

Family Ride Agreement

A shared agreement for safer riding, stronger communication, and growing independence.



RIDER _____

PARENT/CAREGIVER _____

BIKE / MODEL _____

What We Agree Matters Most

SAFETY

Protect people first.

TRUST

Tell the truth early.

RESPONSIBILITY

Follow through.

COMMUNICATION

Keep talking.

Rider Commitments

SAFETY • RESPECT • COMMUNICATION

- ☐ Wear a properly fitted helmet every time I ride. Ride only the bike my parent/caregiver approved, and only when it fits my age, skill level, maturity, and current rules.
- ☐ Follow our agreed riding areas and routes, plus current traffic and location-specific rules.
- ☐ Obey signs, signals, markings, crossings, and right-of-way expectations, and watch for cars, driveways, cyclists, pedestrians, and pets.
- ☐ Choose a safe speed for the place and conditions, even when the bike can go faster.
- ☐ Not unlock, alter, or change speed settings, assist modes, or performance features without permission.
- ☐ Keep my phone, headphones, and other distractions away while riding.
- ☐ Avoid wheelies, tricks, racing, or risky choices made to impress others or keep up with friends.
- ☐ Carry a passenger only when the bike is designed for it, my family agrees, and the passenger follows our safety expectations.
- ☐ Use the correct charger in our agreed charging location and report battery damage, unusual heat, swelling, odor, or charging problems.
- ☐ Take care of the bike, lock it when required, and report mechanical problems, damage, crashes, and close calls.
- ☐ Not ride after our agreed cutoff time, in unsafe weather, or while impaired, and speak up if plans change or I feel unsafe.

Parent/Caregiver Commitments

SUPPORT • GUIDANCE • LISTENING

- ☐ Help choose a bike that fits the rider's age, size, skill level, maturity, and intended use.
- ☐ Provide a properly fitting helmet and the visibility or protective gear needed for the ride.
- ☐ Teach and practice starting, stopping, turning, braking, scanning, and other basic skills before expecting independent riding.
- ☐ Practice the real route with the rider before expecting them to ride it independently.
- ☐ Set clear expectations for where, when, and with whom the rider may ride, including passengers, speed or mode changes, time, and weather.
- ☐ Review current rules for roads, trails, schools, parks, sidewalks, and other places the rider may use.
- ☐ Talk openly about safe speed, distractions, passengers, peer pressure, respectful riding, and shared space behavior.
- ☐ Help check that the bike is in safe working condition, including brakes, tires, lights, fit, and basic maintenance needs.
- ☐ Make sure charging and storage follow the manufacturer's guidance and use the correct charger.
- ☐ Create a clear check-in and change-of-plan process, and stay available when the rider needs help.
- ☐ Listen before reacting to mistakes, close calls, damage, unsafe situations, and questions can be discussed honestly.
- ☐ Listen before reacting to mistakes, close calls, damage, unsafe situations, and questions can be discussed honestly.

Ride, route, bike, or circumstances change.



Know Your Ride
Clear Rules. Safer Rides.



KnowYourRide.org

© 2026 Know Your Ride™ and associated educational frameworks are trademarks of Care Forward Foundation, a 501(c)(3) nonprofit organization.



Our Family Plan

Make the everyday details clear before the rider heads out.

1. APPROVED ROUTES & RIDING AREAS

Where is the rider usually allowed to ride? Include school routes, neighborhood routes, trails, crossings, and places that are off-limits.

2. CHECK-IN & RETURN PLAN

How and when will we check in? Include expected return times, phone expectations, and what to do if timing changes.

3. PASSENGERS & RIDING BOUNDARIES

When, if ever, are passengers allowed? Note agreed limits for passengers, time of day, weather, speed mode changes, or other conditions.

4. CHARGING, STORAGE, PARKING & LOCKING

Where will the bike or battery be charged and stored, and where/how should the bike be parked and secured?

5. IF PLANS CHANGE

What should the rider do first if the route changes, weather becomes unsafe, the battery runs low, the bike has a problem, or the rider feels uncomfortable?

If this agreement is not followed...

We will pause and talk honestly about what happened, what needs to change, and what support, practice, or consequence is needed before riding independence increases again.

Immediate consequence / pause: _____

What must happen before riding resumes: _____

Signed Together

Same team. Clear plan. Revisit when circumstances change.

Rider signature

Parent/Caregiver Signature

Date

Review date: _____

Notes: _____



Know Your Ride
Clear Rules. Safer Rides.



KnowYourRide.org

© 2026 Know Your Ride™ and associated educational frameworks are trademarks of Care Forward Foundation, a 501(c)(3) nonprofit organization.

