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# Young Cyclist's Guide

## Activity Booklet

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NAME: .....

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# Cycling Safety

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## MAKE YOUR BIKE LEGAL!

### Equipment required by law:


1. **Helmet:** Cyclists under 18 must wear a helmet. Helmets are strongly recommended for cyclists over 18.
2. **Lights and reflectors:** A white light mounted on front of your bike, a red reflector on the back at night.
3. **Bell or horn.**
4. **Reflective tape:** White reflective tape on the front forks, red reflective tape on the rearstays.

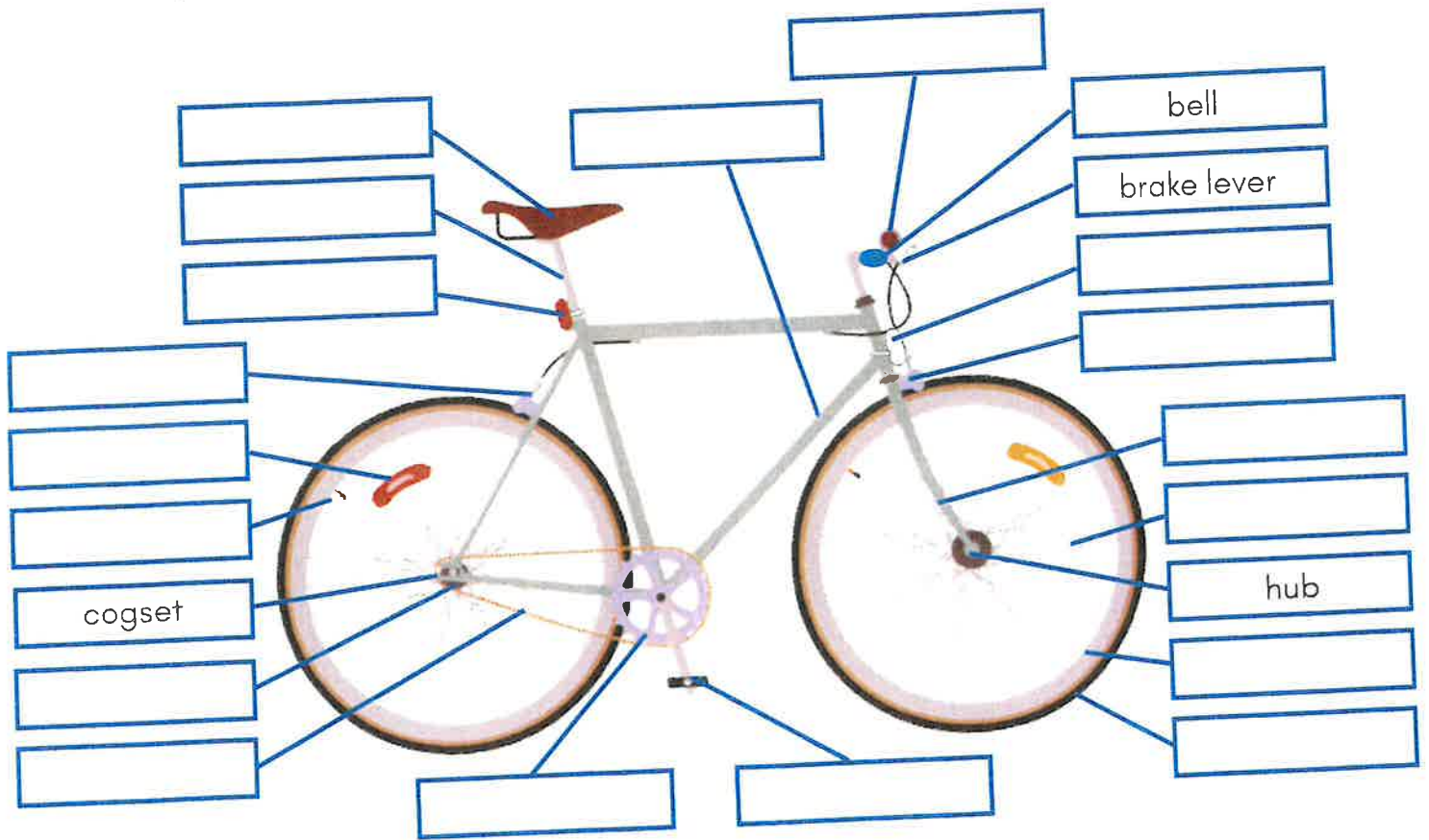
### Recommended equipment:


5. **Rack or basket.**
6. **Water bottle in holder.**
7. **Shoes that cover your toes.**
8. **Red light on the back of the bike for night riding.**
9. **Bright coloured clothing to be more visible.**
10. **Bike lock.**



# Get to Know Your Bike

 It is important to know how your bike works, as the law requires you to equip your bike with certain safety measures. Label the various parts of a bike below.



 Fill in the blanks below to learn how you can be safer on the road. Choose from these words to complete the activity: **FRONT, RED, BELL, WHITE**

The law requires cyclists to equip their bike with:

- 1 A good working ..... or a horn.
- 2 A ..... front light mounted on ..... of the bike, and a ..... rear light or reflector on the back of the bike when riding at night.
- 3 ..... reflective tape on the front forks and ..... reflective tape on rear forks.

