

#bike2school



HELMET FIT

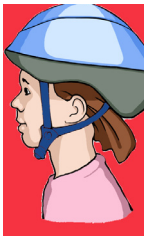
THE 2-V-1 RULE



2 FINGERS

should fit between the base of the helmet and your eyebrows.

STRAPS should form a 'V' under your ears (make a 'V' with your fingers from the bottom of your ears).



1 FINGER

should fit under the strap beneath your chin.

REPLACE YOUR HELMET:

1. If it does not fit properly.
2. After any crash or accident if you are hit in the head.
3. If your helmet drops on a hard surface.
4. Or every 3-5 years.

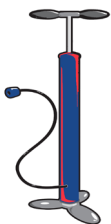
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BIKE SAFETY

A-B-C

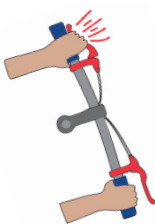


A -for AIR

Check your tire's air pressure before every ride. You can find the recommended *PSI* on the sidewall of the tire. If you loose air you might have a slow leak - and need a new tube.

B -for BRAKES

Give both brakes a good squeeze - you should be able to pull the levers no more than half way to your handlebars. Do they squeak? If so, better have them checked.



C -for CHAIN

You should clean and lubricate your chain regularly, this extends the life of the other bike components and makes it run smoothly, too.

READY TO RIDE?

Always quickly check over other parts of your bike as well: *Fenders and racks are tight? *Any rattlling? *No frayed cables? *Your seat and wheels are tightened properly? *Got lights?

Good to roll!