



PARENT + RIDER TOOLKIT

The First 10 Rides Plan

A gradual practice plan for building familiarity before independence. Completing the plan is not a certification or guarantee of safety.

RIDES 1-2

CONTROL FIRST

Quiet, low-complexity space

- ☐ Start and stop smoothly several times.
- ☐ Turn, look back, and keep a steady line.
- ☐ Practice controlled braking from different speeds.
- ☐ Review throttle/assist behavior before riding near others.

RIDES 3-4

READ THE ROAD

Quiet neighborhood / low traffic

- ☐ Scan driveways and parked cars.
- ☐ Practice slowing before intersections.
- ☐ Signal and make predictable turns.
- ☐ Talk through what the rider sees before each decision.

RIDES 5-6

LEARN THE REAL ROUTE

School or regular route at a quieter time

- ☐ Walk through crossings, sidewalks, bike lanes, and no-go areas.
- ☐ Practice arrival, parking, locking, and leaving the rack calmly.
- ☐ Identify crowded or confusing points.
- ☐ Confirm the route matches current rules and school expectations.

RIDES 7-8

ADD REAL-WORLD COMPLEXITY

Typical time with adult observation

- ☐ Practice around normal traffic and pedestrian activity.
- ☐ Use the agreed pace even when others go faster.
- ☐ Notice friend/peer situations that change decisions.
- ☐ Debrief one thing that went well and one thing to improve.

RIDES 9-10

EARN MORE INDEPENDENCE

Short independent ride + check-in plan

- ☐ Use the agreed route, return time, and check-in.
- ☐ No surprise passengers, modes, or route changes.

AFTER EVERY RIDE

Ask: What surprised you? Where did you slow down? Did anything feel unclear, too fast, or harder than expected? What should change before the next ride?