

## **E. Mounting, Dismounting**

CHELSEA: In this video, we take you through the order of getting on and off a tandem bicycle. Hi: I'm Chelsea and I'm here with John.

JOHN: We will approach the bike from the same side and in this case we'll use the right side. This is the safest side to mount on. First of all, the captain makes sure the stoker is at the

rear of the bike and has their left hand on the seat or handlebar. Then the captain gets on the bike. Be sure you put your leg over the crossbar between the seat and the handlebars, not behind your seat or else you could kick your stoker by mistake. Now straddle the bike with both feet on the ground and firmly engage the brakes. When you have the bike steady, you can tell your stoker it's safe to get on. Go ahead, Chelsea.

## CHELSEA:

- stoker mounts from the same side as captain (usually right)
- swings left leg over seat
- then place feet on pedals and get up on seat
- pedal backwards (alerting captain first) until pedals are in starting position: left pedal forward and slightly up
- keep a bit a pressure on left pedal so the pedals stay still when your captain gets on

JOHN: Now the captain is ready to launch. We'll learn more about that later. Now to dismount, you do everything in reverse order. The captain stops the bike, slips off the seat, straddles the bike with both feet on the ground and locks the brakes. Once the bike is steady, you can tell the stoker to get off and on which side. Usually it's the right. Remember, the captain always gets on first and off last.

CHELSEA: That's how you get on and off a tandem. Next up, we'll get you rolling.