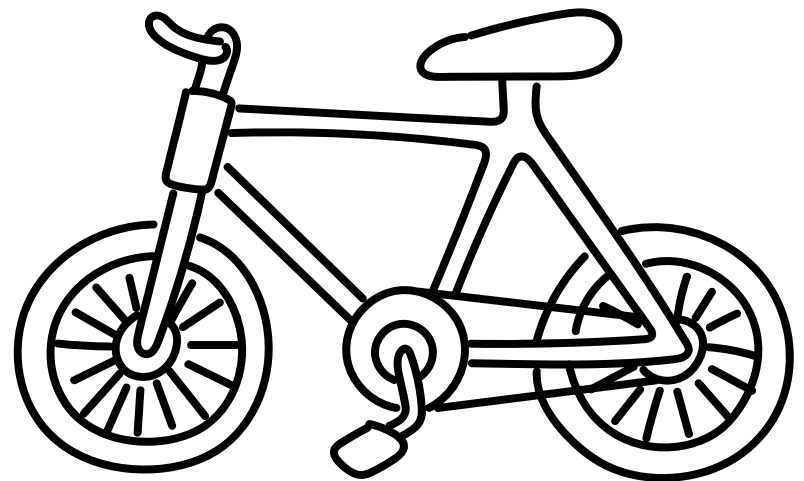


LETHBRIDGE
SPORTFEST

Bike Rodeo
Colouring Book



BICYCLE SAFETY!

ALWAYS WEAR A HELMET

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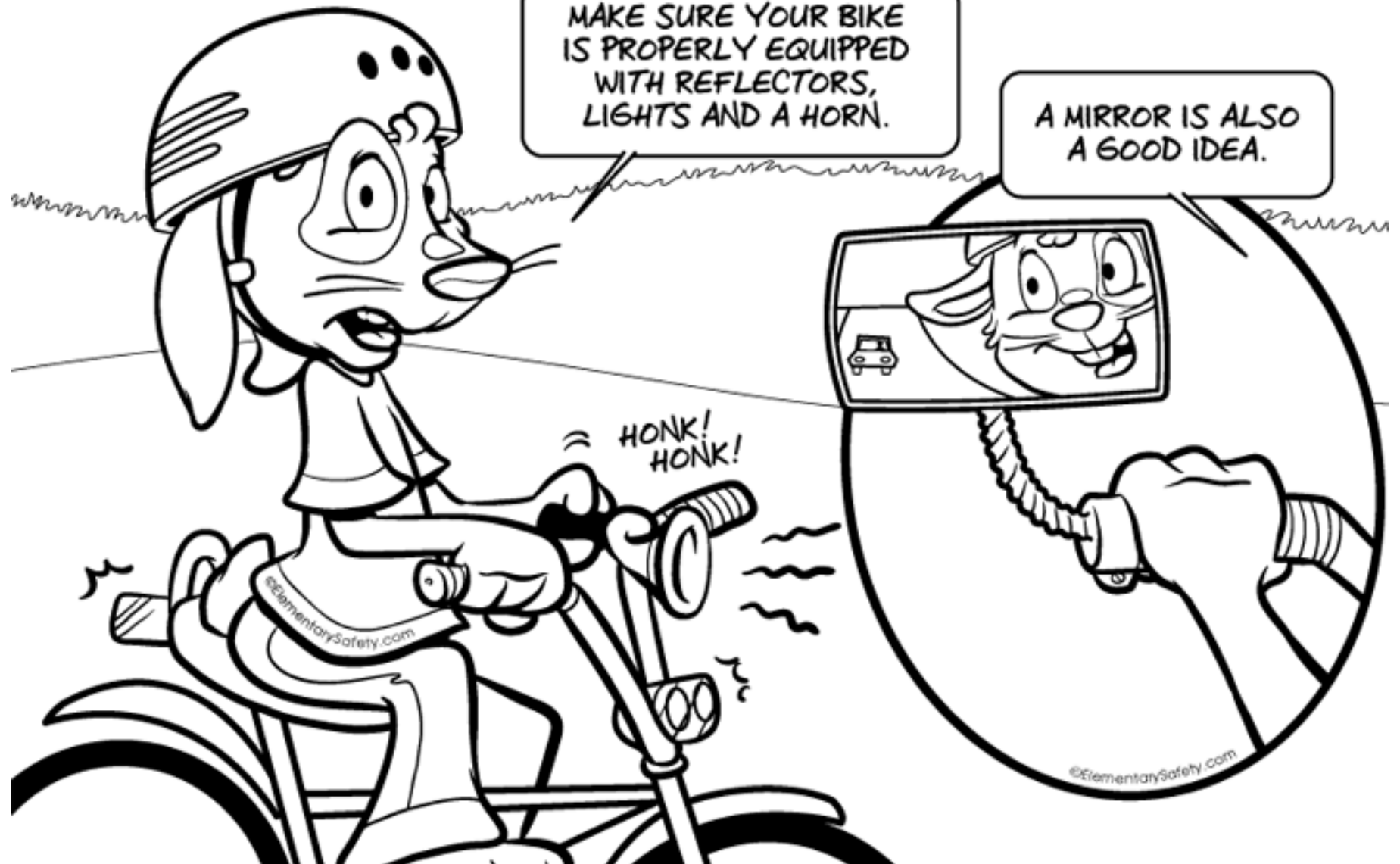
Even if you are only going a few blocks.

