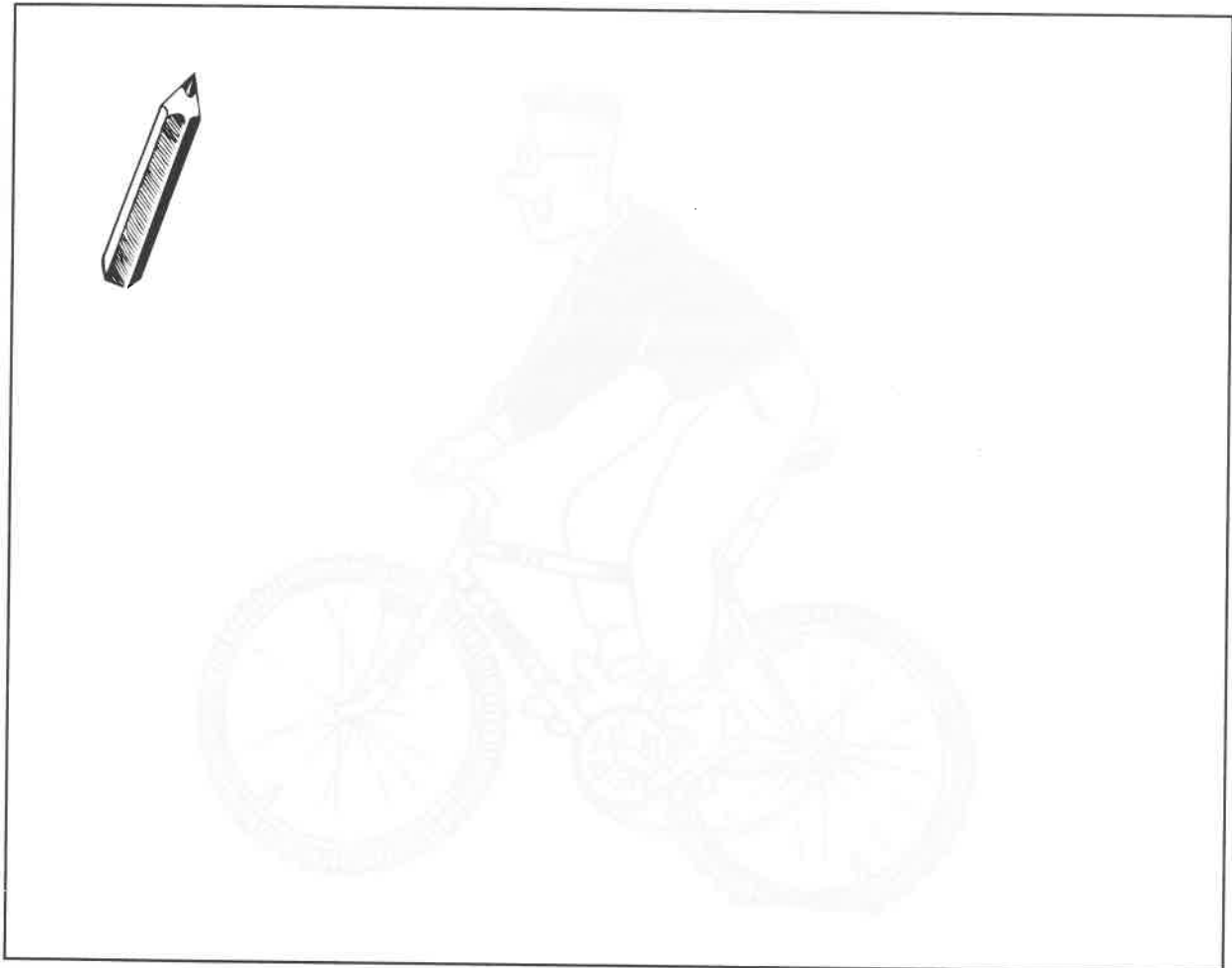




Make a Safer Cyclist

Before you take to the road on your bike, you must make sure that you are properly prepared. Take a good look at the picture below. Use the rules at the bottom of the page to turn George into a safer cyclist.



Rules for a Safer Cyclist

- 1.** Try to attend a Safer Cycling training course. Learn to ride correctly and how to handle traffic.
- 2.** Learn your Highway Code.
- 3.** Make sure that your bike is the correct size for you.
- 4.** Check that your bike is in full working order. Think - tyres, brakes, light, bell, chain.
- 5.** Dress correctly. Don't let your clothes catch on the chain or any other moving parts.
- 6.** Always wear a cycle helmet, correctly fitted.
- 7.** Make sure that you can see and be seen – especially at night.