we decide to format this, it will need to be edited. Would be good to have some graphic elements

<H1 Heading – to be confirmed>

<H2> Your one-stop shop for becoming a Bike and Stay family, today

Decide on your Ride – How does your Bike and Stay family roll?

- Will you all walk, scoot or skate? Ride bikes together? Load up a cargo bike or bike trailer? Maybe a combination of all of the above!
- Prams and bike seats are great options for babies and younger children.
- When it comes to big hills or heavier loads an e-assist (also now as pedal-assist, electric-assist or e-bike) can really help.
- Some cargo bike companies have ‘try before you buy’ offers. Have a week-long free trial to see if they’re right for you. <link>

Stay safe - The boring but important bit

- If you’re riding, scooting or skating, helmets are mandatory in Australia – including on little heads.
- Bikes should also have bells and lights, and it’s worth considering high viz clothing and extra reflectors for added safety and visibility.
- If you want to help the kids get the hang of their two-wheeler or you’d like to improve your own bike riding, The Bicycle network offer classes for different ages and skill levels <LINK>.
- If you’re considering a cargo bike most retailers will be only too happy to show you the ropes

Gather your Gear - Adventure will always come with a few bumps and grazes

- Consider keeping a small first aid kit in your bike bag and never underestimate the magic of band-aid power to fix most minor scrapes!
- It’s a pity but sometimes bikes and other equipment ‘go missing’. It’s worth investing in a quality bike lock and consider insurance, just in case...

Pick a Path - Now for the fun part!

- There are some great apps to help you choose the best path to get you from your door to the school gate – and beyond. <LINK>
- Once you have an idea of the way you’ll go, give your chosen route a test ride IN REAL LIFE!
- Choose a weekend day where there is less traffic and you can really take your time. It might be worth doing a few test runs in different conditions, too.
- Remember that you can ride on the footpath when you are accompanying children – that’s usually the safest option.

Rain, hail and Shine* - Don’t let the weather hold you back!

- If you’re riding, wet weather gear that fits well and stays on is key. Keep a riding poncho in your bike bag and think about fitting mud guards – you won’t regret it!
- Of course, there’s wet weather gear to keep little back seat riders dry too. Ask at your local bike shop or look online for “children’s backseat bike rain cover”.
- If you’re walking don’t forget the gumboots! They’re not just for keep little feet dry - they make puddles fun too!
- In the warmer months remember to ‘slip, slop, slap, slid, seek’ <Link> and bring extra water.
- If you’re using a cargo bike, it’s worth investing in a weather cover
- **Ok maybe not hail!*

- **Care and Repair – Show your wheels some TLC**
- If you get to ride regularly (and we really hope you do!) your bike will need some occasional maintenance and repair.
- You can teach yourself the basics with excellent youtube channels like this one <LINK> .
- Or leave it to the professionals by visiting the wonderful people at social enterprise Good Cycles < LINK <https://www.goodcycles.org.au/servicing-and-repairs/>> or your local bike shop.
- You can even arrange for bike roadside assistance! <LINK <https://www.racv.com.au/on-the-road/roadside-assistance/bike-assist.html> >
- If you're a cargo bike or e-bike family you can arrange a maintenance plan <LINK>