

Make Sure Your Helmet Fits Right!

Follow the **2V1** Rule

2

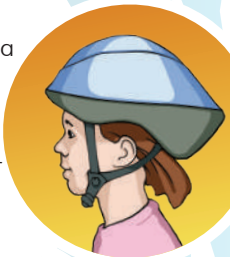
fingers
above
your
eyebrows



straps form a

V

under your
ears



1

finger
between
the strap
and your
chin



Wear a helmet on every ride!

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www.saskbikesafety.ca

Ready to Ride?

Use arm signals when riding your bike to show others when you are going to stop and turn. Always use your **left arm** to signal.



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RESOURCE 4-225

REVISED 12/2025