
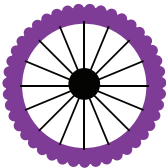
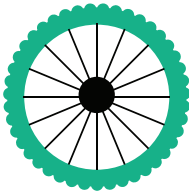
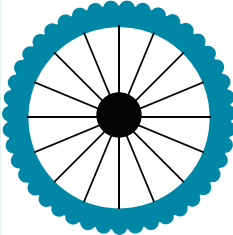
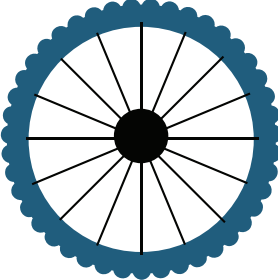
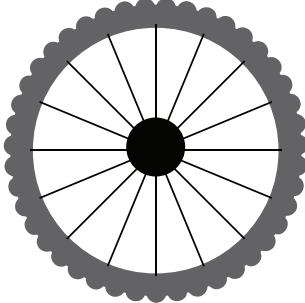








BIKE SIZING GUIDE

It's important for children to be on a bike that fits them and even though it feels as though you need to buy a bike that they will 'grow into', the bike's weight and height might do more damage than good. They need to be able to have fun without worrying about the weight of the bike or if they can reach the brakes. The simple way to check if your child fits a bike is to see if they can comfortably stand over the bike with both feet flat on the ground and they should also easily be able to reach the handlebars from a seated position.

Remember that this is only a rough guide and there are several other variables to consider when getting the bike just right. Use this to point you in the right direction.

12" WHEEL	14" WHEEL	16" WHEEL	20" WHEEL	24" WHEEL	26" WHEEL
					
AGE 2-3	AGE 3-4	AGE 4-6	AGE 6-8	AGE 7-9	AGE 9-11
					
HEIGHT					
85cm – 100cm	95cm – 110cm	100cm – 120cm	100cm – 130cm	115cm – 135cm	130cm – 145cm

BQ BICYCLE QUEENSLAND

BIKE SIZING GUIDE



TYPE OF RIDING

A child's first bike must be durable, versatile, and light weight. The first few rides will probably be at a park or on a quiet street, so something that suits a general type of riding is a good place to start. Another reason why a simple versatile bike is a good option is that the rider will gain more confidence on a bike that is easy to manage. Once they have mastered the local paths and parks, they can explore different types of bikes such as, mountain bikes and BMX bikes. For more information on getting yourself started on the bike safely and confidently, check out our [\[BIKE BASICS SERIES\]](#).



MATERIALS

Kids bikes are commonly made from steel or aluminium. Steel is strong and long lasting but isn't as light as its more advanced brother, chromoly. Improvements in bike design make aluminium affordable, stiff, and light weight. Steel is probably the favourable option for a first-time bike as it will put up with the treatment a young person can dish out. Just be mindful that it's a bit heavy when compared with aluminium and it will rust if left out in the rain. This provides an opportunity to teach the kids about taking care of your bike. To learn how to wash the bike effectively [\[CLICK HERE\]](#).

GEARS

Often children's bikes come with one gear to make the experience as simple as possible. As the rider's confidence and skills build, so too does their need for speed and control, so bigger bikes have more gears. Gears normally start with one front cog (or spider) and numerous cogs in the rear (cassette) giving the child between three and eight gears to choose from. These bikes will have a shifting mechanism on the handlebar to change the gears. As a rule of thumb, the easier gears are the bigger cogs at the rear. These are for going up hills or when starting from a stationary position. The smaller cogs at the back are better for flat roads or going downhill.



BRAKES

COASTER BRAKE: a brake connected to the hub of the rear wheel and when pressure is applied by rotating the pedal backwards, the brake engages. These are very helpful for children that lack the confidence or hand strength to apply the hand brake.

HAND BRAKE: These are wired to calliper or v-brakes. They are controlled by a lever on the handlebars and when pressure is applied to the lever the 'brake shoes' engage with the rim slowing the bike down. As the rider's experience builds hand brakes are encouraged as hands are usually quicker to react than feet. They are also more precise with the amount of force they apply to stop safely.



BIKE WEIGHT

Getting moving from a stationary position is hard with a heavy bike, but how hard would it be for a beginner rider to get comfortable with a bike that's over half their weight? It's inevitable that at some stage they're going to fall off their bike and if the bike is too heavy it will cause more serious injuries. Getting the right size bike helps with weight but also consider what the bike is made from and if all the extra accessories are necessary.

OVERVIEW

We all have warm childhood memories involving bike rides and if you get the right bike for your little one, these memories can be filled with fun times! Keep the bike light, get a bike that fits and keep it simple. It should be all about having fun and getting out in the fresh air. If you need more information about getting yourself set up, check out our [\[BIKE BASICS EDUCATION SERIES\]](#).



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