



# DP FITness Studio

76 North Main St.

Pascoag, RI 02859

## BIKE SAFETY RULES

1. Always listen to the instructor at the studio on proper bike setup.
2. Ensure the adjustment knobs (seat height, seat fore-aft and handlebar) are properly secure and do not interfere with range of motion during exercise
3. Children under 4'11" should not ride the Schwinn Authentic Cycling sport. The bike mechanism and ergonomics are designed for rider above 4'11".
4. Do not insert any objects, hands or feet into any openings, or expose hands, arms or feet to the drive mechanism or potentially moving part of the bike.
5. The maximum weight for the individuals riding the Schwinn sport should not exceed 300pounds.
6. In order to stop when on bike, you must gradually slow your pedal strokes rather than stopping abruptly. If you do need to stop immediately, push down the resistance knob. Do not dismount the bike or remove your feet from the pedals until both the pedals and flywheel have stopped completely. . Failure to comply may lead to loss of control and serious injury.
7. If at any time you feel dizzy or have difficulty breathing, gradually turn down the resistance, stop pedaling and carefully dismount the bike and notify the instructor.
8. Listen to your body, ride at your own pace, take what the bike gives you, and set your bike resistance at the level that feels right for you.
9. Never pedal backwards on the bike.
10. Stay hydrated. Drink at least 8oz of water before and after as well as throughout your ride as needed.
11. Stay in control by executing all movements and hand positions at a slow pace before attempting to increase your speed. Do not attempt to ride the Schwinn Sport in a standing position at a high RPM until you have practiced at slower speeds.
12. Focus on form, posture, and making smooth transitions between movements.
13. Do not ride without proper footwear. Riders must have on a stiff soled sneaker or cycling shoes that are SPD clip compatible.
14. Never remove your feet from the pedals while still in motion. If your foot does become disengaged, quickly move your feet to the side and push down on the big red resistance knob to stop the flywheel's motion.
15. Be careful and conscious of all riders' safety around you.
16. Most important rule: HAVE FUN ☺

Signature: \_\_\_\_\_

Date: \_\_\_\_\_