

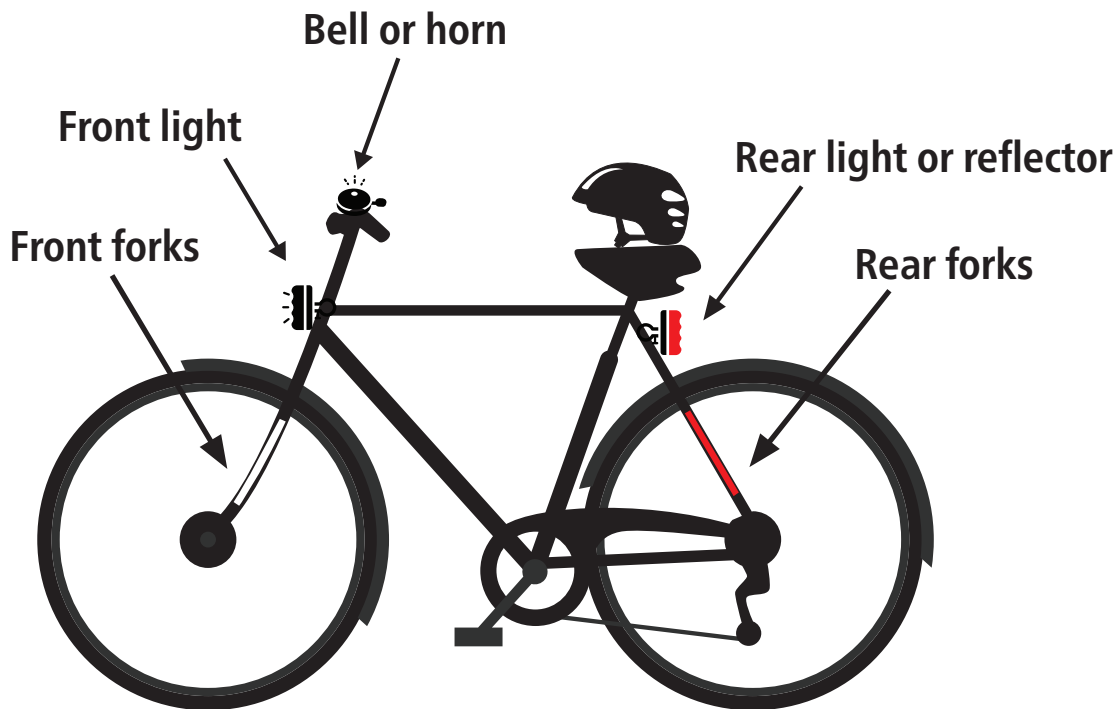
Cycling Safety Factsheet

Be Seen - Be Heard - Be Safe

Did you know?

Ontario law requires that you equip your bike with:

- ✓ White reflective tape on the front forks and red reflective tape on the rear forks
- ✓ A white front light and a red rear light or reflector if you ride between 1/2 hour before sunset and 1/2 hour after sunrise
- ✓ A bell or horn that works



Every cyclist under 18 years of age must wear an approved bicycle helmet

Helmets are not mandatory for adults, but wearing a helmet can help reduce the risk of permanent injury or death if you fall or collide.

We strongly recommend that all cyclists wear helmets.

For more information about cycling in York Region
please visit: york.ca/cycling

ABC's of Cycling Safety Checklist

Every time before cycling, you need to make sure your bicycle is ready for the road. Here is a checklist that you can use to determine whether your bicycle is road ready.

A is for Air CHECK YOUR PARTS AND TIRES	ACTION, IF NEEDED	DONE
Tires are inflated to between the minimum and maximum PSI indicated on the side of the tire	I need to inflate/deflate the tires	✓
Spokes are not broken or missing	I need to have the spokes fixed	✓
The treads on the tires are in good condition	I need to replace the tires	✓
All nuts, bolts, and screws are tight	I need to tighten the nuts, bolts, and screws	✓
The levers or nuts that clamp the wheel axles to the frame and forks are tight	I need to tighten the levers that clamp the wheel axles to the frame	✓

B is for Brakes CHECK YOUR BRAKES	ACTION, IF NEEDED	DONE
The brake levers are not bent	Levers are bent; I need to fix the brake levers	✓
The brake levers are easy to reach and pull to engage the brake on the rim firmly without touching or coming too close to the handlebar grips	I need to adjust the position of the brake levers	✓
The brake pads are not rubbing against the rims or disc	I need to adjust the brake pads so that they do not rub against the rims or disc	✓
The brake pads are not worn	I need to replace the brake pads because they are worn	✓
The cables are free of rust and/or wear	I need to replace the cables because they have rust or wear	✓
When pushing the front or back breaks (one at a time), the wheels stop and the bicycle will not move back or forth	The wheels do not stop when I push the front or back brakes; I need the brakes adjusted	✓

C is for Chain and Crank CHECK THE PARTS THAT MAKE YOUR BIKE MOVE	ACTION, IF NEEDED	DONE
The chain is properly lubricated and free of rust and excess dirt	I need to lubricate and/or clean the chain	✓
The derailleurs are shifting with precision and in correct positions	I need to get the derailleurs fixed so that the gears shift with precision and in correct position	✓
The pedals are not loose	I need to tighten the pedals (they tighten in opposite directions, toward the front of the bicycle, right to the right and left to the left)	✓