



# BICYCLE SAFETY WEEK

**MAY 12-18, 2024**

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

[www.saskbikesafety.ca](http://www.saskbikesafety.ca)

# **What do you need to ride your bicycle safely?**



# HELMET



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A properly fitted bicycle helmet.

# BICYCLE



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A properly fitted bicycle that works well.

# PRACTICE



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Learn the rules of the road and practice riding.

# ***Wear a helmet on every ride!***



The front of the helmet sits 2 fingers above the eyebrows.



The side straps form a "V" around the ear.



Only 1 finger-width fits between the chin and the chin strap.

# **YOUR BRAIN**



# **What happens if your brain gets hurt?**



**How would you  
adjust these  
helmets for a  
safer fit?**



# HELMET ADVICE

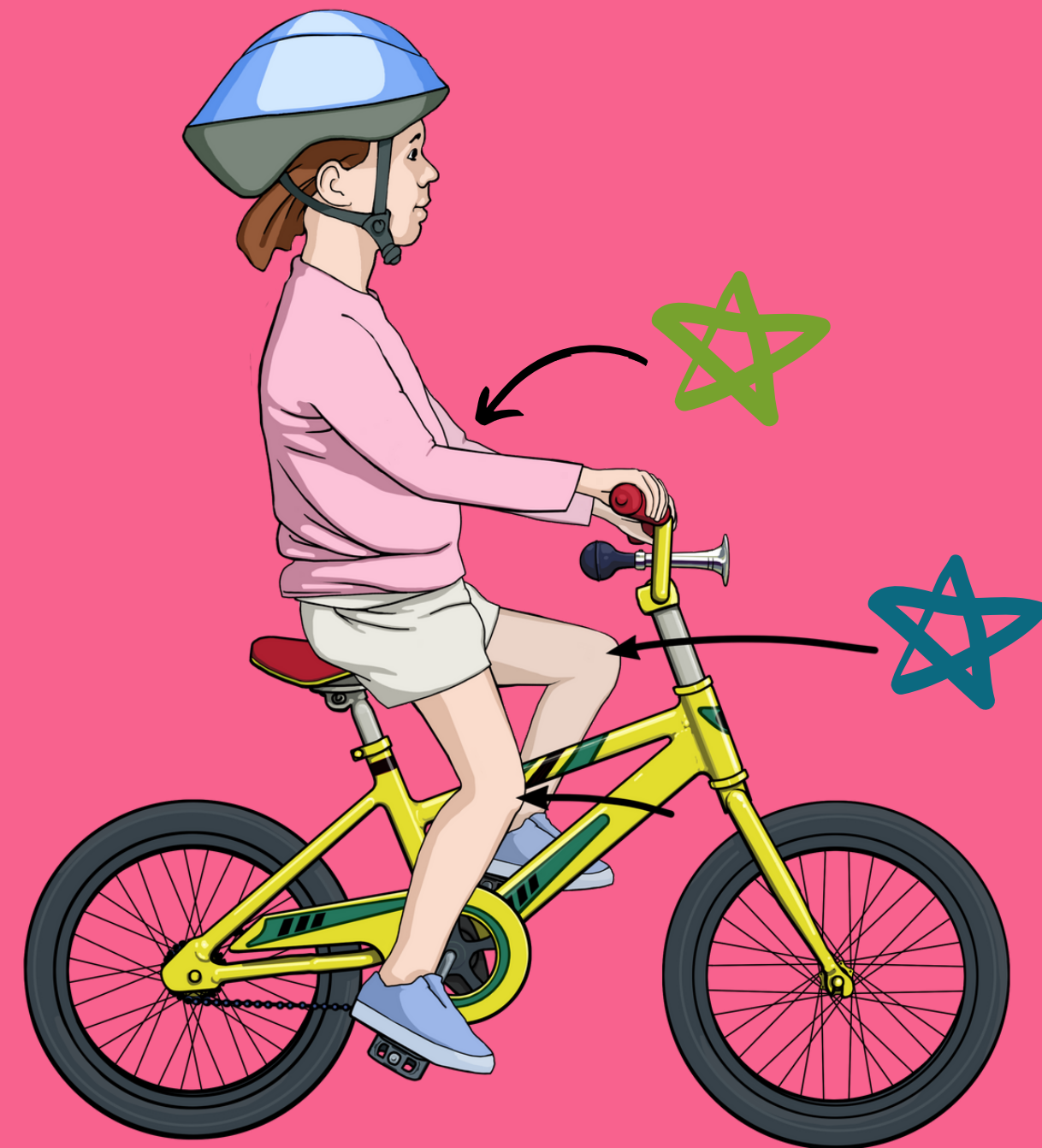
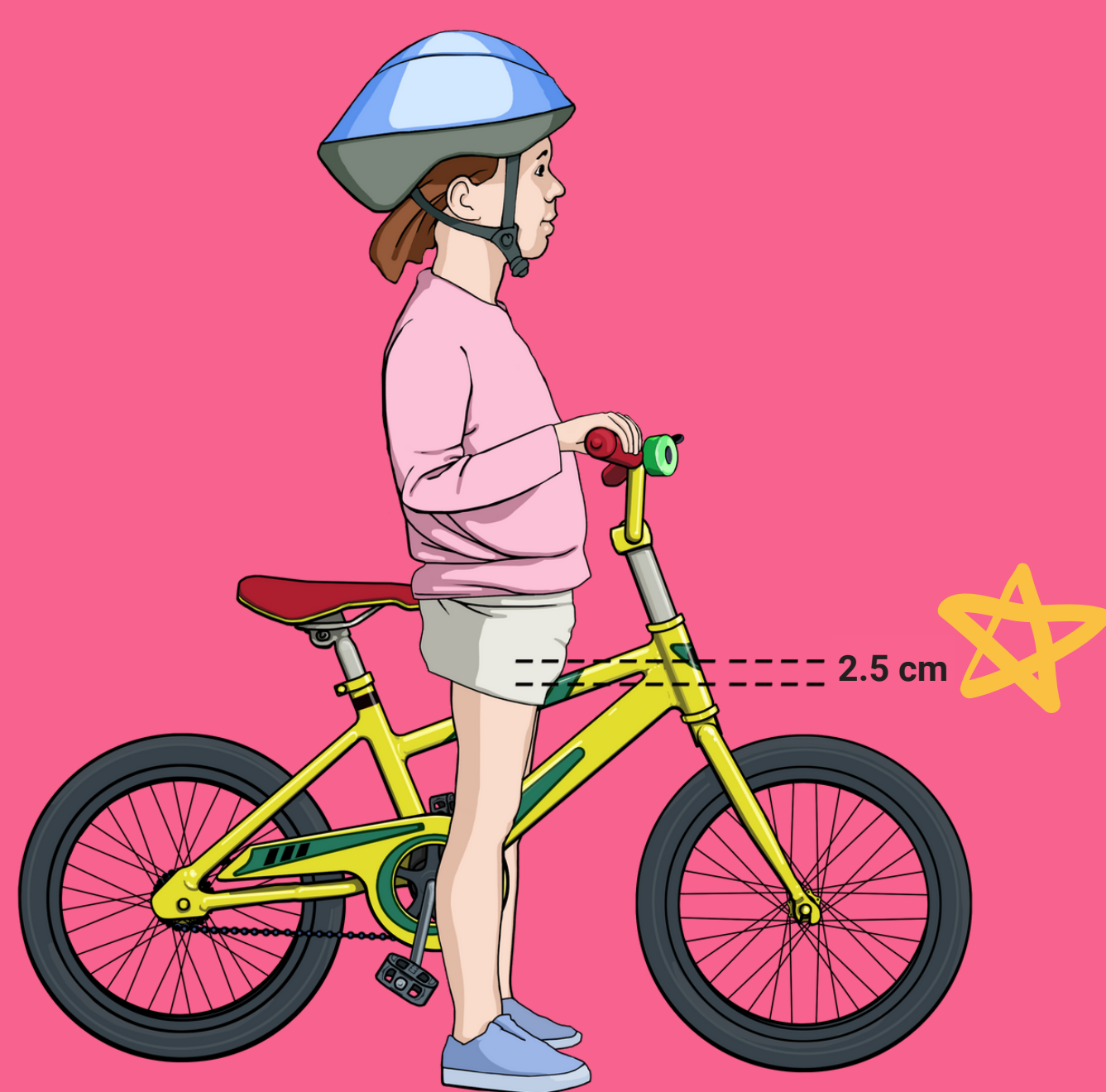


←----->  
When do you replace a helmet?

