

JUNE *is* BIKE MONTH



TIP #1

Protect Your Brain. Helmet Right.

[-----required by law for those under 18 years, HTA 104-----]

It's Not Useful if it's Not Right.

FOLLOW THE
2V1
RULE

TO MAKE SURE YOUR
HELMET FITS **RIGHT!**
parachutecanada.org

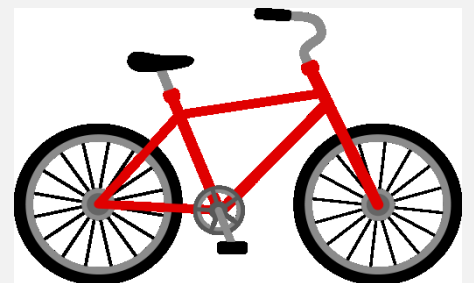
2
FINGERS ABOVE
YOUR EYEBROWS

V
STRAPS FORM A
UNDER YOUR EARS

1
FINGER BETWEEN
STRAP AND CHIN

The infographic illustrates the '2V1' rule for helmet fitting. It includes three illustrations: a person adjusting a helmet with two fingers above their eyebrows, a side view of a helmet with straps forming a 'V' shape under the ears, and a person with a finger between the helmet strap and their chin.

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TIP #2

Signal Turns.

[-----it's the law to look behind and signal before turning, HTA 142-----]



LEFT TURN



STOP



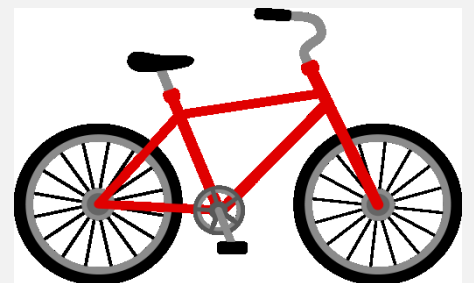
RIGHT TURN

OR



RIGHT TURN

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FRIDAY JUNE 16



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TIP #3

Light Your Bike.

- **White** front light

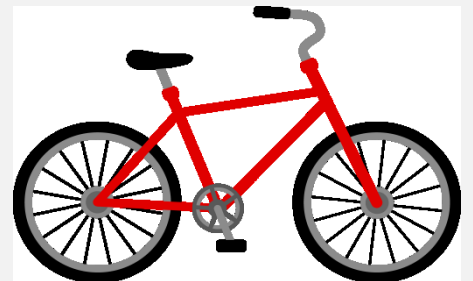
- **Red*** back light

[white reflective material on front forks & red on back also required, HTA 62(17)]

1/2 hr *before sunset* → **1/2 hr** *after sunrise* & *other times of low visibility*

*or red back reflector

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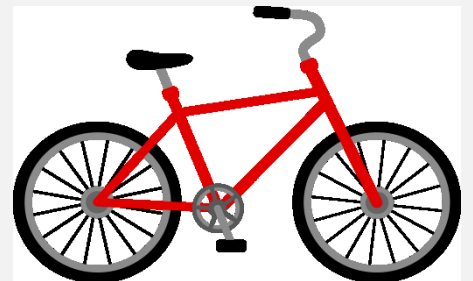
TIP #4

Bell or Horn.
Required by Law.

[---bells and horns are inexpensive, but fines are not, HTA 75(5)---]

* *ring* * or * *honk* *
* * * * *
when passing on roads & trails

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FRIDAY JUNE 16



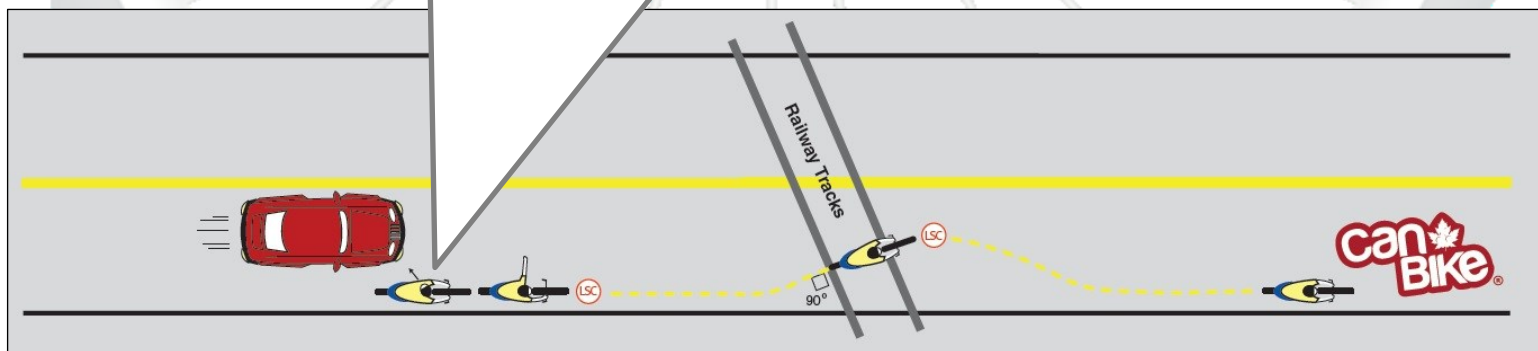
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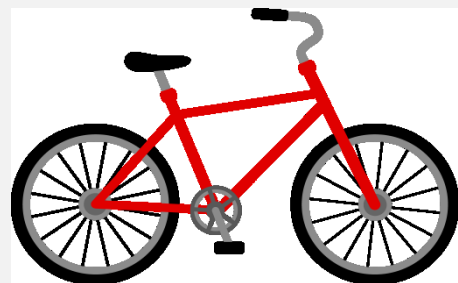
TIP #5

Cross Tracks at a Right Angle.

