

and what you need to know about it.

safet



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A properly-equipped bicycle should always feature:

- White front and red rear lights
- Helmet that fits correctly and features a CSA, Snell, ANSI, ASTM British Standard or Australian Standard sticker
- White reflective tape on front forks and red reflective tape on rear ones.
- · A functional bell or horn

To see your helmet fits correctly, perform a "Helmet Salute".



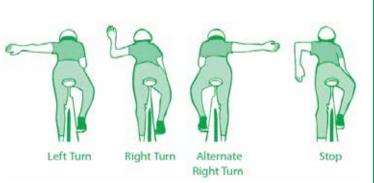




2. Cyclist **Safety Gear**

3. Hand Signals

Cyclists can use hand signals to communicate with other road users when turning, approaching an intersection, or changing bike lanes.



Before beginning each ride, perform an ABC check on your bicycle to ensure it is in good working order and is safe to ride.

Breaks

Tires inflated; check Responsive and firm; Grey or silver; see both tires for cracks inspect break pads for damage or wear.

if secured onto bike crak

4. ABC Check

or punctures.