Can you wear your helmet while  
you play?

What can you wear under your  
helmet?

# **A PROPERLY FITTED BICYCLE**



# **TAKING CARE OF YOUR BIKE**

**A**

stands for Air

**B**

stands for Brakes

**C**

stands for Chain



# OTHER EQUIPMENT



# PRACTICE



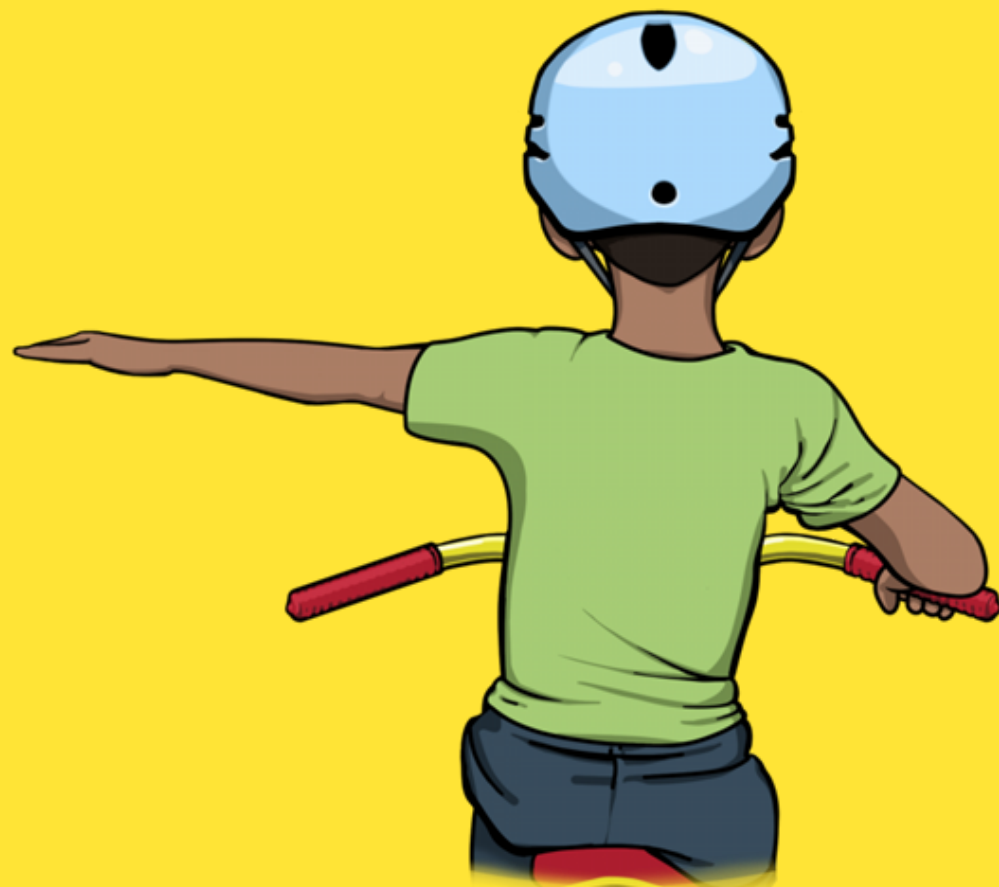
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# **RULES OF THE ROAD**

