

2-4-1 Helmet Salute



Two fingers above your eyebrows to the base of the helmet. Protects your forehead and the side of the head.



Four fingers to make a "V" shape around the bottom of your ears. Keep straps straight and taut.



One finger under the strap beneath your chin. Keep chin strap taut so the helmet doesn't slide forwards or backwards.



See, Be Seen, Be Predicable

Ride safely!

- Ride on the right side of the road in single file. Don't weave around on the road.
- Wear your helmet. Don't wear headphones.
- Make sure you have a light if you're riding at night.
- Be careful at intersections, around parked cars and when crossing streets.
- No passengers on bikes.
- Lock your bike up when you leave it.
- Watch for cars and pedestrians.
- Obey the rules of the road.



left turn



slow/stop



right turn

To be legal, your bike must have:

- a white front light and a red rear light or reflector if you ride between 1/2 hour before sunset and 1/2 hour after sunrise
- white reflective tape on the front forks and red reflective tape on the rear forks
- a bell or horn
- at least one brake system on the rear wheel



SUDBURY CYCLISTS UNION

Spring Safety Tips for Families



SHARE
THE ROAD

Basic Spring Bike Check

Inspect the bike for any damage, rust, cracks, especially if it's been stored outside for the winter. Tip: record the serial number of the bike during the inspection.

Clean your bike

Clean the chain, chainrings, derailleurs with a biodegradable cleaner. Use a toothbrush to clean everything.



Clean the pedals, brakes, tires, rims, and the frame.

Remove the seatpost from the frame and wipe off any dirt. Clean the inside of the frame where the post slides in and apply a small amount of grease to the post and reinstall.

Brakes

Check brake pads. Pads should be wearing evenly. Replace if pads are very worn, not smooth, or have ridges.



Wheels

Clean the rims and check for pits or grooves. Spin the wheels. The wheels should spin straight and not wobble.

Tires

Check tires for splits, cracks or tears. Check the thread of the tires for worn knobs, uneven tread wear or excessive wear. Pump you tires to the recommended tire pressure.

Cables

Check all brake and shifting cables for rust or damage. Replace if necessary. Tighten any loose cables.

Lube

Lubricate the chain, and the pivot points on the derailleurs. Apply a few drops to the brake lever pivots and the exposed brake cable.



Check that all nuts and bolts are tight and rust-free. Apply grease to slightly rusted areas.

Gears

Take a short trip around the block, shift through all of your gears and check for skipping.

Bike Fit

Both feet should be flat on the ground when straddling the top tube of the bike. There should be space between the crotch and the top tube.

Make sure the seat is aligned and is at the right height. Your knee should be slightly bent and your heel should be just off the pedal at the bottom stroke.

Your Helmet

Before you or your children ride for the first time in the spring, it's important to check your helmet, and your helmet fit.

Check your helmet for cracks or other damage.

An approved helmet will have a safety sticker, usually CSA or ANSI.

If your helmet has been in a crash or if it's more than 5 years old, it should be replaced.

Every cyclist under the age of 18 must wear an approved bicycle helmet. The fine is \$60.

Don't buy a used helmet - you don't know if there is any internal damage or how old it is.

Paint or stickers can damage your helmet.

Use mild soap and water to clean it. Solvents and cleaners can cause damage to the shell.

Helmet Fit

Your helmet should be tight enough on your head that you can bend over without it falling off. Some helmets come with padding that can be used to ensure your helmet fits properly. Do not wear a helmet if it is too loose.

Tip: The Brain Injury Association offers discount coupons for helmets purchased at local stores. To request coupons, use the Contact Us page at <http://www.biasd.ca>