

Ro Óg RunBike – Instructions for Use:

- Please ensure the Runbike/Balance bike suits your child's age and need.
- Practise using the Runbike/Balance bike on a flat open area. Rough terrain and uneven ground can be off-putting to the child as they need to develop confidence on their initial use.
- Playgrounds or local parks can provide the ideal location to practise.
- Always wear a helmet. If your child is not wearing protective clothing encourage the use of knee and elbow pads.
- Explain safe practices prior to using the runbike and make sure your child knows what areas are safe and the limits you have set.
- The Runbike must not be used near downhill slopes, swimming pools, lakes or rivers. Steps or stairs should be screened off so that children cannot ride up or down them.
- The Runbike should be used with the child seated on the saddle, both feet on the ground and both hands on the handlebars.
- If their legs do not touch the ground the saddle should be adjusted to ensure both feet touch the ground.
- The knee should only be bent slightly, if they are heavily bent the saddle is too low and should be adjusted accordingly
- Children introduced to the bike for the first time tend to use it in a forward and backward motion, this is their way of familiarising themselves with the toy
- Once the child is familiar with the toy, encourage them to walk with the toy whilst being seated on the saddle. The supervising adult should walk beside the toddler giving constant praise and affirmation through verbal contact.
- At this stage, the child may not have the confidence to turn, this will be evident by the child lifting the bike to turn around or to avoid any obstacles
- Encourage the child to glide as the child walks around on the bike. The amount of time gliding will increase as the child develops their Balance on the bike.
- Explain to your child how to stop the bike by putting their feet on the ground.
- To turn the bike start by leaning into a turn rather than turning the handlebars. Make slight direction changes by moving handlebars. The child will after a little practise now feel comfortable steering around obstacles and corners.
- As your child develops Balance, spatial ability, co-ordination between hand and foot, speed will increase and they will have no difficulty in challenging more different terrain.
- Some children will be able to use the Runbike instantly, other children may take some time, don't pressurise them they will be able to use it in their own time.
- Finally enjoy using the Runbike/Balance bike and remember your child will after time be able to move faster than you so beware of the dangers!



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