

Bicycle-Mounted Child Seats

Ten Basic Rules for Safe Use of Bicycle-Mounted Child Seats

1. Do not transport children under 1 year or over 40 lb in a bicycle-mounted child seat
2. The passenger always should wear a crash-tested helmet when transported in a bicycle-mounted child seat.
3. The passenger always should be belted into the child seat. 4. The child seat should include spoke protectors for the child's feet.
5. The child seat should be mounted on the rear wheel.
6. The back of the seat should be high enough to provide adequate head support for the child.
7. The seat should be installed at a bicycle shop by an experienced person
8. Always lean the bicycle against a wall for stability when the rider or the child mounts or dismounts.
9. Recognize that, when transporting a child in a child seat, bicycles require a longer braking distance, are less maneuverable, and are prone to swerve when the child moves suddenly
10. Never leave a child unattended in a bicycle-mounted child seat.

We recognize that bicycle enthusiasts may wish to introduce their children to the pleasures of the sport or transport their children in bicycle-mounted child seats. Parents should be aware of the risks involved with these carriers, especially the possibility of severe head injury. In general, helmets that do not bear the Snell or American National Standards Institute safety stickers have not been crash tested and may not be adequate.



A young passenger on an adult's bike makes the bike unstable and increases the braking time. A mishap at any speed easily attained during casual riding, could cause significant injury to the child. Following these guidelines decreases, but does not eliminate, the risk of injury.

Preferably, children should ride in a bicycle-towed child trailer.

1. Only adult cyclists should carry young passengers.
2. Preferably ride with passengers in parks, on bike paths, or on quiet streets. Avoid busy thoroughfares and bad weather, and ride with maximum caution and at a reduced speed.
3. Infants younger than 12 months are too young to sit in a rear bike seat and should not be carried on a bicycle. Do not carry infants in backpacks or frontpacks on a bike.
4. Children who are old enough (12 months to 4 years) to sit well unsupported and whose necks are strong enough to support a lightweight helmet may be carried in a child-trailer or rear-mounted seat.
5. A rear-mounted seat must
 - a. Be securely attached over the rear wheel
 - b. Have spoke guards to prevent feet and hands from being caught in the wheels
 - c. Have a high back and a sturdy shoulder harness and lap belt that will support a sleeping child
6. A lightweight infant bike helmet should always be worn by a young passenger to prevent or minimize head injury. Small styrofoam helmets that meet Consumer Product Safety Commission (CPSC) standards are available.
7. The child must be strapped into the bike seat with a sturdy harness.
8. Remember, the risk of serious injury still exists when you carry a young child on your bicycle.

The information in this publication should not be used as a substitute for the medical care and advice of your pediatrician. There may be variations in treatment that your pediatrician may recommend based on the individual facts and circumstances.

American Academy of Pediatrics

DEDICATED TO THE HEALTH OF ALL CHILDREN™



SUPPORTED BY A GRANT FROM PFIZER CONSUMER HEALTHCARE, MAKERS OF NEOSPORIN®

