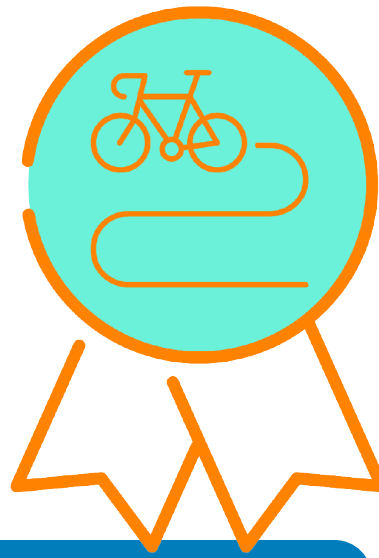


# BIKE BADGES

## BIKE THERE

Bikes are fun, and they're also useful!

Have you ever thought of using your bike to get somewhere, like to school, or a friend's house? With some practice, we might be surprised at the places we can go!



### Info for Adults

#### Discover and explore

Chances are you remember exploring your community by bike as a kid. If we give kids a chance, they love the sense of pride and accomplishment they get from having their own transportation.

#### Save time

If kids can go places independently, it means less time spent as a parent chauffeur! You'll have more time.

#### Make it easy

Use resources like the City of Winnipeg Cycling Map and our Map Your Ride activity to help you and your child find safer, quieter places to ride, where traffic isn't a big concern.

#### Share the freedom

Allow kids more freedom, little by little. Kids can learn new skills slowly, and to show you their capabilities. Start small, and work your way up. As you take your children on rides, they will become more confident, and you'll be able to see when they are ready for more independence.

### What you need

- Bike
- Helmet
- Bike Map or Directions

### 1 PRACTICE BIKING TO SCHOOL

This is a great time to practice riding your bike to school!

#### Plan a route

3km or less is a good distance to bike. If you live farther than that, pick a place closer that you can start from.

Use Google Maps or the Winnipeg Cycling Map to find a way to school using streets that are good for biking on.

**Helpful Video:** [How To Use GoogleMaps](#)

#### Try riding your route

Go with someone in your family who knows rules of the road, and is comfortable riding bikes. Try that until you feel comfortable biking there.

#### Go on your own

Once you're having fun riding with someone else, see if you can go independently! When it's time to get back to the classroom, you can get there on your own.

#### BONUS:

Where else can you go? Try riding to other places too!

# BIKE EVERYWHERE MONTH



# BIKE BADGES

## BIKE THERE



### 2 RUN AN ERRAND

Plan an errand on your bike!

#### Some ideas:

- Buy groceries or a snack
- Drop off something for a family member or friend
- Put a letter in the mail
- Visit a bike shop
- Go to your local library

#### Go together

You, and a parent (or the whole family) can go together!

After you've gone on a few errands, ask if you could try one on your own. Pick something that's easy and close to where you live for your first solo errand.



### 3 HELP SOMEONE ELSE

Some people need help to start riding their bike. Do you have a friend or someone in your family who doesn't ride their bike much? Let's help them get on their bike!

What is something that you've learned that could help someone ride their bike more?

#### Some ideas:

- A street or place that is safe and fun for biking
- A safety tip - what have you learned about riding bikes safely?
- Bike maintenance tips

#### Now help them!

Share your experience with them. Tell them or show them the things you've learned.

If the person you want to help doesn't live with you, call them to share your ideas and skills!

