

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 effects 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 bike, but educators have indicated several other perceived benefits that they observed immediately after bike usage. Some of the benefits of bike use include:

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

Educators agree that after using the bike students are more relaxed and that it improves their mental alertness and attention. The benefits are particularly evident for students who have a difficult time focusing their attention. [Read the case study.](#)

Where should the bike be placed in the classroom?

When deciding where to place the bike you must consider how much space you have in your classroom. Below are some tips:

- *The bike should be placed in such a way that it does not create a visual barrier between the students and the board.*
- *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.*
- *Ensure that there is enough room and clearance for access, passage around, and emergency dismounting.*

How long should I expect the student to bike for?

Time spent on the bike varies from 2 to 15 minutes (depending on the demand that day), with the average time spent on the bike being approximately 5 minutes. Most teachers do not give a specific duration, but if they do, it is typically a target of a 5 minute ride. Students should stop cycling immediately if they feel faint, dizzy or exhausted. The bike has a timer that can be used to help with ride duration. Throughout our design research, educators frequently said that timers were an important feature for a bike.

How do I use the bike in my classroom?

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 options to consider:

- *Designating a student (helper of the day) that decides and establishes a waiting list if necessary. Students give the helper a silent signal if they wish to use the bike.*
- *Introduce the bike to students who are having a difficult time calming themselves down or are fidgeting.*
- *Restrict bike usage during certain times of the day (i.e., independent study time). See our [resources](#) page for helpful tips and activities.*
- *Alternatively, you may wish to make the bike available at all times.*

You may decide to take a more relaxed strategy where students use the bike whenever they see fit and for any amount of time. On the other hand, stricter strategies may be more appropriate. For example, you may have students log their performance and give them a specific duration to cycle for.

Should I keep track of bike usage (i.e., logbook)?

A logbook can be a public or personal document where students can keep track of their progress and indicate any personal goals they may want to work toward. This can be a great motivational tool for students. Tracking monthly distance traveled as a class or individually can be a fun geography lesson. See our [resources](#) page for a tracking sheet.

Trouble Shooting

The base of my bike is unstable.

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

The handlebar on my bike is shaking while it is being ridden.

Ensure that hardware on the handlebar has been tightened properly. Also check that the handlebar mast's adjustment knob has been tightened. Refer to the assembly guide for more information.

The seat on my bike is shaking while it is being ridden.

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.

My bike is very loud while someone is pedaling.

Please contact customer service by telephone at 1-800-267-8494, or by email at info@copernicused.com. Please have your model and serial number on hand when you contact us.

Where do I find my serial and model number?

Both your model and serial number are located on a label attached to the bike frame (image to right).



My display is very difficult to read.

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. Please have your model and serial number on hand when you contact us.

I cannot adjust the resistance on my bike to make it easier or harder when pedaling.

Please contact customer service by telephone at 1-800-267-8494, or by email at info@copernicused.com. Please have your model and serial number on hand when you contact us.

I can't install the pedals.

The left pedal (which is marked "L") must be turned in a counter-clockwise direction when installing 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 and serial number on hand when you contact us.

The pedals on my bike are loose or the pedals on my bike have fallen off.

The pedal arms on your 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 and serial number on hand when you contact us.

I have installed my handlebar mast backwards and I cannot remove it.

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



I have installed my seat mast backwards and I cannot remove it.

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



How do I adjust the angle of my seat?

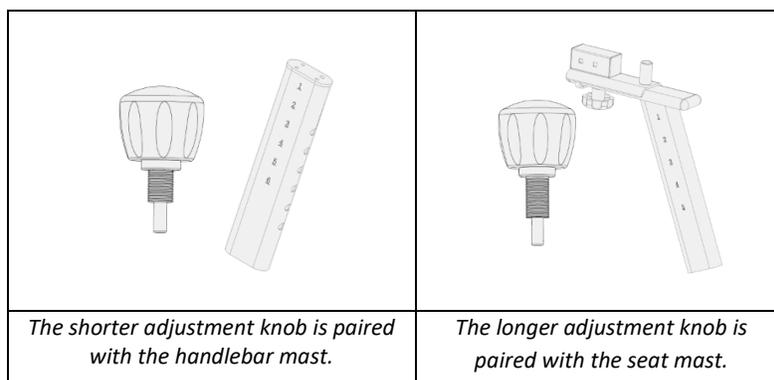
Loosen the hardware on your seat and adjust accordingly. Refer to the setup information in your assembly guide.

I am missing parts.

Please contact customer service by telephone at 1-800-267-8494, or by email at info@copernicused.com. Please have your model and serial number on hand when you contact us.

My adjustment knob is not catching the seat mast's adjustment holes.

Your bike is supplied with two adjustment knobs—one has a longer pin than the other (see images below). 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. Please have your model and serial number on hand when you contact us.



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

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



Can I use my bike outside?

Your bike has been designed to be used in a dry, indoor environment. Exposing it to the outdoor environment could cause component damage not covered by our warranty.

How do I clean my bike?

Use a slightly damp cloth and mild soap to wipe off any dust or dirt. Do not use any solvents. Ensure that excess soap or water on or around the bike has been cleaned up before being used.

Is there maintenance required on my bike?

While the bike does not require regular maintenance, it should be inspected regularly. Replace any worn parts immediately by contacting customer service by telephone at 1-800-267-8494, or by email at info@copernicused.com. Please have your model and serial number on hand when you contact us.

The bike does not fit my students.

Please refer to the guide label on the bike frame that shows how to adjust the handlebar height, the seat height, and the seat fore-aft position for a more comfortable ride. The guide also provides the recommended position according to the average age and height. If the bike still does not fit your students, please contact customer service by telephone at 1-800-267-8494, or by email at info@copernicused.com. Please have your model and serial on hand when you contact us.

What is the maximum age and weight for the bike?

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 the bikes support is 65 kg (143 lb).