

## HELMET FIT THE 2-V-1 RULE



### 2 FINGERS

should fit between the base of the helmet and your eyebrows.

**STRAPS** should form a 'V' under your ears (make a 'V' with your fingers from the bottom of your ears).



### 1 FINGER

should fit under the strap beneath your chin.

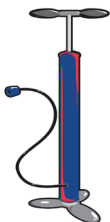
### REPLACE YOUR HELMET:

1. If it does not fit properly.
2. After any crash or accident if you are hit in the head.
3. If your helmet drops on a hard surface.
4. Or every 3-5 years.



# BIKE SAFETY

## A-B-C

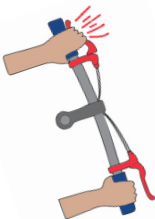


### A -for AIR

Check your tire's air pressure before every ride. You can find the recommended *PSI* on the sidewall of the tire. If you loose air you might have a slow leak - and need a new tube.

### B -for BRAKES

Give both brakes a good squeeze - you should be able to pull the levers no more than half way to your handlebars. Do they squeak? If so, better have them checked.



### C -for CHAIN

You should clean and lubricate your chain regularly, this extends the life of the other bike components and makes it run smoothly, too.

### READY TO RIDE?

Always quickly check over other parts of your bike as well: \*Fenders and racks are tight? \*Any rattling? \*No frayed cables? \*Your seat and wheels are tightened properly? \*Got lights?

**Good to roll!**