

# ABC TWIST!

## BIKE CHECKLIST

A



AIR  
IN YOUR  
TYRES



B



BRAKES  
AND  
BELL

C

CHAIN  
AND  
CRANKS



TWIST



TWIST TEST  
YOUR  
HANDLE  
BARS  
AND SEAT



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# DRESSING TO RIDE



BE **SMART**. WEAR ENCLOSED SHOES LIKE TRAINERS AND NOT THONGS



BE **SEEN**. WEAR CLOTHES THAT ARE BRIGHT AND TIGHT

BE **COOL**. APPLY SUNCREAM AND TAKE A WATER BOTTLE



BE **SAFE**. ALWAYS WEAR YOUR HELMET



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# 5 STEPS FOR A PERFECTLY FITTED HELMET

STEP  
1



## POSITION

The helmet should sit level on your head, with two finger widths space between your eyebrows and the helmet.

STEP  
2



## BUCKLES

Centre the main helmet buckle under your chin. You may need to lengthen or shorten the chin straps. This task is easier if you take the helmet off.

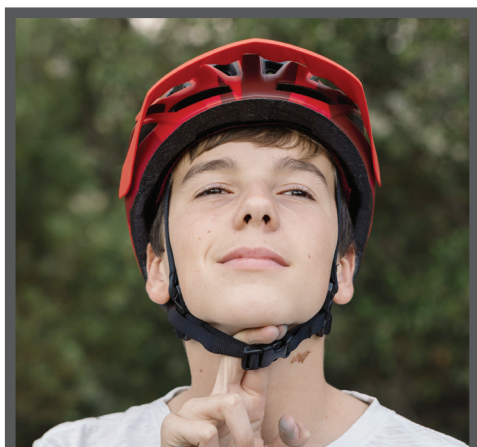
STEP  
3



## SIDE STRAPS

Adjust the slider on both sides to form a "V" shape under, and slightly in front of your ear. Lock them off.

STEP  
4



## CHIN STRAP

Buckle your chin strap. Tighten the strap until your helmet is snug. No more than one to two fingers should fit under the chin strap.

STEP  
5



## FINAL FITTING

Open your mouth wide....big yawn! The helmet should pull down on your head. If not, go back to step 4 and tighten chin strap.

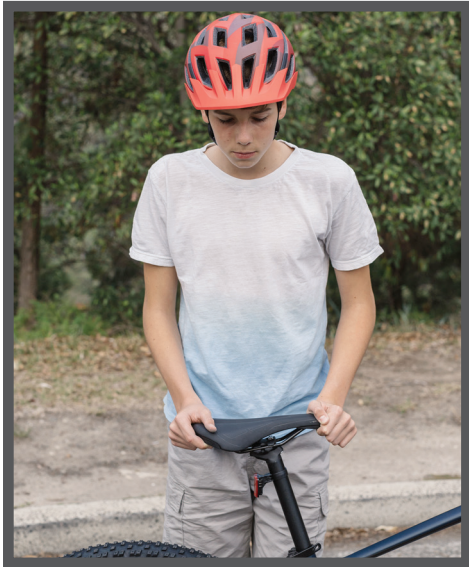


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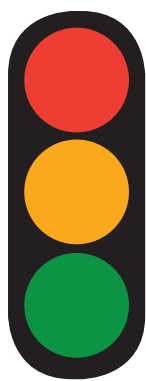
# ROUTE PLANNING



Perform your bike check and helmet check before you leave home.



Ride with a friend - it is more fun and helps to keep you safe!



Cross at lights or pedestrian crossings. Always obey traffic signs and road rules



Avoid major roads and stick to bike/shared pathways



Don't engage with strangers.



Be prepared - spares, wet weather, emergency contact numbers



Tell a grown up your planned route and arrival time



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