

Safety

What to Wear

Select clothing appropriate to moderate physical exercise in the outdoors. It should not restrict movement unduly.

Footwear: choose running shoes or sneakers. A flexible shoe that covers the foot and offers good support is ideal. Jandals or sandals may get caught in the pedals. Shoe laces should be tucked away and not left loose or dangling.

Trousers: loose and comfortable, but not too loose. Flares and very baggy clothes may get caught. Jeans have a large seam in the crotch that can become uncomfortable if riding for longer periods. Choose something to protect legs from scratches and grazes in the event of a fall.

Upper body: something loose and comfortable that doesn't restrict movement.

Hands: Wrist guards or cycling gloves will protect skin when falling on concrete or asphalt.

Head: a standards approved cycle helmet. While this is not a legal requirement, when learning new skills we all wear a helmet and recommend that you do too!

Optional Extras: Knee and elbow pads often impede flexibility when performing tricks or moving quickly, but may give some learners a bit more confidence.

Riding Safely

Riders should attempt tricks that match their skill level. Putting a complete beginner on a giraffe (five foot tall unicycle) is asking for trouble! Common sense is a very useful safety device.

Adult supervision is required at all times to ensure safe behaviour and modes of learning. Ensure that appropriate safety equipment is worn at all times.



Safety is more than the right gear.
It's an attitude too

Where to learn

Look for a smooth concrete or wooden floor area clear of obstructions. It **must be smooth and level**, any pebble or dip will knock you off when you are beginning. Ideally the area should have a solid rail or bar at about elbow height to hang on to, but a tennis court fence will do. If riding inside, make sure that the unicycle has plastic pedals and a non-marking tyre.

Orientation and Adjustment

The wide part of the saddle is the back. The pedal marked "L" should be on the left, "R" on the right.

Use the quick release to adjust the seat height. While seated, with the ball of one foot on a pedal in its lowest position, your leg should be almost straight.



With your feet flat on the ground, pull the seat up between your legs. Spin the wheel so that the pedal is in the 4:00 position.



Put both hands on the handrail and pull yourself upright, stepping lightly on the closest pedal. The wheel may rotate a little underneath you. Place your other foot on the top pedal.



Put your foot on the **closest** pedal.

Tip: if you try to stand on the **furthest** pedal the unicycle will roll away from under you, making it harder to get on.



Pedal forwards or backwards to get your **feet horizontal** (both the same height above the ground).

Tip: it is hard to pedal in the "dead" position when your cranks are vertical.