



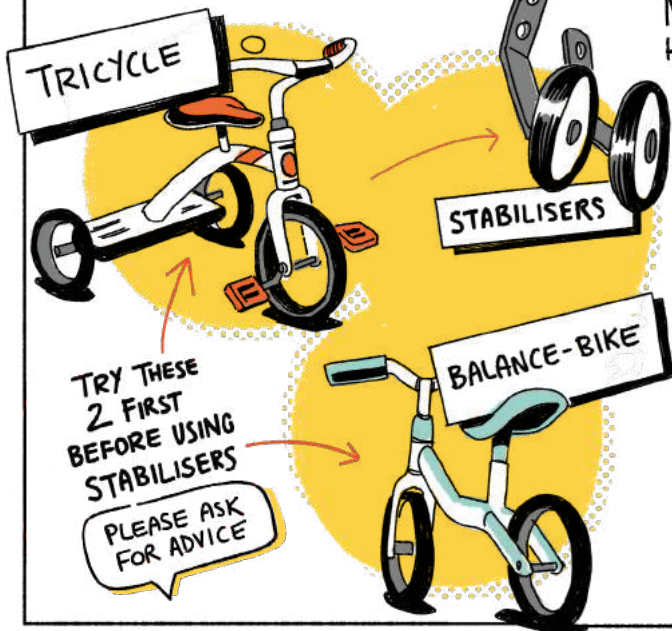
Limbformation

# CYCLING TOPTIPS

FOR CHILDREN + YOUNG PEOPLE



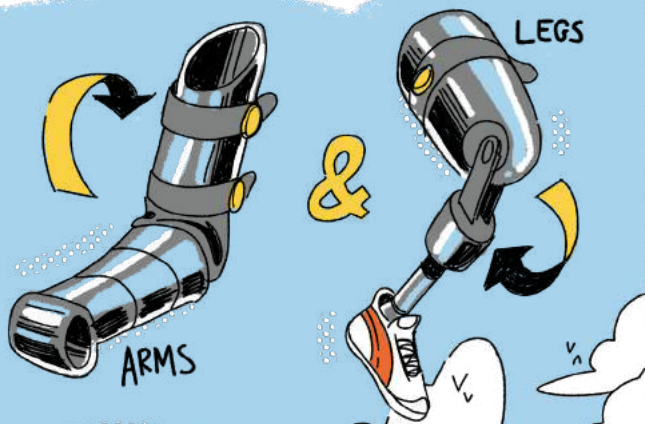
FIRST WHEELS:



NOW BEFORE YOU HIT THE ROAD...



SPEAK TO YOUR REHABILITATION TEAM ABOUT:



... AND SEE IF YOUR LOCAL LIMB-CENTRE CAN IMPROVE THE FITTING FOR YOU



FUNDING:

CONTACT **Limb POWER**  
FOR FUNDRAISING IDEAS AND TO LEARN ABOUT ANY AVAILABLE GRANTS

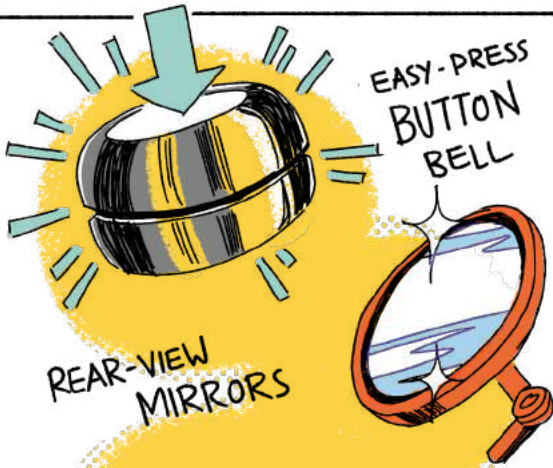


# BIKE SHED WORKSHOP

THERE'S LOADS OF EXTRA MODIFICATIONS THAT CAN MAKE CYCLING EASIER, SAFER AND MORE COMFORTABLE...



