



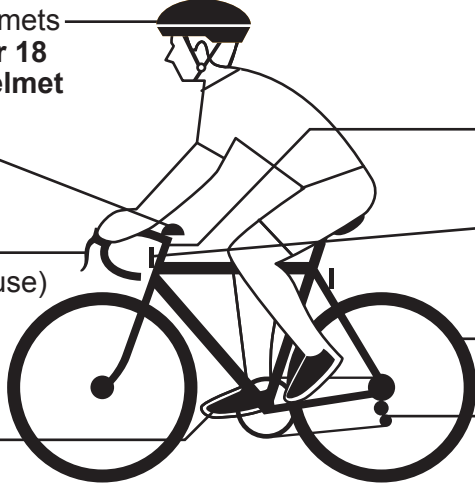


Bicycle Safety

Use the checklist below to ensure your equipment is safe and is used correctly.
Remember these safety tips.






Sizing		Age	
			
<input checked="" type="checkbox"/> Can stand clear of frame	<input checked="" type="checkbox"/> Toes can touch ground	<input checked="" type="checkbox"/> Under 10 adult supervision only	<input checked="" type="checkbox"/> 10+ on road only after training

Safety and Equipment



<input checked="" type="checkbox"/> All riders should wear helmets The law - children under 18 must wear a certified helmet	<input checked="" type="checkbox"/> Use a bike lock
<input checked="" type="checkbox"/> The law - must have a bell or horn	<input checked="" type="checkbox"/> Handlebars and seat tight
<input checked="" type="checkbox"/> Brakes that work (make sure children can use)	<input checked="" type="checkbox"/> The law - must have reflectors White at front, red at rear
<input checked="" type="checkbox"/> Wear closed toe shoes	<input checked="" type="checkbox"/> Tires inflated, good tread
	<input checked="" type="checkbox"/> Chain oiled, not loose

Learning

				
<input checked="" type="checkbox"/> Practice stopping	<input checked="" type="checkbox"/> Practice turning	<input checked="" type="checkbox"/> Control speed	<input checked="" type="checkbox"/> Children should NOT ride at night	<input checked="" type="checkbox"/> Know rules of the road

Signalling

			
 Left turn	 Stop	 Right turn	 Alternative right turn