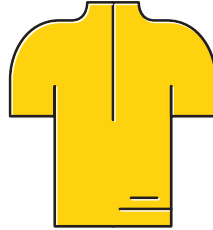


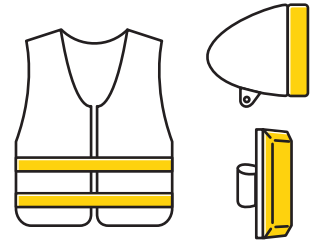
THE GEAR



WEAR A **HELMET** which fits properly and is in good condition.

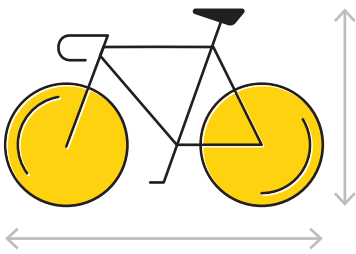


WEAR **BRIGHT CLOTHING** to make yourself visible in traffic.



WEAR **REFLECTIVE GEAR** and ensure that your bicycle has front and rear reflectors and a red rear light.

SOME TIPS



RIDE A BICYCLE WHICH **FITS YOU IN SIZE** for better control.



CARRY ITEMS WITH A **BACKPACK** OR SPECIAL **BICYCLE BAGS** Don't carry them with one hand.

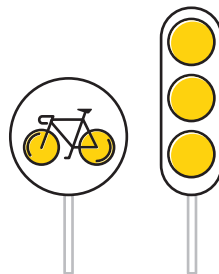


TIE YOUR **SHOE LACES** & **PANT LEGS** to avoid getting them caught in the chain.

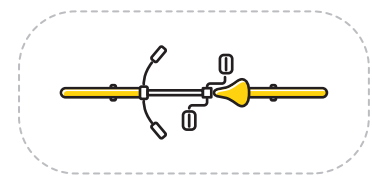
DRIVING IN STREET



PLAN YOUR **ROUTE**



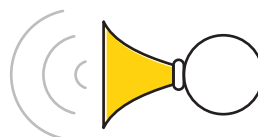
OBEY **STREET SIGNS** and traffic signals.



DRIVE **DEFENSIVELY** & in the same direction as the traffic.



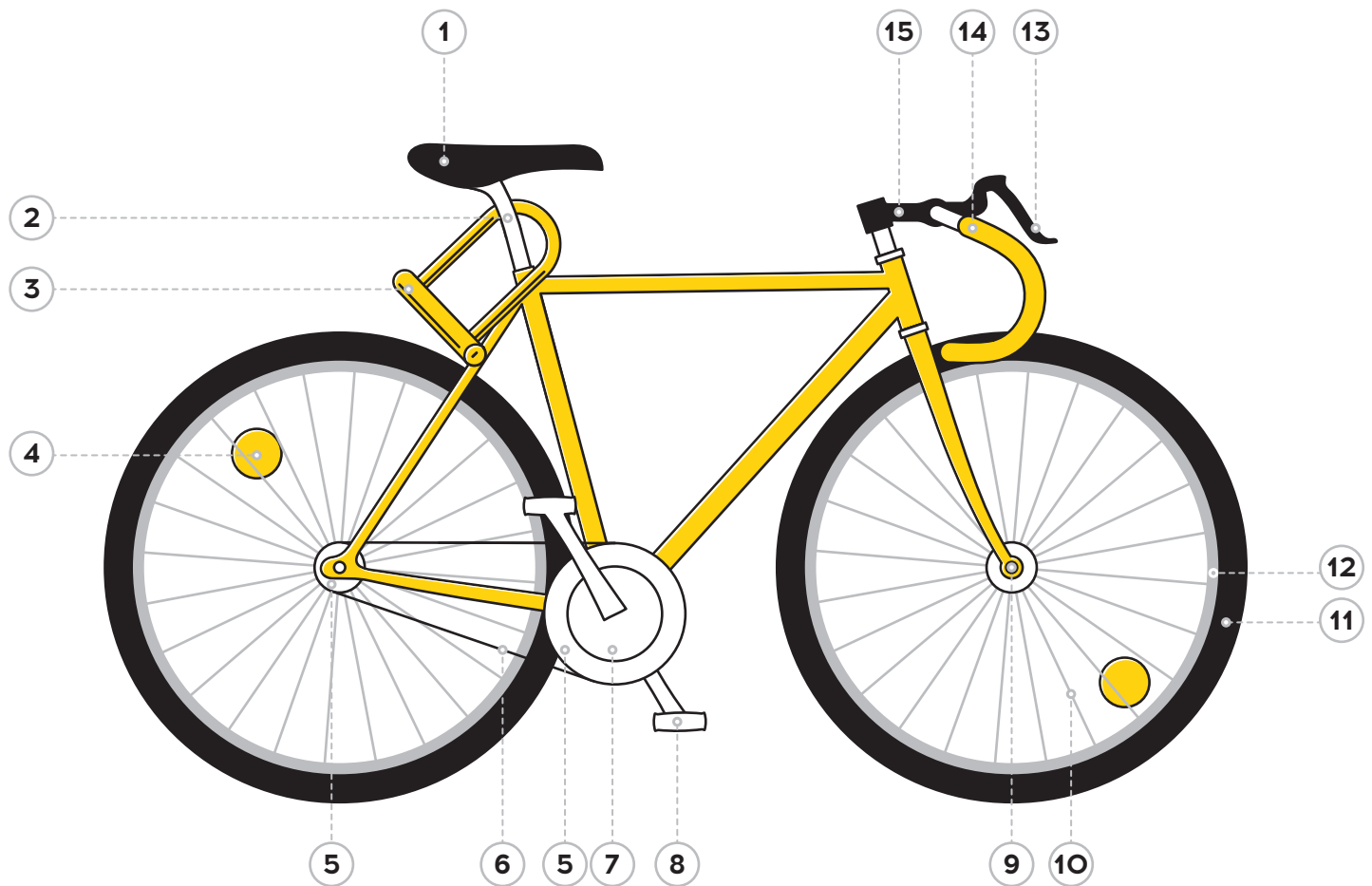
BE AWARE THAT **OTHER ROAD USERS** as well as pedestrians might not see you.



USE A **BICYCLE BELL** when passing pedestrians or warn them by announcing your presence.



DON'T WEAR **HEADPHONES** with music and don't use your smartphone while riding. Avoid anything that distracts you from safe riding.



1 Seat adjustment

Correct height, parallel to ground, knees slightly bent on downward stroke, seatpost tight in frame.

2 Bike license

Current registration, serial no., brand, size.

3 Locking device

Strong cable & lock, preferably a U-lock.

4 Reflectors

Both wheels, front and back of frame, secured properly (signs at night).

5 Derailleurs [front & back]

Shifts correctly & easy, cables tight.

6 Chain

Lubricated, clean, runs smoothly.

7 Crankset

Arrows tight, no side play, runs freely.

8 Pedals

Turns freely, toeclips attached, reflectors secure.

9 Rims [front & back wheels]

Centered in back, runs true and round.

10 Spokes [both wheels]

None broken or missing, uniform tension.

11 Tires [front & back]

Properly inflated, good tread.

12 Hubs [front & back]

Wheels spin freely without side play secured to drop out.

13 Hand brakes

Circles tight, no framed ends, brake shoes in good condition, lever and caliper tight, moves smoothly.

14 Hand grips / tape

Grips tight, ends plugged, tape properly wrapped and secured.

15 Handlebars

Adjusted to body height, stem tight, in line with wheel.

Safety is the key