CAN HELP YOU FIND INCLUSIVE BIKE SHOPS



REAR-VIEW MIRRORS

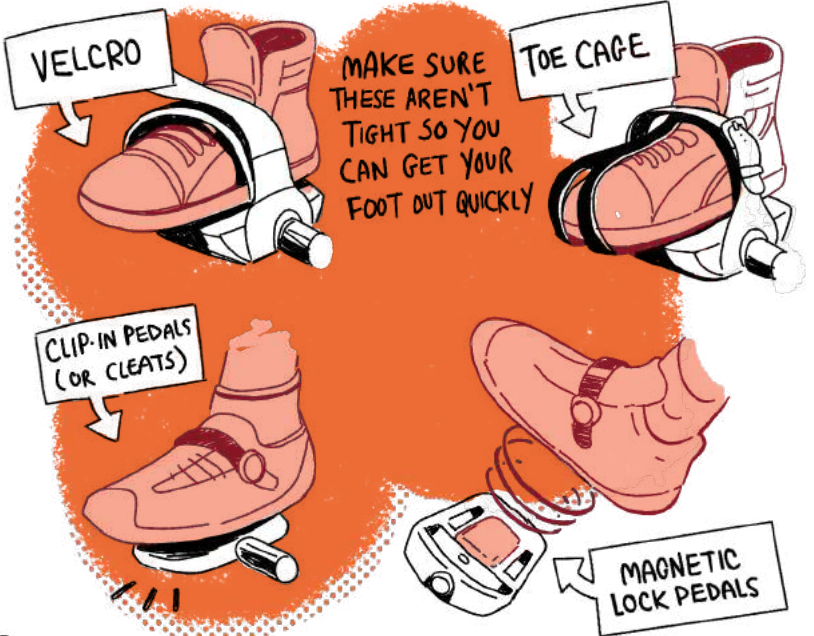
EASY-PRESS  
BUTTON  
BELL



BRAKES CAN BE MOVED TO YOUR PREFERRED HANDLEBAR SIDE

## KEEPING YOUR FEET ON THE PEDALS

MAKE SURE TO PRACTICE WITH SOMEONE HOLDING THE BIKE



VELCRO

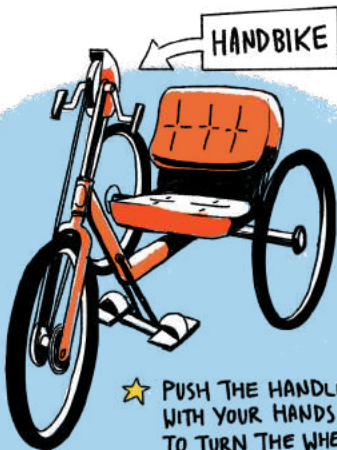
MAKE SURE THESE AREN'T TIGHT SO YOU CAN GET YOUR FOOT OUT QUICKLY

TOE CAGE

CLIP-IN PEDALS (OR CLEATS)

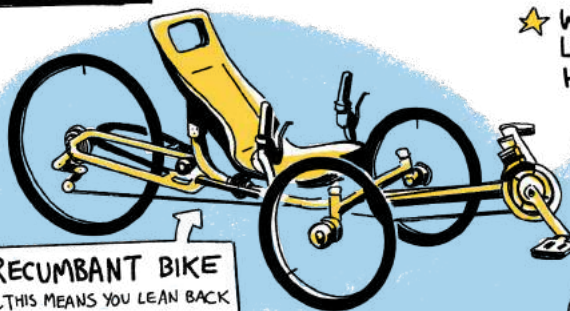
MAGNETIC LOCK PEDALS

## SOME ADAPTED BIKES THAT ARE AVAILABLE



HANDBIKE

★ PUSH THE HANDLES WITH YOUR HANDS TO TURN THE WHEELS



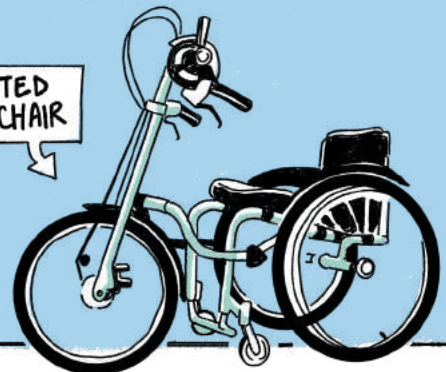
RECUMBANT BIKE  
THIS MEANS YOU LEAN BACK

★ WITH THIS BIKE THERE IS LESS PRESSURE ON YOUR HANDS AND BACK

★ IT'S MORE LIKE SITTING IN A CHAIR!

ADAPTED WHEELCHAIR

★ THE HANDLES AND FRONT WHEEL CLIP ONTO THE WHEELCHAIR FRAME



THERE ARE 50 'WHEELS FOR ALL' CENTRES ACROSS THE UK WITH SPECIALLY ADAPTED BIKES AND TRAINED LEADERS

# FINDING PLACES TO RIDE



WWW.  
BRITISH CYCLING.ORG.UK/  
**GO-RIDE**

HERE YOU CAN FIND LOADS OF HELP AND SUPPORT. THEY CAN ALSO HELP YOU JOIN COMPETITIONS, RACES AND CYCLING CLUBS...

...THERE'S OVER 350 GO-RIDE CLUBS, SO FOLLOW THE LINK TO FIND YOUR NEAREST ONE



DID YOU KNOW, MOST OF THE GREAT BRITAIN CYCLING TEAM STARTED OUT IN GO-RIDE CLUBS!



BIKEABILITY HAVE TRAINING COURSES YOU CAN JOIN. YOU WILL NEED TO BRING YOUR OWN ADAPTED BIKE AND LET THEM KNOW ABOUT YOUR LIMB-DIFFERENCE

## A FEW REASONS WHY...

# CYCLING IS SO GOOD



**MAKE FRIENDS**  
MEET OTHERS WHO ALSO LOVE CYCLING!



**FAMILY TIME**  
YOU CAN ALL USE BIKES TO GO ON AN ADVENTURE TOGETHER



**CONFIDENCE**  
LEARNING TO RIDE GIVES YOU MORE INDEPENDENCE



**FEEL GOOD**  
BEING OUTSIDE AND MOVING CAN HELP YOU RELAX



**HEALTH**  
PEDALLING IS GREAT FOR YOUR MUSCLES, HEART AND LUNGS!



# PEOPLE YOU CAN CONTACT FOR HELP



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