

# Keep Your Head Safe

A helmet only protects properly when it fits correctly. Use the **2-V-1** rule to make sure your helmet fits:



**"2"**: Your helmet should cover the top of your head and sit 2 finger-widths above your eyebrows.



**"V"**: The side straps should meet to form a V below each ear.



**"1"**: You should be able to fit no more than one finger between your chin and the fastened strap.

*MTO, Young Cyclist's Guide (2026)*

## HELMET SAFETY



Remember to replace your helmet if there are any cracks, after a crash, or every 3–5 years, whichever comes first!

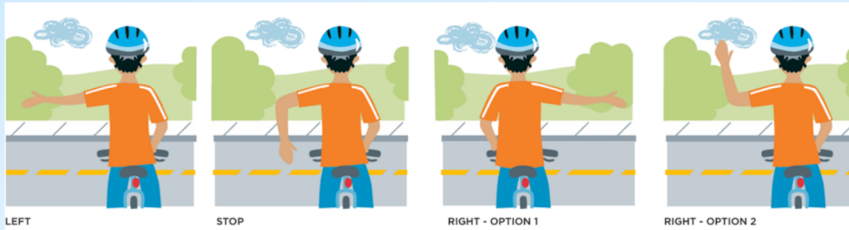
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# Keep Yourself Safe

## SIGNALLING

Make sure to always use hand signals when turning



### The Signal Sandwich:

Shoulder check, Signal, Shoulder check...**Now turn!**

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# Keep Your Bike Safe

## Safety Check

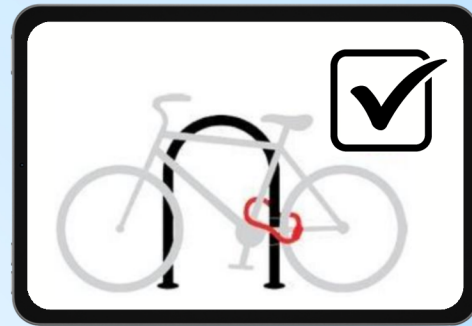
Anytime you are going to ride your bike, it is important to check the safety and function of your bike to prevent injury:

- Check tires** - Make sure they are properly inflated.
- Test brakes** - Squeeze brake levers to ensure they stop the bike safely.
- Inspect chain and gears** - Make sure the chain does not slip.
- Check wheels and spokes** - Look for loose or broken spokes.
- Check lights and reflectors** - Ensure they are working and visible.

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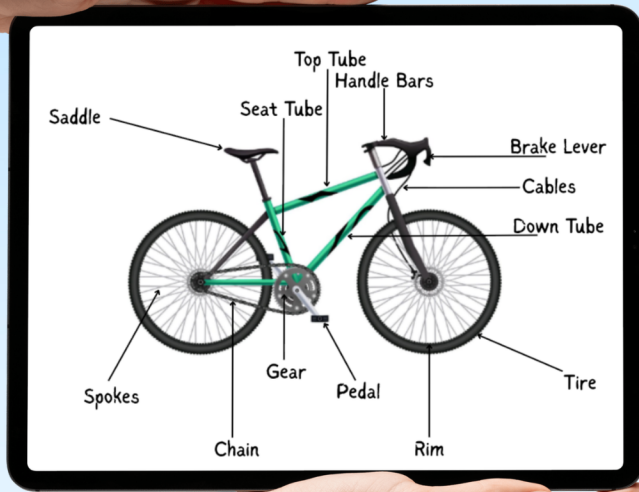
## Lock Your Bike



Use a strong U-lock or cable lock on the back wheel, passing through the frame, to secure your bike to a fixed object.

This will keep it safe, making it much harder for someone to take.

# Bike Anatomy And Fit



## Does your bike fit?



### A properly fitted bike should:

- Allow you to stand over the **frame** with a small gap
- Have a **seat height** where your leg is almost straight at the bottom of the pedal
- Have **handlebars** positioned so you can ride comfortably and maintain control

*MTO, Young Cyclist's Guide (2026)*

*(How to lock your bike, n.d.)*

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