

# Safe cycling with Sam



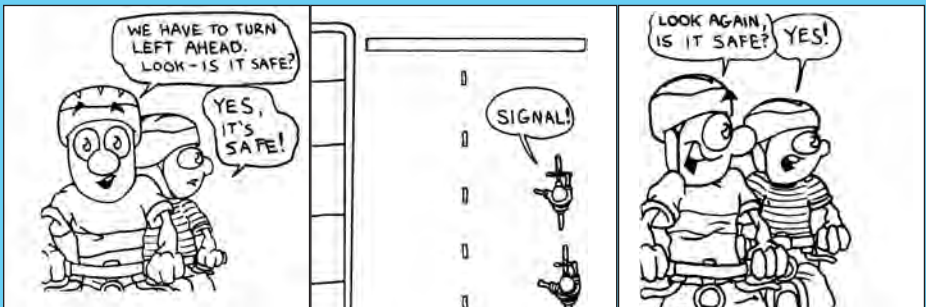
- ✓ Have the Gear
- ✓ Get the Skills
- ✓ Know the Rules

saskatchewan  
**preventioninstitute**  
our goal is **healthy** children

## ✓ Have the Gear



## ✓ Know the Rules



## ✓ Get the Skills



## ✓ Have the Gear

- Once a week check your tires, spokes, brakes, seat, handlebars and chain.
- Always wear a helmet.
- A helmet should fit squarely on top of your head with little movement in any direction with the chin strap done up.
- The front of your helmet should be 2 finger-widths above your eyebrows.
- Only one finger should fit between your chin and chin strap.
- Wear your helmet every time you ride.

## ✓ Get the Skills

- Find an area away from any cars (empty parking lot, playground) and practice:
  - Riding fast and then bringing your bike to a controlled stop.
  - Riding between obstacles. Pop cans can make good pylons!
  - Looking over your shoulder (shoulder checking), then looking ahead. This should be done before and after you signal.
  - Riding in a 'figure-eight' pattern to practice balance.

## ✓ Know the Rules

- Signal for all turns and stops.
- Wear bright coloured clothing when riding your bike.
- Ride one metre away from parked cars. Where there are no parked cars, drive one metre away from the curb to be clearly seen by other traffic.
- Ride to the right of traffic.
- Never ride double.
- Remember, if you feel unsafe at an intersection, walk your bike through the pedestrian walkway.