Source: Ontario Ministry of Transportation (October, 2019)

Frame

Chain

Spoke

Tire

Rim

Fork

Reflector

Hub & axle

Crank

Pedal

Seat post

Stem

Brake cable

Brake

Air valve

White light

Red light

Seat

# The Right Bike and Helmet For You

## Choosing and Adjusting a Bike to Your Size

It is important that you choose and adjust a bike to your size. A bike that doesn't fit you, can't be controlled properly and can be dangerous. Here are some guidelines:

### A Frame Size

- Both feet should be flat on the ground when straddling the top tube of the bike.
- There should be space between the crotch and the top tube.



### B Seat Height

- When sitting on the bike seat, place your pedal at the lowest point possible.
- With your heel on the pedal, your leg should be fully extended.
- With the front of your foot on the pedal, your knee should be slightly bent.
- When sitting on the bike seat, you should be able to touch the ground with both feet.
- Touching with your toes is alright.

## Choosing the Right Helmet

The number one safety rule when it comes to cycling is to **wear a helmet every time you get on a bike!** Wearing a helmet will provide you with protection in the incident of a fall or collision with a driver or pedestrian.



- When choosing a helmet, look for one that is brightly coloured and reflective that will be easy for drivers to see.
- Check the inside of the helmet for a safety standards sticker, which certifies that the design has been tested by the manufacturer to meet the approval of safety organizations, such as: Canadian Standards Association (CSA), American National Standard Institute (ANSI), Snell, ASTM, BSI, CPSC and SAA.
- Never buy a used helmet, and make sure to replace your helmet at least every 5 years, or if you see any damage such as cracks or worn straps.

Source: Ontario Ministry of Transportation (October, 2019)



### Pilu the Polar Bear says...

"In Ontario, children under the age of 18 are required by law to wear an approved helmet! Your helmet should be properly adjusted, the correct size for you, and worn on its own, with no hat."

## Helmet Fitting: The 2-V-1 Rule



Follow the 2-V-1 rule! Looking at the images below, fill in the blanks using the words in the wordbox.



eyebrows	one	forehead	ears	inch
chin	shift	V	two	helmet

The rules to follow to make sure you are wearing the right helmet for you:

- 1 The front of your helmet should be ..... fingers above your ..... to protect your .....
- 2 Helmet straps should meet in a ..... shape just below your .....
- 3 ..... finger should fit between your ..... and the chin strap of your helmet.
- 4 Your ..... should not ..... around more than an ..... in any direction

Source: Ontario Ministry of Transportation (October, 2019)

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# Cycling and the Rules of the Road

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# Road Signs

Traffic laws are used in Toronto to help control cars and cyclists on the road. It's how we keep roads safe and fair for people using all different types of transportation.

Cyclists have to follow the rules of the road, but in order to do that they must understand what road signs and traffic signals mean in certain situations.



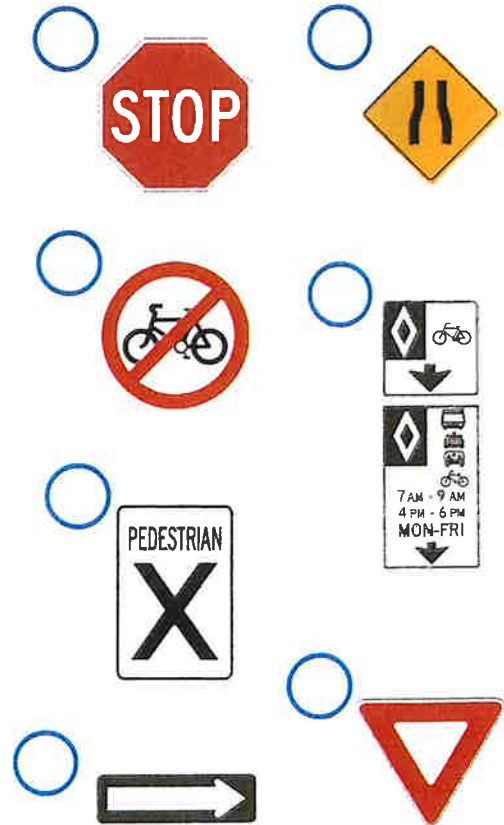
## Pilu the Polar Bear says...

"If you don't follow the law, you can get a ticket from a police officer and have to pay up to \$200 in fines!"



Here are some of the most important signs for cyclists. Identify which definition matches the sign they describe!

- 1 One Way:** Ride in the same direction as the sign.
- 2 Pedestrian Crosswalk:** Stop to let pedestrians cross the street.
- 3 Yield:** Let other traffic go first and then go when the path is clear.
- 4 Road Narrows:** Check ahead and behind for traffic and make sure to not get squeezed by cars by riding slower or faster.
- 5 No Bicycles Allowed:** Do not enter roads marked with this sign.
- 6 Vehicle-Specific Lane:** Depending on the sign, this lane only allows certain road users such as buses, taxis and bikes.
- 7 Stop Sign:** Stop, put your foot down and look all ways for traffic. Go when it is your turn and it is safe to do so.\*



\*If a traffic light is broken, treat that intersection like a stop sign or find a different route to get to your destination.

