

Bicycle Safety Rules

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- Wear a properly fitted, CSA approved bicycle helmet.
- Make sure the bicycle is the correct size.
- Always wear shoes with a closed toe.
- Ride in single file on the road.
- Ride on the right side of the road with the traffic.
- Do not ride on busy streets.
- Ride on sidewalks or paths where permitted.
- Cross the street with a grown up.
- Stop for all stop signs.
- Stop at all intersections (for example, driveways, paths, sidewalks).
- Keep your bicycle in good repair.

How to Fit a Bike Properly

- Both feet should be flat on the ground when straddling the bike.
- Adjust the seat: when you sit on the bike, your toes should touch the ground on both sides of the bike.

