

# Cycling Safety

## Helmets

It is the law for cyclists under the age of 18 to wear a helmet, but it is strongly recommended that all cyclists wear an approved bicycle helmet. An approved bicycle helmet that fits correctly can greatly reduce the risk of head injury in the event of a fall or collision.

The helmet should cover the top of your forehead. It should not move around, and must fit comfortably on your head. The straps should be flat against your face, coming to a V-shape just underneath your ear. One finger should fit between your chin and the strap, making it easy to fasten and release



WRONG



WRONG



RIGHT

## Hand Signals

Failure to use proper signals and ride in proper road positions can result in charges under the Ontario Highway Traffic Act or worse, an accident. Please follow all traffic signs and the rules of the road to prevent collisions.



STOP



LEFT



RIGHT



or RIGHT