

# Bike Boosters



Biking is a fun activity that gives you the freedom to go places. It's a form of transportation that's good for your body and mind, and good for the planet.



## The 2-V-1 Helmet Salute



**Two** fingers above your eyebrows to the bottom of your helmet.



Four fingers to make a "V" shape around the bottom of your ears.



**One** finger under the strap beneath your chin.

**Did you know** - students that walk or bike to school in the morning do better on tests and can focus better on their school work?

<http://sciencenordic.com/children-who-walk-school-concentrate-better>

For more information, visit **[smartcommute.ca/schooltravel](http://smartcommute.ca/schooltravel)**

Pour plus de renseignements, veuillez visiter le site

**[smartcommute.ca/fr/accueil/aller-lecole](http://smartcommute.ca/fr/accueil/aller-lecole)**

## Prepare your bike

Your bike needs to be safe.



## Take Care

**Be seen** - Wear brightly-coloured or reflective clothing.

**Be heard** - Use your bell or horn to let others know you are coming.

**Be predictable** - Ride in a straight line where possible. Use hand signals to indicate turns, lane changes and when you are stopping. Be aware of other vehicles around you.

For more information on safe riding visit:  
<http://www.mto.gov.on.ca/english/safety/pdfs/young-cyclist-guide.pdf>

Every time you ride perform an ABC Quick Check.

- Is there sufficient **AIR** in your bike's tires?
- Do your **BRAKES** work properly?
- Is your bike's **CHAIN** tight and lubricated and does the pedal **CRANK** turn freely?
- Are the **QUICK-RELEASE** levers on the seat and wheels secure?

## Where and how to ride safely

Practice your signals, always starting with a shoulder check.



Left Turn

Stopping

Right Turn

Right Turn



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*Biking in Brampton  
Builds our Community*

  
**Smart Commute**  
A Program of METROLINX