Ride Safely

Wear a helmet
Be predictable

Obey all traffic laws,
signs, and signals

Left
Stop
Right
Signal turn

Ride with the
flow of traffic

Yield to pedestrians

Stay off sidewalks

www.hamilton.ca/cycling
Safety Equipment

- Helmet
- Bell or horn
- Brakes that work
- Closed shoes
- Bike lock
- Handlebars and seat tight
- Lights and reflectors (white front, red rear)
- Tires inflated, good tread
- Chain oiled, not loose

Inspect your bike
ABCD Quick Check

A  Air - correct air pressure, tires in good shape, spokes tight, wheels spin freely
B  Brakes - brakes make wheels skid, pads in good shape
C  Chain - straight, clean, lightly oiled
D  Drop - raise bike about 2 inches, drop it, check for any noise or loose parts

Quick Check - quick release fittings tight

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