BICYCLE SAFETY!

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MAKE SURE YOUR BIKE IS PROPERLY EQUIPPED WITH REFLECTORS, LIGHTS AND A HORN.

A MIRROR IS ALSO A GOOD IDEA.



BICYCLE SAFETY!

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Don't ride in areas where
bicycle are not allowed.

THIS SIGN
MEANS WE CAN
RIDE HERE.



Don't ride on the
sidewalk unless:

a) your wheel size is
less than 50 cm (20 in)

b) there is a sign
posted saying that it is
an official bike route.

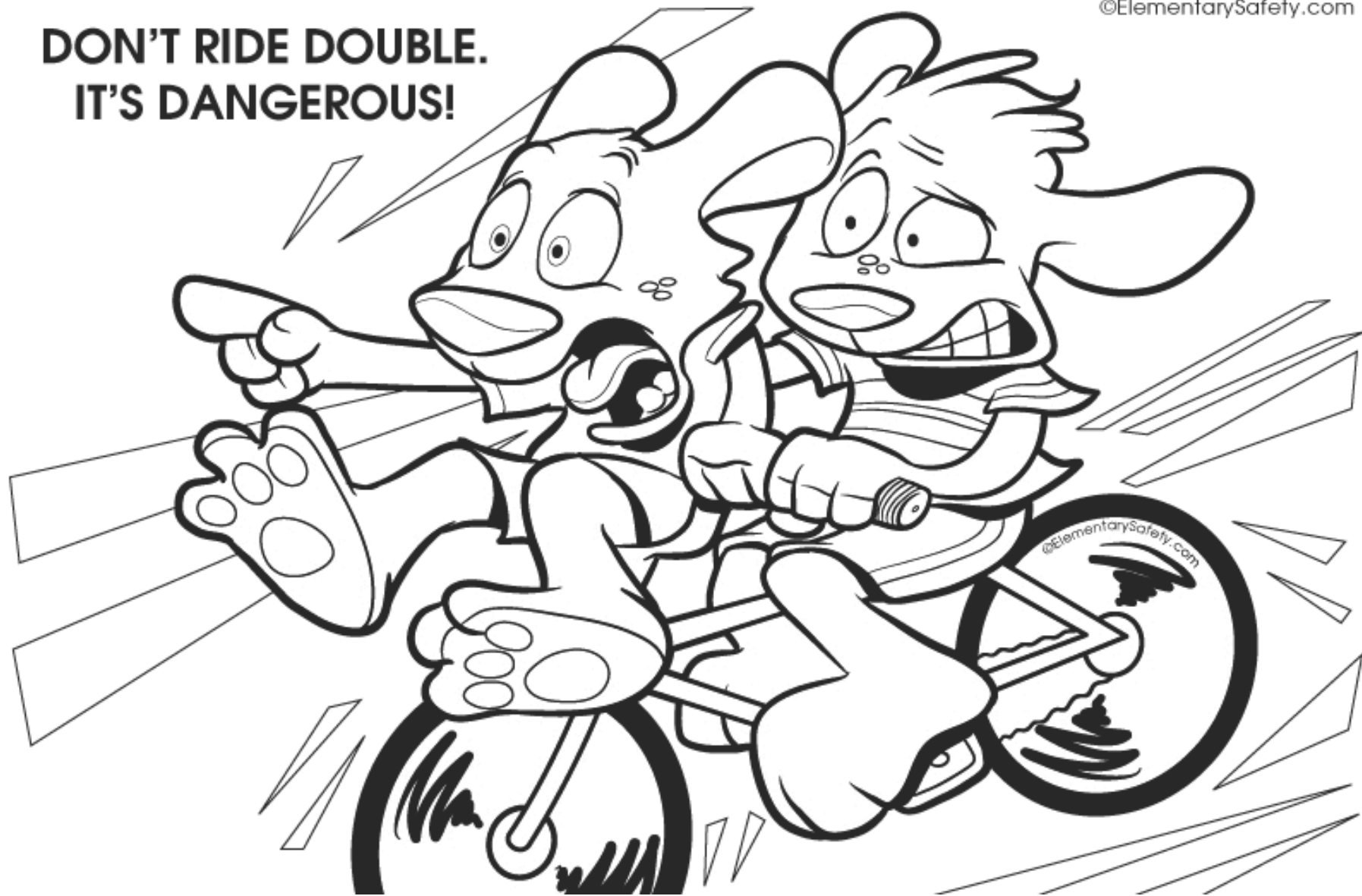


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**DON'T RIDE DOUBLE.
IT'S DANGEROUS!**



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Obey all traffic signs
and signals.

