

## Self-regulation Classroom Cruiser: Frequently Asked Questions

### What is self-regulation and why is it important?

*Self-regulation refers to the capacity to control one's impulses, both to stop doing something, if needed and to start doing something. Self-regulation helps to delay gratification and suppress impulses long enough so that individuals can think ahead to the possible consequences of their actions or to consider alternative actions that would be more appropriate. The link between exercising and improved self-regulation is vast.*

*Research shows that early interventions targeting self-regulation have positive and long-lasting effect on children's emotional well-being and their academic success. Cognitive self-regulation allows children to use and further develop the cognitive processes necessary for academic learning and problem solving.*

### Why should I consider bringing a bike into the classroom?

*Not only do students get great enjoyment from using the spin bike, but educators have indicated several other perceived benefits that observed immediately after bike usage. Some of the benefits of spin bike use include:*

- *A sense of accomplishment*
- *A relaxed and calm mood*
- *Improved mental alertness and attention*
- *Improved self-esteem*

*Educators agree that after using the spin bike students are more relaxed and that it improves their mental alertness and attention. The benefits are particularly evident for students who have a particularly difficult time focusing their attention.*

### Where should the bike be placed in the classroom?

*When deciding where to place the spin bike you must consider how much space you have in your classroom. It would be optimal if you can place the bike in a breakout room that is separated from the classroom but still allows the teacher to monitor the student. This is not always possible; therefore, it is important to pick a spot that is away from the common teaching space. Below are some tips on where to place the bike.*

- *The bike should be placed in such a way that they do not provide a visual barrier for the students to be able to see the blackboard.*
- *Placing the bike toward the back corner of the classroom is recommended as it minimizes distraction.*
- *If you have more than one bike it is okay to place them side-by-side.*

*Although at first the bike may be a source of distraction for the students as they are excited to use it, once the novelty wears off is not distracting anymore. Location of the bike is pivotal to minimize distraction.*

## How long should I expect the student to bike for?

*The time spent on the bike typically will vary between 2 to 10 minutes (depending on the demand that day), with the average time spent on the bike being approximately 5 minutes. Although most teachers opt to NOT give their students a specific duration to bike for, teachers who do; specify 5 minutes as the target duration.*

## Is the bike used as a punishment?

*The bike is meant to be incorporated into the classroom and used as a tool. It is important to know that it is not used as a punishment or a distraction for learning, but rather the opposite. Students are often more attentive and relaxed after using the bike and often accept it as a piece of furniture in the classroom.*

## How do I utilize the bike?

*When it comes to deciding who uses the bike and when, there is a lot of variation between classrooms. Some strategies may work better with your classroom than others. Here are some strategies that have been used before and may work for your classroom:*

- *Designating a student (helper of the day) that decides and established a waiting list if necessary. Students give the helper a silent signal if they wish to use the bike.*
- *Utilizing the bike most often for students who are having a difficult time calming themselves down (i.e., fidgeting) or feel as though it would be helpful for them to use.*
- *Restrict bike usage during certain times of the day (i.e., independent study time).*
- *Make the bike available always, as the bikes are very generally quiet.*

*You may decide to take a more relaxed strategy where students may use the bike whenever they see fit, at any point during class and can cycle for any amount of time. On the other hand, stricter strategies may be more appropriate for other classrooms. For example, you may get students to log their performance into a logbook and give them a specific duration to cycle for (e.g. 5 minutes). What will work for your classroom depends on many different factors, and you will need to figure out the best strategy that will work for your students.*

## Should I keep track of bike usage (i.e., log book)

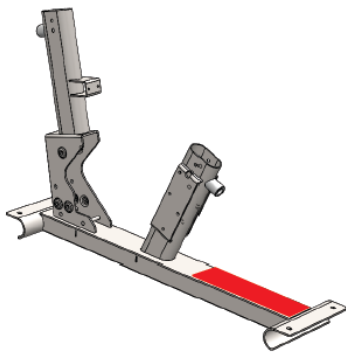
*Although some educators indicate that they do not keep track of what student uses the bike and for how long, you may consider utilizing some sort of logbook in your classroom. The logbook can be a public or personal logbook where students can keep track of their progress and indicate any personal goals they may want to work toward. This could be used as a great motivational tool for students.*

## Technical Frequently Asked Questions

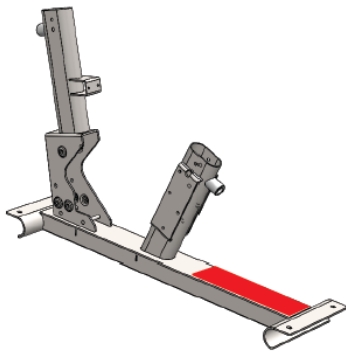
1. Q - The base of my exercise bike is unstable. What should I do?

