



WEAR A BICYCLE HELMET. YOUR BRAIN WILL THANK YOU.

A properly fitted and secured helmet is the only kind that will protect you.

Secure the chin strap leaving enough room to fit your index and middle fingers between the strap and your skin.

Adjust the straps near the ears so they are comfortable and allow the helmet to rest flat on the head and parallel to the ground, not tipped back.

Set a good example for your children by wearing a helmet, even on short trips.

Ride Smart. Ride Safe.

Stay alert and follow traffic rules. Obey posted signs and signals, and use hand signals when turning or stopping.

Avoid distractions. Skip cellphones, headphones, and earbuds while riding.

Be visible. Wear bright or reflective clothing.

Be courteous and yield to pedestrians. Slow down when approaching people walking, and always give them the right of way.

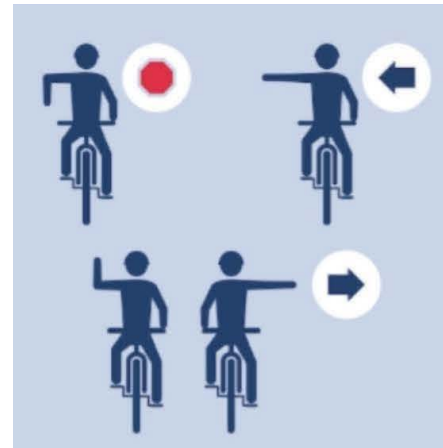
Keep right, pass left. Ride to the right whenever possible, and move left only when passing.

Bike Check (Quick ABC Check)

A – Air: Tires inflated properly

B – Brakes: Working and responsive

C – Chain: Clean and moving smoothly



Use Hand Signals



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