

# Make Sure Your Helmet Fits Right!

Follow the  
**2V1** Rule

**2**

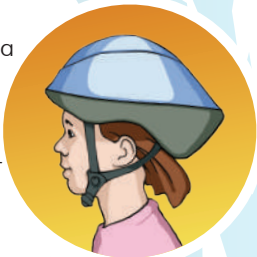
fingers  
above  
your  
eyebrows



straps form a

**V**

under your  
ears



**1**

finger  
between  
strap and  
chin



**Wear a helmet  
on every ride!**

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

[skprevention.ca](http://skprevention.ca)

# Ready to Ride?

Use arm signals when riding your bike to show others when you are going to stop and turn.



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

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