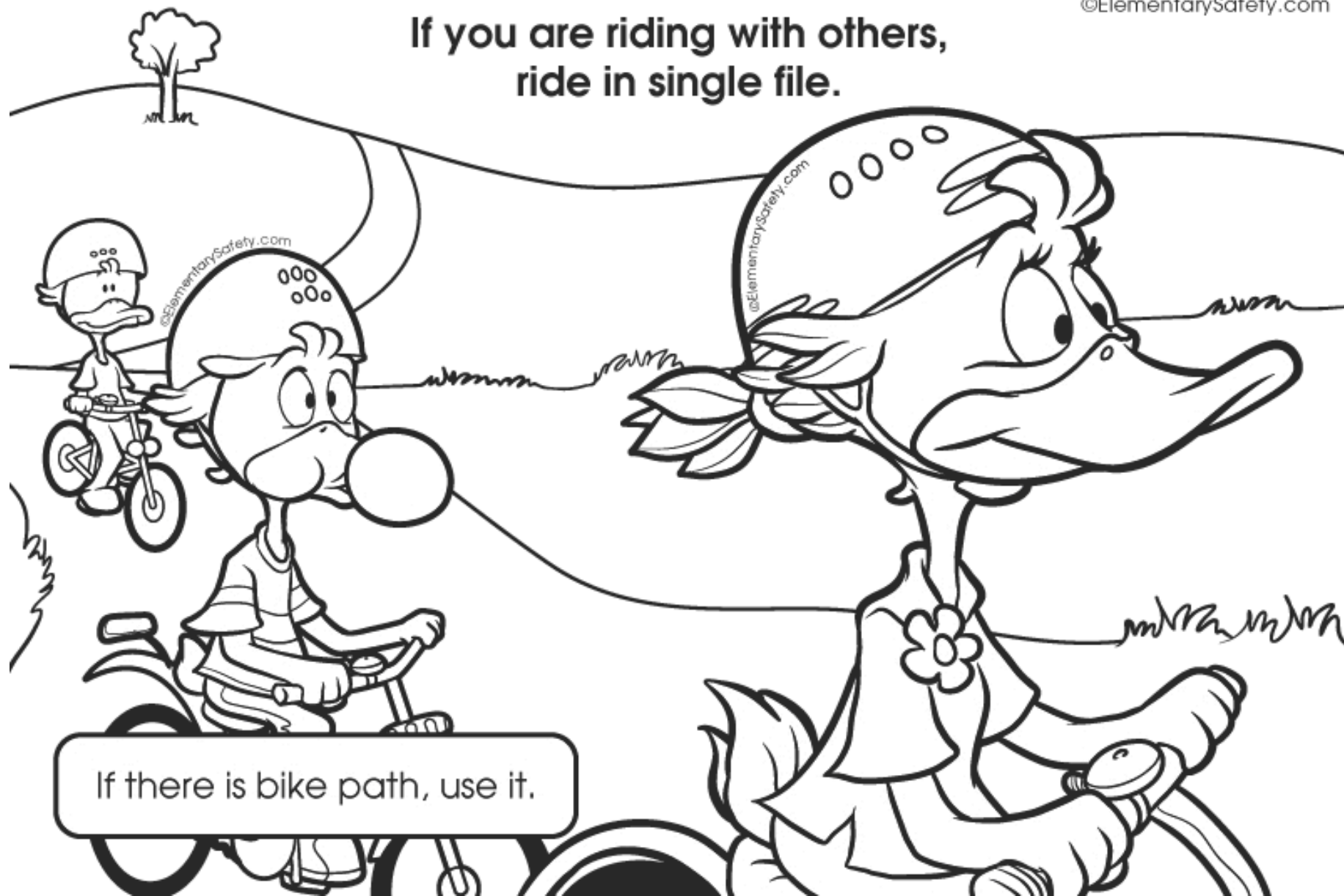
GET OFF YOUR BIKE
AND WALK IT ACROSS
BUSY CORNERS.



BICYCLE SAFETY!

