

TANDEM CYCLING SAFETY TIPS

- Before beginning any activity, talk with your medical doctor and your eye doctor. Some medical and eye conditions can be affected by bending, lifting, straining, or unusually rapid movement.
- In tandem cycling, better known as a "bicycle built for two," a sighted rider sits in the front seat and you sit in the back seat.
- You won't have to steer, but your tandem partner would probably appreciate help with pedaling!
- Always wear protective eyewear, a sturdy helmet, gloves, and appropriate knee and elbow protection.
- Your tandem partner can also give you information about surface changes, obstacles, turns, upcoming hills (both uphill and downhill), and when to brake.
- When first learning to use a tandem, it's a good idea to practice on quiet, straight roads with minimal inclines.
- Many towns are now forming car-free bike trails. Check with your local municipality for locations and resources.

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This publication is a project of Associates for World Action in Rehabilitation & Education (AWARE), a nonprofit organization that provides information and education on vision loss.

This and other vision loss information is also available online at VisionAWARE.org, a "Self-Help for Vision Loss" website. VisionAWARE is a program of AWARE.

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