

HELMET AND GEAR CHECKLIST

Check your helmet, clothes and lights before a ride.

Check your **SHELL**, **STYROFOAM**, and **STRAPS** for signs of wear or damage.



Use the **2-4-1** method to fit your helmet correctly:

2 fingers between your helmet and eyebrows.

4 fingers in V's along the straps either side of your ears.

1 (or maybe 2) fingers between your buckle and your chin.



Check your helmet has a standards approved **SAFETY STICKER**.



Clothes Check

- Check you have no loose clothing or shoelaces.
- **BRIGHT COLOURS** make you stand out during the day. **LIGHTS AND REFLECTIVE GEAR** is best at night.
- **WEAR SHOES** that cover your toes.

USE LIGHTS AT NIGHT OR IN POOR VISIBILITY

- One or more rear-facing red lights visible from 200m.
- One or two white headlights visible from 200m.
- Only one of each light may flash.
- Pedal reflectors on front and back of each pedal.
- A red rear reflector (visible from 200m).

