

PRACTICE SAFE CYCLING. WEAR A Helmet ON EVERY RIDE.

Make sure your helmet fits right! Follow the 2V1 Rule.



2 fingers above
your eyebrows



Straps form a "V"
around your ears



1 finger between
strap and chin

Teach children to wear a properly fitted bike helmet and to practice the rules of the road to help keep them safe when cycling.

1 Obey all traffic lights and signs. Use the correct hand signals for turning and stopping.

3 Be visible. Wear bright clothes and use lights and reflectors. Do not cycle after dark.

4 Dismount and walk bicycles across crosswalks and busy intersections.

5 Stay alert and watch the road and traffic. Stop, look, and listen when entering any street.

2 Ride single file on the right side of the road, one metre from the curb or parked cars.

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