

Is Your Child Ready for an E-bike?



Check your child:



Age check: Are they 12+?

Under 12 years → No e-bikes
12–15 years → Class 1 e-bikes only
Pedal assist $\leq$ 20 mph



Helmet check: Do they have the right kind of helmet? Will they wear it every time they ride?

If you ride any class of e-bike, wear a high-quality helmet made for higher speeds.

Look for one with an ASTM F1952, NTA 8776, or DOT label.



Skill check: Can they ride a regular bike confidently and brake smoothly?



Judgment check: Will they follow the rules of the road/trail and avoid risky choices?

Ex: speeding, using their phone (texting/calling/scrolling), or friends pushing limits



Bike check: Does the e-bike fit them (reach brakes, feet stable, easy control)?



Check the environment:



Traffic check: Do they consistently follow road rules and watch for cars?



Route check: Is the route low-traffic with safe crossings and bike lanes?



Policy check: Is your child old enough to ride in your community (some have age restrictions by class of e-bike)? Does your community have laws restricting e-bikes on sidewalks, bike paths, or roads?



Check your household:



Rules check: Have you set clear family rules before the first ride?



Charging check: Does your child know where they can safely charge their e-bike battery?

⊘ *Not in their room, not charging overnight*



Insurance check: Will you be covered if your child is in a crash?

Many homeowners policies require a special e-bike policy to cover injury to others and property damage

