



Tips for Young Cyclists

Bikes are fun, but remember
to learn and follow the rules
for a safe ride.



Before you go

Check your bike by using the ABC Quick Check.

- A: Air
- B: Brakes and Bars
- C: Chains and Crank
- Quick: Quick Release
- Check: Final Check Over

Reminder to check with your parents before you go.

Protect your head

Helmets protect your head and your brain. Make sure to wear your helmet correctly by using the "2-V-1 Method." Remember wearing your helmet is the law.



2 fingers above
the eyebrows



V where straps
meet under the ears



1 finger between
strap and chin

Arm Signals



Left



Stop



Right

Make your bike legal

Required:

- Cyclists under 18 must wear a helmet
- White light on the front of bike
- Bell or horn
- White reflective tape on front forks and red reflective tape on the rearstays

Recommended:

- Bright coloured clothing
- Red light on the back of the bike
- Helmet for all ages

More Information

[Ontario.ca/Cycling](https://ontario.ca/Cycling)