

Cycling Safety

Do I need a helmet?

I'm a cyclist under 18 years of age	Yes
I ride an e-bike	Yes
I'm a child passenger in a bike seat or trailer	Yes
I'm an adult riding a pedal-powered bike	My Choice

Helmet Safety: 2-V-1 Rule



Two finger widths
above the eyebrows

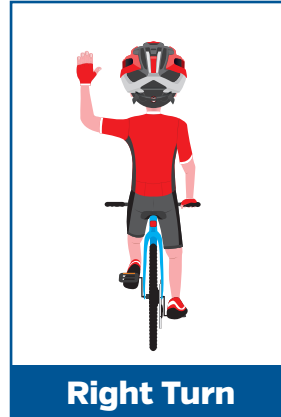
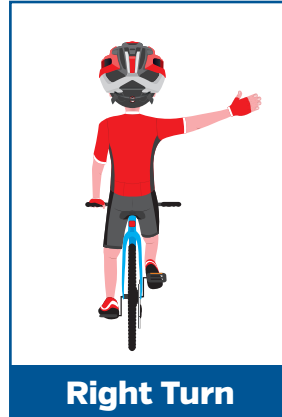
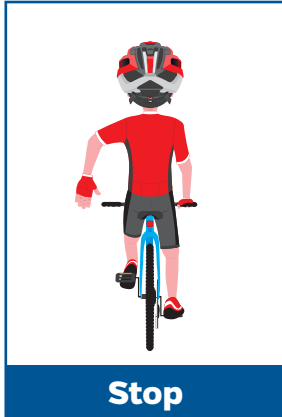
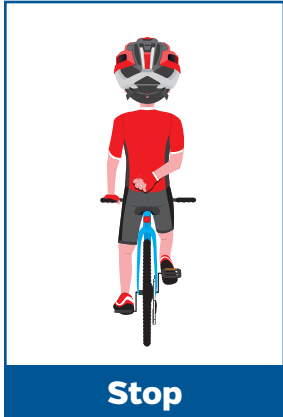


The straps should form a
V under each ears



One finger should fit between
the chin strap and chin

Cycling Hand Signals



Check the inside of the helmet for safety standards label such as:

- CSA - Canadian Standards Association
- Snell- Snell Memorial Foundation
- ANSI - American National Standard Institute
- American Society For Testing and Materials: ASTM F1447-94
- British Standards Institute BS 6863:1989
- Standards Association of Australia AS 2063.2-1990
- CPSC - Consumer Product Safety Commission

More information at burlington.ca/aboutcycling