

Bike Carriers (bicycle seats)



Cycling with your child is a great way to get around and is fun for the whole family. Bike carriers and trailers help parents cycle safely with their child.

→ **A bike carrier is a special seat that mounts on the frame of your bike.**

→ **A bike trailer is pulled behind your bike.**

If you are trying to decide between a bike carrier and a bike trailer here are some things to consider:

- A bike trailer is safer than a bike carrier because it won't tip over if the bike falls.
- Bike carriers are less expensive than bike trailers and require less storage space.
- A child in a carrier can fall if the bicycle tips over, the seat becomes detached or the child is not properly fastened in the seat. A child falling from an adult bike would fall about 3 feet (1 metre), which could result in serious injuries.

What to look for in a bike carrier:

- ✓ Foot wells or spoke guards to protect feet and ankles from the spokes
- ✓ Safety belt or harness
- ✓ Reflectors
- ✓ One that mounts *behind* the bike seat.

SAFETY TIPS

The American Academy of Pediatrics recommends that a child **must be at least 1 year of age** before riding in a bike carrier.

- Follow bike carriers manufacturer's age recommendations and instructions.
- Parent and child should always wear a properly fitted and fastened certified bike helmet.
- Learn to be a confident cyclist. Take a bike safety course and get plenty of practice.
- Never leave your child unattended in bike carrier.
- Child should wear close fitting clothing and not have blankets, drawstrings or toys which could get caught in the spokes or gears.
- Drive on smooth bike paths and low traffic streets.





Bike Trailers

Cycling with your child is a great way to get around and is fun for the whole family. Bike carriers and trailers help parents cycle safely with their child.

→ **A bike carrier is a special seat that mounts on the frame of your bike.**

→ **A bike trailer is pulled behind your bike.**

A bike trailer is considered to be safer than a bike carrier as it won't tip over if the bike falls.

What to look for in a bike trailer:

- ✓ Rollover type hitch so trailer won't tip if bike tips
- ✓ Adapts for children of different sizes
- ✓ Roll bars so sides won't collapse if trailer tips
- ✓ Enough headroom to accommodate a helmet
- ✓ Five point harness
- ✓ Sunshade and mesh screen front flap to protect from sun, bugs, pebbles and debris
- ✓ Bright reflective material
- ✓ Flag

Bike trailers are recommended for children between 1 – 6 years of age. While they tend to cost more than bike carriers, many models can also be used as strollers and some can carry two children.

SAFETY TIPS

- You and your child should wear a certified bike helmet that fits properly and is fastened correctly.
- Learn to be a confident cyclist. Take a bike safety course and get plenty of practice.
- Practice towing the bike trailer before taking your child out for a ride.
- Drive on bike paths and low traffic areas.
- Make wide turns to accommodate the trailer.
- Mount a bright orange flag on back of the trailer so motorists will see that you are towing trailer.
- Use the harness or safety strap to fasten your child into the trailer.
- Use the cover or screen to protect your child from road dirt and debris.
- Don't let the child eat in the trailer while you are cycling. This is so your child doesn't choke.

FOLLOW MANUFACTURER'S AGE RECOMMENDATIONS AND INSTRUCTIONS