

Various types of backrests can be borrowed from Charlotte's Tandems.

To borrow one:

- Contact your nearest Helper/Volunteer and tell them which of the following you wish to borrow.
- The Helper will then contact Jane, who is looking after our Backrest Admin.
- Jane will find out where a suitable backrest is for you then let you know when it will be available.
- You then create a paid postage label and send it to Jane.
- Jane will forward it to the current Borrower
- The current Borrower will post the backrest to your Helper for you to collect with the bike.

The Mission backrest with side supports has a waiststrap and seatbelt type shoulder strap. It is heavy (about 4kg) and attaches to the seatpost. It is designed to work with trikes, so the bar that attaches to the seatpost can stick down and with a tandem bike this can then clash with the back wheel. We've have several of them and have modified some of ours so they are less likely to clash. Some Mission Backrests also have full harnesses.

Cheapest courier cost: about £7 (2023)



Low support post



High support post

The Adams backrest is much lighter, but only has a waistband. Again it attaches to the seatpost.

David Briggs, our Lincs Helper, has made some Adams style backrests that attach to a pannier rack instead (thus allowing the saddle to be lower).



Adams Original



Briggs-Adams

We also have other types of Backrests, see below.



Backrest Seat



SA031



Ammaco

The Ammaco backrest is very cheap to buy online and a belt can be placed around it.

The lightest option is an Oxford Leco seat. This is designed to sit on the crossbar of a solo bike, but if you put a straight seatpost on instead then it can go in the Stoker's position, as shown. It is just a simple strap, to slow down escapeses.



The Oxford Leco

Of course another option is not use a backrest. You can get someone to ride behind or to the side, to keep an eye on your child until you are sure they are safe. You would not need to strap them in and if the bike fell over then they would not be trapped.