

Bicycle Tips for Young Riders



Before Riding:

- Wear closed toe shoes like sneakers.
- Wear a helmet that fits! Your helmet should cover your forehead and not tip back. Make sure you fasten the straps and follow the 2-V-1 rule!

2 fingers above the eyebrow to the helmet

V shape around the bottom of the ears

1 finger under the strap beneath the chin

Where to Ride:

- Use bike lanes when available.
- If using a sidewalk, watch for pedestrians!
- If using the road, ride in the same direction as the traffic. Remember to stay 1 metre away from the curb and parked cars.
- If using a trail, make sure it's bicycle friendly!

While Riding:



- Always keep both hands on the handlebars.
- Always stop at stop signs, traffic lights, and at crosswalks.
- When it's time to cross a street, dismount and cross at a corner, crosswalk, or intersection. Always look both ways before crossing any street. Look left, right and left again!
- Pass other cyclists or pedestrians on their left-hand side and let them know you are coming. Remember to shoulder check regularly.

Know Your Signals!

- Left turn: After checking behind you, hold your arm straight out to the left and ride forward slowly.
- Stop: After checking behind you, bend your elbow, pointing your arm downward in an upside down "L" shape and come to a stop.
- Right turn: After checking behind you, bend your elbow, holding your arm up in an "L" shape, and ride forward slowly. Or, hold your right arm straight out from your side.

