



# BIKE SAFETY CHECKLIST FOR KIDS

Make sure you're prepared before hopping out on a bike ride, by checking off each of the items below...



## SAFETY CHECK

- Is your helmet strapped securely?
- Is your helmet sat level on your head around two finger widths above your eyebrows?
- Have you packed your bike repair kit and first-aid kit?



## GEAR CHECK

- Are you wearing bright colours so drivers can see you?
- Have you checked that your clothes won't get caught on the bike?
- Have you put on knee and elbow pads?
- Have you packed your water bottle and snacks?



## BIKE CHECK

- Have you squeezed your tyres to make sure they are firm?
- Have you checked that your brakes work?
- Do your front and rear lights work, and reflectors are clean?
- Is your chain clean and oiled?



## ROUTE CHECK

- Have you planned a safe cycling route with less traffic?
- Do you know which spots you can have snack and water breaks?

**Stay safe and have fun riding!**