WALK! BIKE! FUN!
**PROTECT YOUR MELON:**
**Always Wear a Helmet!**

Helmet Position Your helmet should sit level on your head and low on your forehead – one or two finger widths above your eyebrows.

Side Straps Adjust the slider on both side straps to form a “V” shape under and slightly in front of each ear.

Final Fit Does your helmet fit right? Open your mouth wide . . . big yawn! The helmet should pull down on the head.

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**RULES OF THE ROAD**

1. Stop at red lights & stop signs.
2. Ride on the right in a straight line.
4. Watch for cars, pedestrians & road hazards.
5. Be visible.

**BEFORE YOU GO:**
**Do the ABC Quick Check**

**A** is for Air

**B** is for Brakes

**C** is for Cranks, Chain & Cassette

Take a quick ride to check it all before you go!

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**SIGNAL YOUR TURN!**

STOP LEFT TURN RIGHT TURN RIGHT TURN (ALTERNATIVE)