Source: Ontario Ministry of Transportation (October, 2019)

When riding your bike remember the following road safety rules:

- Wear a helmet every time you ride.
- Wear bright clothing so drivers can see you better.
- You need enough space to avoid hazards. Ride one metre from the curb or from parked cars.

- Ride in a straight line on the right hand side of the road, in the same direction as traffic. Do not weave in between parked cars.
- Ride beside parked cars as if all the car doors were open. As long as you are riding in a straight line, motorists coming from behind will see you and give you enough space.



# dangers: what to watch for

## Riding alone:

Always check with your parents first before you go.

## Sidewalks:

If riding on the sidewalk be careful around people walking. Go slow. Share the sidewalk. Let pedestrians go first and let them know you are coming. Check driveways for cars turning in, or backing out.

## Driveways / Trails / Alleys intersecting with roads:

Stop and look all ways before moving forward. Check first at the sidewalk, and then at the edge of the road. If there are parked cars, move out so that you can see clearly down the street.

### TIP:

Watch for cars pulling out of intersections and driveways. Make eye contact with drivers.



# Hand Signals

Just like drivers, cyclists have signals for turning. Signalling for cyclists requires riding a bike with only one hand on the handlebars.

It is important that you are comfortable and able to ride your bike with only the left hand on the handlebars, and only the right hand on the handlebars as well.



**Pilu the Polar Bear says...**

"Practice riding your bike in a straight line off the road with only one hand on the handlebars. Try also practicing looking over your shoulder for a few seconds as you ride your bike. Remember to always wear your helmet!"

Before making a turn, cyclists must signal their turn using their hands, to let drivers know where they want to go next.

- 1 Signal your turn before you reach the intersection
- 2 Slow down
- 3 Look over your shoulders to scan the road behind you
- 4 Keep both hands on the handlebars as you turn



What hand signals are being demonstrated in each of the images below (left, right or stop)?



Source: Ontario Ministry of Transportation (October, 2019)



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# References

Things You Should Know  
Before You Ride

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# The 'ABC Quick Check' - Overview

A for **AIR**



B for **BRAKES**



B for **BARS**



C for **CHAIN & CRANK**



C for **CLOTHING & ACCESSORIES**



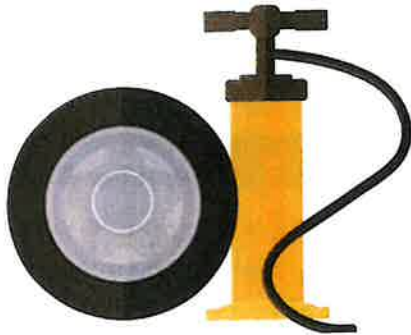
"QUICK" for **QUICK RELEASE**



"CHECK" for **FINAL CHECK OVER**



# The 'ABC Quick Check' - Definitions



## A for **AIR**

Check your tires to see if they have enough air. They should not be soft when you press them with your fingers. Inflate them to the recommended pressure indicated on the tire in PSI.

Also check if there are any holes in the tires.



## B for **BRAKES**

Check your brakes to see if they work properly. Standing beside your bike, pull the front brake only and push forward on the handlebars. The front wheel should lock up and the back wheel should leave the ground. Then pull the back brake only and walk forward, the back wheel should lock and skid along the ground.

Make sure you can reach the brake levers with ease when your hands hold the handlebars.

The brake levers should be at least two fingers width from the handlebars when pulled, so you don't pinch your fingers when you brake really hard.

The brake pads should touch only the rim (the metal part) of the wheel and not the tire (the rubber part).



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## B for **BARS**

Check to see if the handlebars are loose, either from side to side or up and down.

Hold the front wheel between your knees and try to twist the handlebars side to side and up and down.

Source: Ontario Ministry of Transportation (October, 2019)



## C for **CHAIN & CRANK**

Check the gears to see if the chain is on and lubricated, there is no damage, and that the pedals spin freely backwards (except if your bike is equipped with a back pedal brake).

## C for **CLOTHING & ACCESSORIES**

Make sure your clothing is appropriate for cycling and more importantly, that nothing can get caught in the chain or wheels of your bike.



### In particular:

- ➔ Make sure the laces of your shoes are properly tied and not hanging loose.
- ➔ Avoid pants that are too large, or tying a vest around your waist.
- ➔ If your backpack has straps hanging low, make knots in them so as to shorten them.

## "QUICK" for **QUICK RELEASE**

If your bike has quick release wheels, grab and shake the wheels to make sure it's not loose.

The quick release handles should be firmly closed and pointing toward the rear of the bike.



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## "CHECK" for **FINAL CHECK OVER**

Lift the bike several inches off the ground and drop it. Listen for loose parts. Tighten as necessary. Try your brakes before you ride off.



Source: Ontario Ministry of Transportation (October, 2019)