

Quick Fit Test

Your helmet should pass each of the 4 steps. Have someone else test your helmet fit. Begin by putting your helmet and straps on now.

- ✓ **Helmet covers the forehead when you can fit only two finger-widths from the front edge of the helmet to your eyebrows.**
- ✓ **Helmet does not move when you shake your head “no” as hard as possible.**
- ✓ **Helmet does not move when you put a hand on each side of the helmet and rock it from side to side.**
- ✓ **Helmet pulls down when you open your mouth as wide as possible.**



Rules of the Road

- ⚙️ Obey traffic laws and signals.
- ⚙️ Always ride on the RIGHT with the traffic.
- ⚙️ Ride single file.
- ⚙️ Always check behind you when changing lanes.
- ⚙️ Watch for dangerous objects in the road way.
- ⚙️ Stop at all stop signs and at all traffic signals.
- ⚙️ Use hand signals before making a turn.
- ⚙️ Keep control of your bike. Do not weave between parked cars.
- ⚙️ Ride at least 3 feet away from parked cars.
- ⚙️ Listen for cars approaching.
- ⚙️ Do not wear headphones.

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WEAR A BIKE HELMET WHENEVER YOU BICYCLE!



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Bike Safety

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“Teachable Moments”