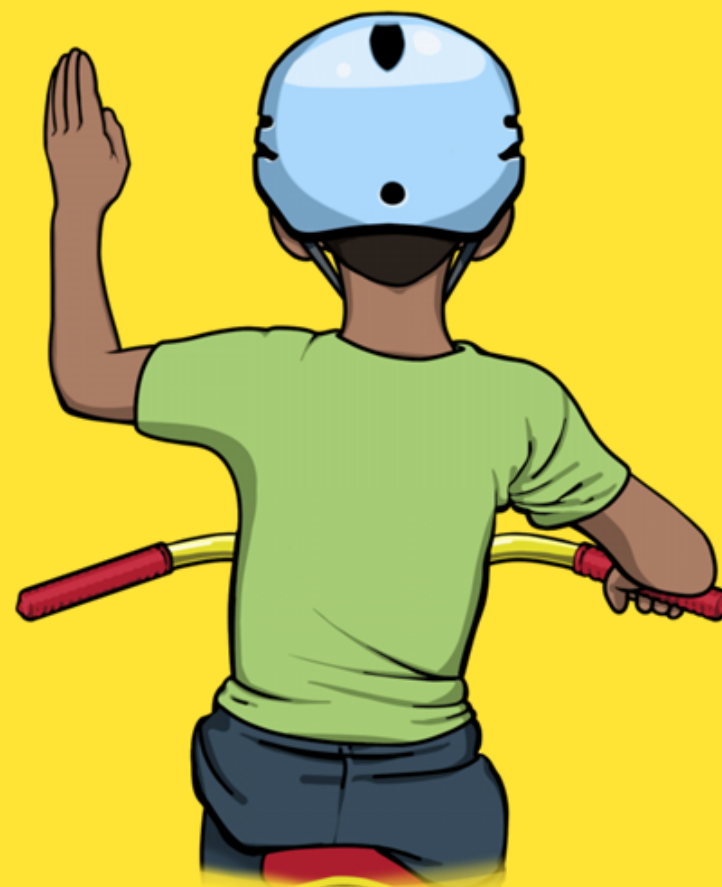
- Stay alert!
- Ride single file.
- Ride in a straight line.
- Ride on the right side of the road.
- Ride one metre from the curb.
- Have a plan.
- Learn traffic signs.



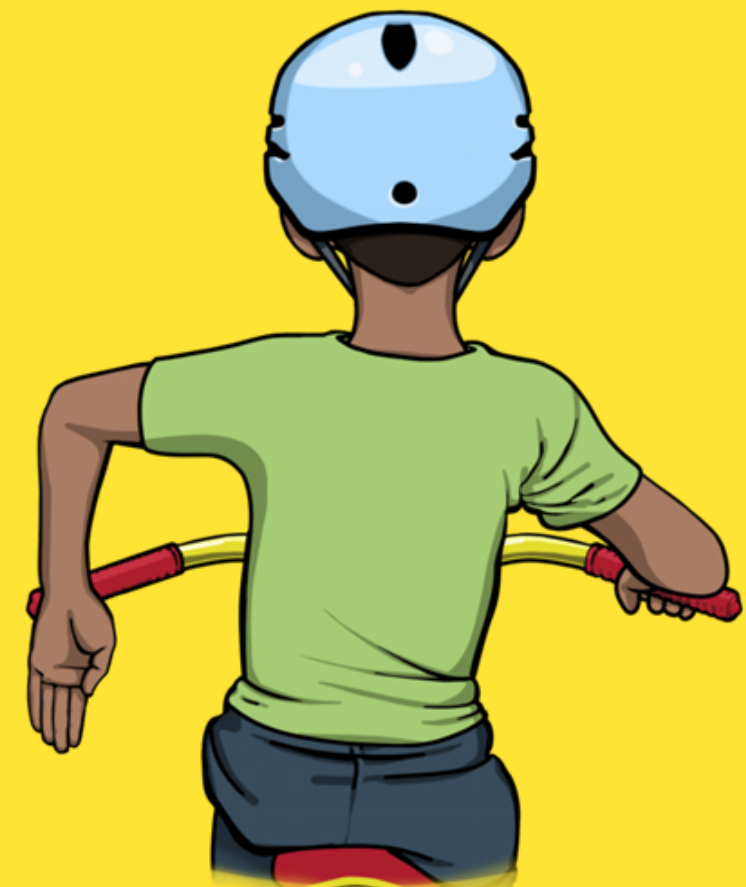
# **ARM SIGNALS**



**LEFT TURN**



**RIGHT TURN**



**STOP**

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**YOU ARE  
READY TO  
RIDE!**

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