

# BIKE HELMET SAFETY CHECK

RIDE SAFE  
and have fun!



## Level & Low

Your helmet is no more than one or two fingers above your eye brows.



## Side Straps

The "V" where the front and rear straps come together, is just below your ear.



## Chin Strap

You can squeeze two fingers between the strap and your chin.

## CHECK YOUR HEAD!

### Always wear your Helmet

Vancouver has a helmet law. Both adults and children are required to wear a helmet when riding a bicycle in a public area.

### Be sure you can be seen

If your riding after dark, Always have a white light on the front and a red reflector on the back.

### Riding on the streets or sidewalks

When your riding on the street, ride like a car and always signal. If you're on the sidewalk, ride like a person walking, and watch for other people and cars making turns.



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