A – *Check that the levelers found on the bike have been leveled in the assembly process. Refer to the setup information in the assembly guide.*

2. Q – The handle bar on my bike is shaking while it is being ridden. What should I do?  
A – *Ensure that hardware on the handle bar has been tightened properly. Also check that the handle bar mast's adjustment knob has been tightened. Refer to the assembly guide for more information.*
3. Q – The seat on my bike is shaking while it is being ridden. What should I do?  
A – *Ensure that hardware on the seat has been tightened properly. Also check that the seat mast's adjustment knob has been tightened. Refer to the assembly guide for more information.*
4. Q – My bike is very loud while someone is pedaling on it. What should I do?  
A – *Please contact customer service by telephone at 1-800-267-8494 or by email at [info@copernicused.com](mailto:info@copernicused.com). Please have your model number and serial number on hand when you contact us.*
5. Q – Where do I find my serial number?  
A – *Your serial number is located near the back of the bike on the frame.*



6. Q – Where do I find my model number?  
A – *Your model number is located near the back of the bike on the frame.*



7. Q - My display is very difficult to read. What should I do?  
A – *Your batteries may need to be replaced. If you have replaced your unit with new batteries and are still facing the same issue, contact customer service by telephone at 1-800-267-8494 or by email at [info@copernicused.com](mailto:info@copernicused.com). Please have your model number and serial number on hand when you contact us.*
8. Q – I cannot adjust the resistance on my exercise bike to make it easier or harder when pedaling. What should I do?  
A - *Please contact customer service by telephone at 1-800-267-8494 or by email at*

*info@copernicused.com. Please have your model number and serial number on hand when you contact us.*

9. Q – My pedal is installing into my exercise bike. What should I do?

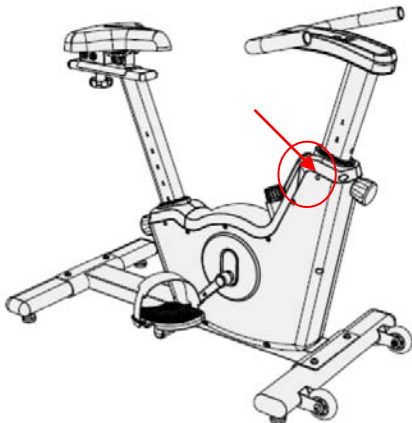
*A – The left pedal (which is marked “L”) must be turned in a counter-clockwise direction when installing in the crank arm. If this does not resolve your issue, please contact customer service by telephone at 1-800-267-8494 or by email at info@copernicused.com. Please have your model number and serial number on hand when you contact us.*

10. Q – The pedals on my exercise bike are loose OR the pedals on my bike have fallen off. What should I do?

*A – The pedal arms on your exercise bike need to be tightened. If this does not resolve your issue, please contact customer service by telephone at 1-800-267-8494 or by email at info@copernicused.com. Please have your model number and serial number on hand when you contact us*

11. Q – I have installed my handle bar mast backwards in my exercise bike and I cannot remove it. What should I do?

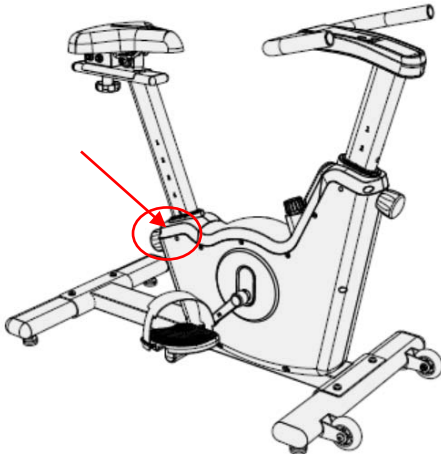
*A – Ensure that the adjustment knob has been loosened and the pin has been pulled out from the mast height holes. The exercise bike includes safety buttons to ensure that the handle bar mast cannot be pulled out of the exercise bike accidentally. You can access this safety button by fitting a screwdriver (or something similar) inside the hole shown below. Press this safety button and pull upwards on the mast.*



12. Q – I have installed my seat mast backwards in my exercise bike and I cannot remove it. What should I do?

*A – Ensure that the adjustment knob has been loosened and the pin has been pulled out from the mast height holes. The exercise bike includes safety buttons to ensure that the seat mast cannot be pulled out of the exercise bike accidentally. You can access this safety button by fitting a screwdriver (or something*

similar) inside the hole shown below. Press this safety button and pull upwards on the mast.