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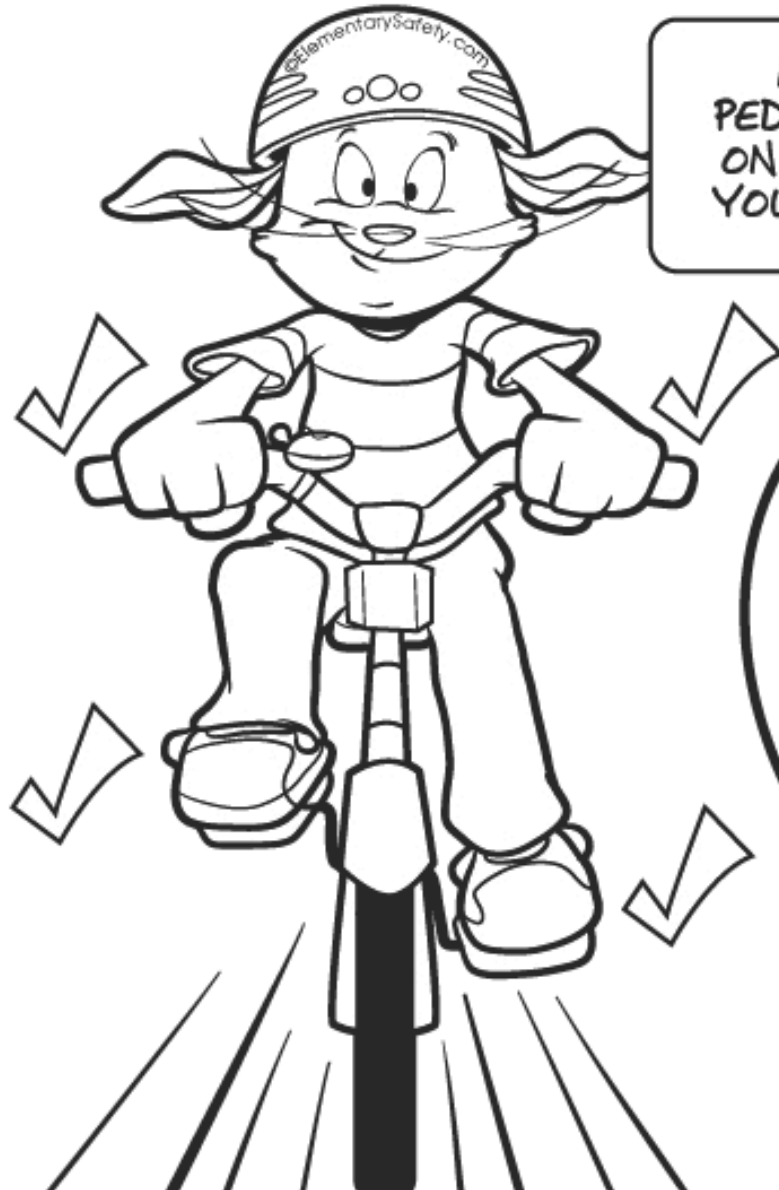
If you are riding with others,
ride in single file.



If there is bike path, use it.

BICYCLE SAFETY!

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KEEP BOTH FEET ON THE
PEDALS AND KEEP BOTH HANDS
ON THE HANDLEBARS, UNLESS
YOU ARE SIGNALLING TO TURN.



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BICYCLE SAFETY!

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RIDE AS NEAR TO THE RIGHT
HAND CURB AS POSSIBLE,
GOING IN THE SAME DIRECTION
AS THE CARS ARE GOING.



BICYCLE SAFETY!

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Learn your hand signals and use them.



Use your left hand to make the signals.



Stay Safe on Two Wheels **TOP TIPS FOR SAFE BIKING**

Riding a bicycle, skateboarding, in-line skating, and riding a scooter are great ways to be active, get around, and stay fit. Here are some tips to help you stay safe:

Bike Safety

- If you ride on the road, ride on the right side of the road so you're going in the same direction as traffic.
- Look behind you (shoulder check) when you turn or move out to pass.
- Learn and use hand signals.
- Watch the road for hazards like debris, grates, or holes.
- Remember that poor weather can affect the road conditions and how well you can see and be seen.
- Watch for people walking, animals, and others on bicycles when you ride on shared places like bike paths or trails.



Protective gear - Bike helmets protect people of all ages. It's the law in Alberta that anyone younger than 18 years must wear a helmet when riding a bicycle.

- Make sure your bike helmet has a CSA, Snell, or ASTM sticker
- Take the Helmet YES Test to a to make sure your helmet fits properly. It should be snug, level, and stable.
- Replace helmets every 5 years, or whenever recommended by the helmet manufacturer or, after you've been in a crash.
- Adults can set a good example for children by wearing their bike helmet.
- If you let a child choose their own helmet, they'll be more likely to wear it.



Equipment check - A bicycle should be the right size for the person riding it. Adjust the seat to fit your height. Make sure your bicycle is working properly, and do an ABC quick check before every ride:

- A is for air: Make sure the tires are firm.
- B is for brakes, bar, and bell: Check that your brake levers work and the handlebars are the right height, and test your bell.
- C is for chain: It should be tight and well lubed.





www.lethbridgesportcouncil.ca

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