



Westmount School Bike Safety Handout



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Why bike?

It is easy, quick for short trips, anyone can do it, inexpensive, healthy, fun, provides more to see and can be very safe when a few common sense rules are followed.

Safety FIRST - Always wear a helmet!

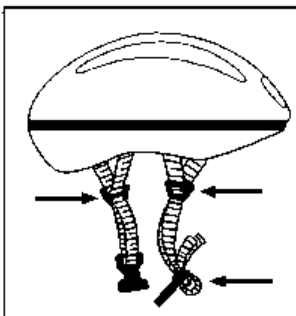
Only use bike helmets for cycling, other sport helmets are not designed for bike fall impacts.

Helmet fitting steps...

1. Place helmet on head --do not buckle. Bend over till head upside down and move head side to side. The helmet should remain on while doing this, if not helmet is too big.
2. With head up, adjust helmet straps so it is level, with 2 finger space above the eyes, and visibility is not obscured. Otherwise, helmet does not protect. Do not wear hat under helmet, except thin skull cap for warmth in the winter.
3. Adjust V straps over ears so the straps go by on either side of the ear. Make a V with your fingers to check.
4. Adjust chin strap so it is felt under the chin and you can only place one finger between it and your neck.



Wear the helmet flat on the head, not tilted back at an angle!



Make sure the helmet fits snugly and does not obstruct the field of vision. Make sure the chin strap fits securely and that the buckle stays fastened.

Be Safe

Keep Safe

Help Keep Others Safe

Safety is important for us ALL!!

Basic Rules

1. **See** everything around you, be alert for the unexpected (cars turning, backing out of driveways, opening doors).
2. **Be seen** by drivers by wearing bright colours (fluorescent/reflective) jackets, vests or belts. At night always have a flashing red light on the back and white light on the front of your bike.
3. **Be predictable**, never swerve, turn or stop suddenly. Ride in a straight line about one meter from the curb or parked cars (doors opening). Drivers can't read your mind.

Bicycle fit - One size does not fit all!

It is important that the bike is not too big or small for the rider.

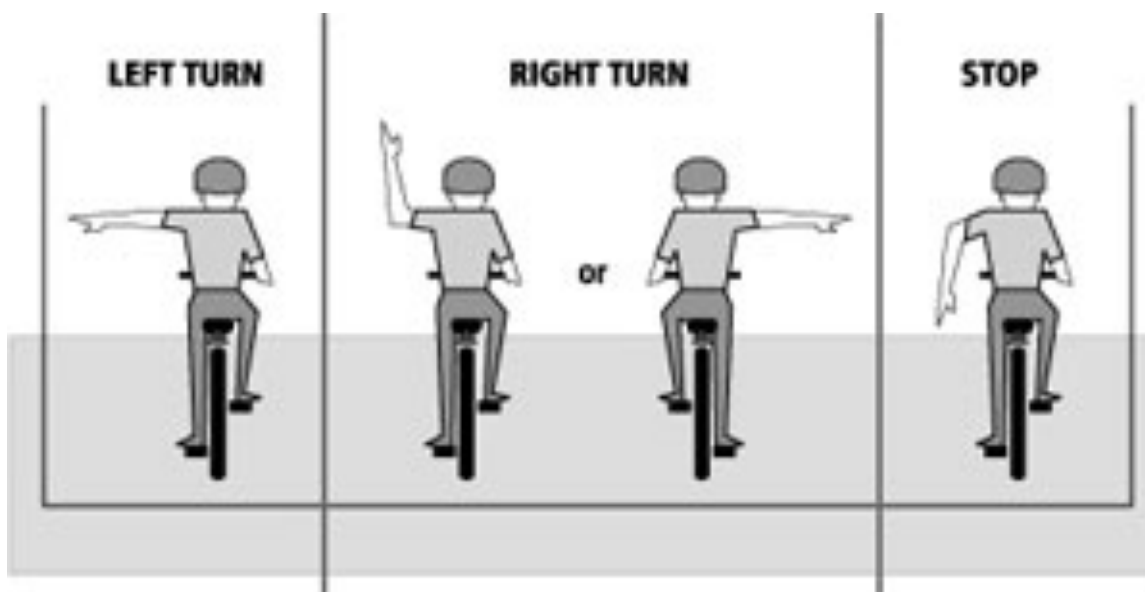
1. Rider must be able to stand with their feet on either side of the frame. If they cannot do this, the bike is too big.
2. Adjust the seat so that with relaxed straight leg the heel rests on the peddle in the down position. When riding and using forefoot leg will be slightly bent in down position. At the stop rider's foot may not easily reach the ground and they will stand legs either side.

Bicycle safety check

This is the ABCs of the bicycle safety check. Do at least bi-weekly or after hard use.

1. **Air**, tires inflated (generally 65 psi), no broken/missing spokes, treads good, wheel nuts & bolts (quick release) are tight.
2. **Brakes**, brake levers not bent, move easily, pads not worn or rubbing on wheel, cables free of rust & wear, test one at a time by pushing then apply brakes locks wheels.
3. **Chain & crank**, chain lubricated, free of rust & dirt, derailleur shifting acceptably.

Cycling hand signals for turns and stopping



References & Resources: <http://www.canadian-cycling.com> (Canadian Cycling Association CANBIKE Program)