

Limformation
TOPTIPS
 FOR CYCLING PROVIDERS
 HELPING CHILDREN WITH LIMB DIFFERENCE TO CYCLE

WHETHER YOU ARE:

- SPEAKING ON THE PHONE ...
- MEETING A CHILD WITH LIMB DIFFERENCE...
- OR RUNNING A SESSION WHICH INCLUDES A CHILD WITH LIMB DIFFERENCE...

...TREAT THEM AS YOU WOULD EVERY OTHER CHILD AND ADAPT THE BIKE TO SUIT THEIR PREFERENCE ...

EVERY CHILD CAN ENJOY CYCLING, THEY MAY JUST NEED MORE ADJUSTMENTS AND ADAPTATIONS!

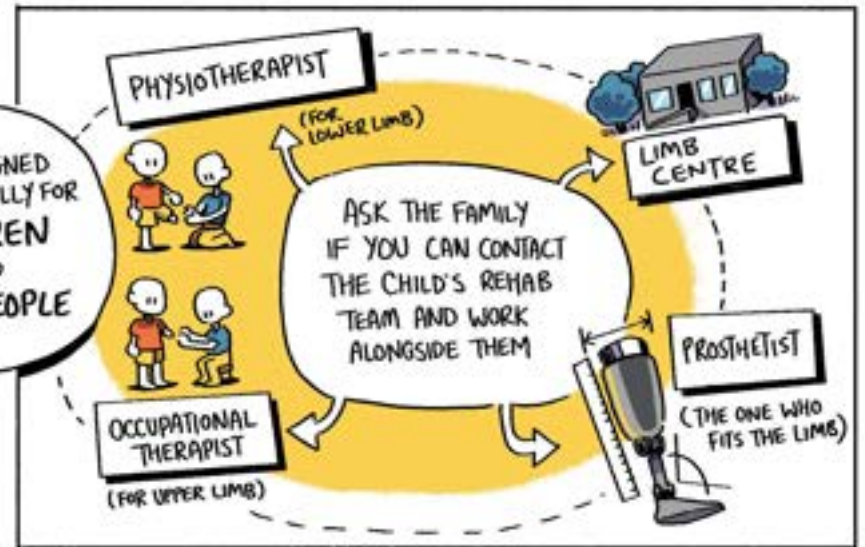
ASK THE CHILD SOME QUESTIONS TO UNDERSTAND WHAT THEY WANT:

- HOW LONG HAVE YOU BEEN RIDING YOUR BIKE?
- WHAT DO YOU WANT TO DO ON YOUR BIKE?
- DO YOU NEED ANY CHANGES MADE TO IT?
- DO YOU HAVE ANY PROSTHETIC ADAPTATIONS?

READ AND SHARE THE LIMBPOWER CYCLING TOPTIPS RESOURCE

IT'S DESIGNED SPECIFICALLY FOR CHILDREN AND YOUNG PEOPLE

www.limbpower.com/resources/childrens-resources



THERE ARE LOTS OF BIKE ADAPTATIONS AVAILABLE. HERE ARE SOME EXAMPLES:

ADAPTED BIKES

- HINDBIKE
- ADAPTED WHEELCHAIR
- ★ THE HANDLES AND FRONT WHEEL CLIP ONTO THE WHEELCHAIR FRAME
- ★ PUSH THE HANDLES WITH YOUR HANDS TO TURN THE WHEELS

BIKE ADAPTATIONS

VARIOUS TYPES OF PEDAL STRAPS

★ BRAKES CAN BE MOVED TO YOUR PREFERRED HANDLEBAR SIDE

PROSTHETIC ADAPTATIONS

CYCLING ARM PROSTHESIS

PROSTHETIC LEG

WHERE TO FIND EXPERT ADVICE:



limbpower.com



limbformation.com



britishcycling.org.uk/disabilityhubs



cyclescheme.co.uk/community/disability



limbbofoundation.co.uk



wheelsforall.org.uk



handcycling.org.uk

YOU CAN ALSO CONTACT YOUR LOCAL CYCLING CLUB OR BIKE SHOP



RUNNING A CYCLING SESSION?

- 1 IS THERE A CHILD WITH LIMB DIFFERENCE IN YOUR GROUP?
- 2 FIND OUT IF THEY CAN CYCLE
- 3 ENSURE THEY HAVE ACCESS TO THE ADAPTATIONS THEY NEED SO THEY CAN JOIN IN WITH EVERYONE ELSE

ALL IT TAKES IS A LITTLE PLANNING!

YOU CAN HELP A CHILD ENJOY THE INDEPENDENCE AND ACHIEVEMENT OF CYCLING



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