

Caregiver Safety Training on Last Day

Leaders work directly with caregivers to reinforce skills:

- ☐ [ABC Check](#) (Air, Brakes, Chain)
- ☐ [Helmet fitting](#)
- ☐ [How to start and stop](#)
- ☐ [Using the rider training handle](#)
- ☐ [Catching a falling rider](#)
- ☐ Appropriate biking attire (no loose clothing, closed-toed shoes)
- ☐ Rider-specific strategies (motivation, communicating what to do using lingo the rider understands, etc.)
- ☐ Strategies for encouraging riding at home (ride every day for the next two weeks)
- ☐ Where to ride: [maps on the website](#) and were mailed home

Process:

- Bring Rider Skills Summary sheets (filled out) to the front desk to be copied and given to leaders for caregivers before the following steps
- 40 minutes into the final session, bring in caregivers
- Review bike skills; demonstrate as needed
- Ask for and answer questions
- Make notes for future improvements