13. Q - How do I adjust the angle of my seat?

A – Loosen the hardware on your seat and adjust accordingly. Refer to the setup information in your assembly guide.

14. Q – I am missing parts. What should I do?

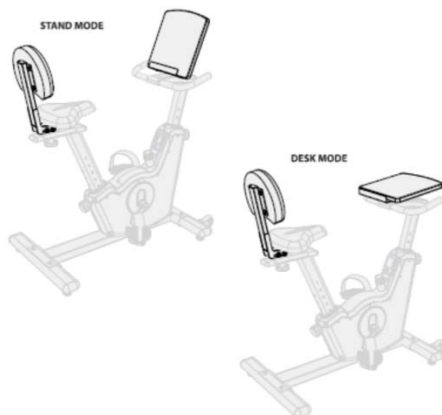
A - If this does not resolve your issue, please contact customer service by telephone at 1-800-267-8494 or by email at [info@copernicused.com](mailto:info@copernicused.com). Please have your model number and serial number on hand when you contact us.

15. Q – My adjustment knob is not catching the seat mast’s adjustment holes. What should I do?

A – Your exercise bike is supplied with two adjustment knobs – one has a longer pin than the other. The shorter of the adjustment knobs should be paired with the handle bar mast. The longer of the adjustment knobs should be paired with your seat mast. Ensure that your bike has been assembled correctly. If this does not fix your issue, please contact customer service by telephone at 1-800-267-8494 or by email at [info@copernicused.com](mailto:info@copernicused.com). Please have your model number and serial number on hand when you contact us.

16. Q – My exercise bike came with a desktop. It was installed in “stand” mode but I would like to change it. Can I do this?

A – Yes you can! The desktop attachments can be changed from “stand” mode to “desk” mode very easily. Refer to the setup information in your assembly guide on how to do this.



17. Q – My exercise bike came with a desktop. It was installed in “desk” mode but I would like to change it. Can I do this?  
A – *Yes you can! The desktop attachments can be changed from “desk” mode to “stand” mode very easily. Refer to the setup information in your assembly guide on how to do this.*
18. Q – Can I use my exercise bike outside?  
A – *Your exercise bike has been designed to be used in a dry, indoor environment. Exposing your exercise bike to the outdoor environment could cause component damage not covered by warranty.*
19. Q – Is there maintenance required on my exercise bike?  
A – *Yes, regular maintenance is important for optimal performance and to reduce wear. Inspect and properly tighten all parts each time the exercise bike is used. Replace any worn parts immediately by contacting customer service by telephone at 1-800-267-8494 or by email at [info@copernicused.com](mailto:info@copernicused.com). Please have your model number and serial number on hand when you contact us.*
20. Q – How do I clean my exercise bike?  
A – *To clean your exercise bike, use a slightly damp cloth and mild soap and wipe off any dust or dirt. Do not use any solvent to clean your exercise bike. Ensure that excess soap or water on or around the exercise bike has been cleaned up before being used.*
21. Q – *The exercise bike does not fit my students. What should I do?*  
A – *If your exercise bike does not fit your students, please refer to your assembly guide on how you can adjust the handle bar height, the seat height, and the seat fore-aft position for a more comfortable ride. Also refer to your assembly guide, supplied poster, and label on your exercise bike for the recommended position according to the average age and height. If the exercise bike does still not fit your students, please contact customer service by telephone at 1-800-267-8494 or by email at [info@copernicused.com](mailto:info@copernicused.com). Please have your model number and serial number on hand when you contact us.*
22. Q – How long should students pedal on the exercise bike?  
A – *This is up to the educator supervising the students who are using the exercise bike. Typical cycling duration is between 5 and 15 minutes. Students should stop cycling immediately if they feel faint, dizzy or exhausted.*
23. Q – Where should I position my exercise bike?  
A – *This is up to the educator supervising the students who are using the exercise bike. Wherever the educator decides to place the exercise bike, ensure that there is enough room and clearance for access, passage around, and emergency dismounting. Refer to the setup information in your assembly guide.*
24. Q – What is the maximum age and weight that this exercise bike has been designed for?  
A – *The SCC100 and SCC102 models have been designed for the ages of 4 to 8. The SCC200 and SCC202 models have been designed for the ages of 6 to 12. The maximum weight that these exercise bikes are designed to support is 65 kg (143 lb).*