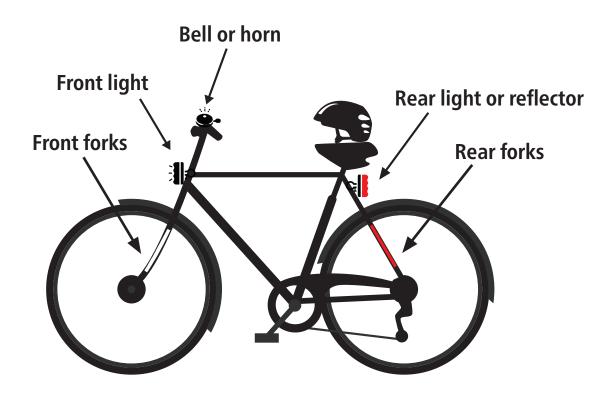
# **Cycling Safety Factsheet**

## Be Seen - Be Heard - Be Safe

#### Did you know?

Ontario law requires that you equip your bike with:

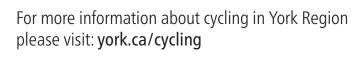
- ✓ White reflective tape on the front forks and red reflective tape on the rear forks
- ✓ A white front light and a red rear light or reflector if you ride between 1/2 hour before sunset and 1/2 hour after sunrise
- A bell or horn that works



### Every cyclist under 18 years of age must wear an approved bicycle helmet

Helmets are not mandatory for adults, but wearing a helmet can help reduce the risk of permanent injury or death if you fall or collide.

We strongly recommend that all cyclists wear helmets.





## **ABC's of Cycling Safety Checklist**

Every time before cycling, you need to make sure your bicycle is ready for the road. Here is a checklist that you can use to determine whether your bicycle is road ready.

A is for Air CHECK YOUR PARTS AND TIRES	ACTION, IF NEEDED	DONE
Tires are inflated to between the minimum and maximum PSI indicated on the side of the tire	I need to inflate/deflate the tires	<b>√</b>
Spokes are not broken or missing	I need to have the spokes fixed	
The treads on the tires are in good condition	I need to replace the tires	<b>V</b>
All nuts, bolts, and screws are tight	I need to tighten the nuts, bolts, and screws	
The levers or nuts that clamp the wheel axles to the frame and forks are tight	I need to tighten the levers that clamp the wheel axles to the frame	

B is for Brakes CHECK YOUR BRAKES	ACTION, IF NEEDED	DONE
The brake levers are not bent	Levers are bent; I need to fix the brake levers	<b>\</b>
The brake levers are easy to reach and pull to engage the brake on the rim firmly without touching or coming too close to the handlebar grips	I need to adjust the position of the brake levers	<b>√</b>
The brake pads are not rubbing against the rims or disc	I need to adjust the brake pads so that they do not rub against the rims or disc	1
The brake pads are not worn	I need to replace the brake pads because they are worn	<b>√</b>
The cables are free of rust and/or wear	I need to replace the cables because they have rust or wear	<b>√</b>
When pushing the front or back breaks (one at a time), the wheels stop and the bicycle will not move back or forth	The wheels do not stop when I push the front or back brakes; I need the brakes adjusted	<b>√</b>

C is for Chain and Crank CHECK THE PARTS THAT MAKE YOUR BIKE MOVE	ACTION, IF NEEDED	DONE
The chain is properly lubricated and free of rust and excess dirt	I need to lubricate and/or clean the chain	$\checkmark$
The derailleurs are shifting with precision and in correct positions	I need to get the derailleurs fixed so that the gears shift with precision and in correct position	<b>\</b>
The pedals are not loose	I need to tighten the pedals (they tighten in opposite directions, toward the front of the bicycle, right to the right and left to the left)	<b>1</b>