Cyclists can take the lane if needed to cycle safely. Be visible and predictable. Left shoulder check and signal before taking the lane when it is safe to do so.



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FRIDAY JUNE 16



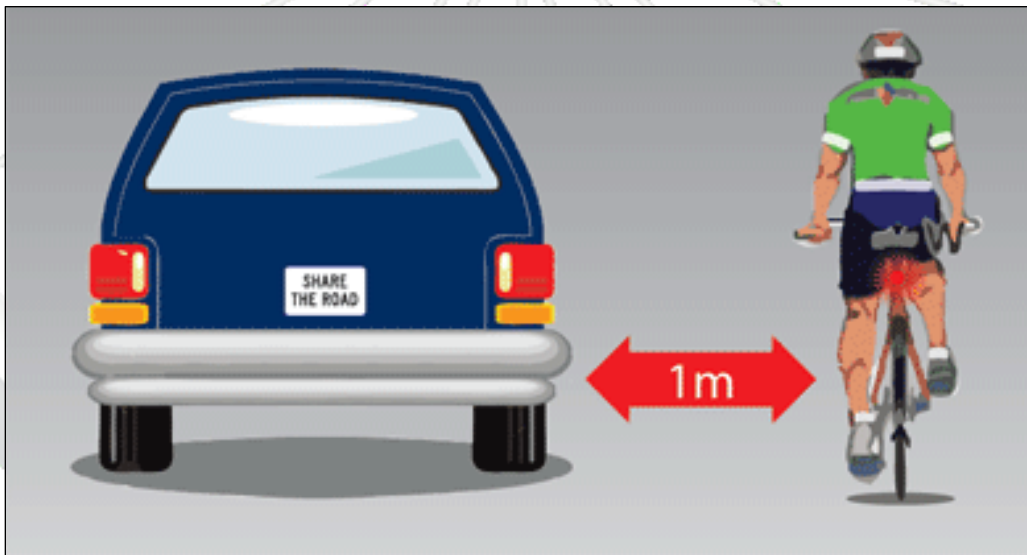
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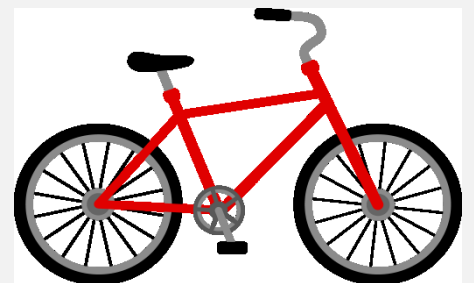
TIP #6

When Passing, Give Cyclists 1m.

[-----it's the law, HTA 148(4)-----]



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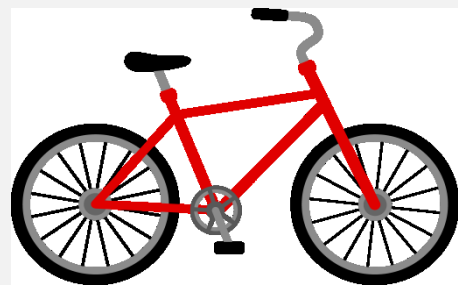


TIP #7

Vehicles
May NOT
Park in
Bike Lanes.

[-----bike lanes are for biking, City of Waterloo Bylaw NO. 08-077-----]

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FRIDAY JUNE 16



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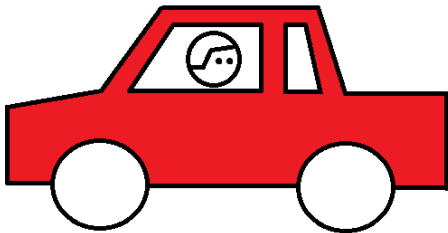


TIP #8

Prevent Dooring.

[-----penalty to motorists: \$365 fine & 3 demerit points, HTA 165(1)-----]

Motorists



When you leave your car:

- Look to your left
- Open door with right hand
- *Check for Cyclists*

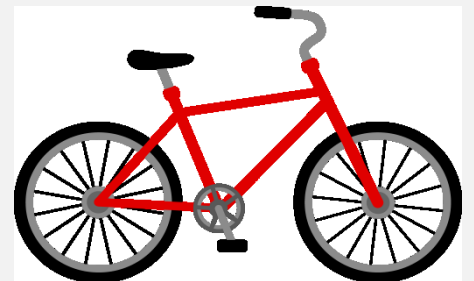
Cyclists



When you see a parked car:

- Look for drivers/passengers
- Slow down
- Give space

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FRIDAY JUNE 16



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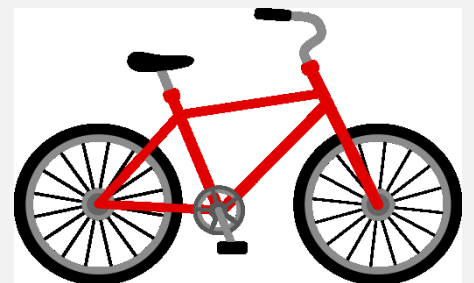


TIP #9

Waterloo has
152 km of trails, &
77 km of bike lanes.

*Cycle to School June 16
to receive City of Waterloo's
Active Transportation Map
(or a bell, light, or pin)*

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FRIDAY JUNE 16



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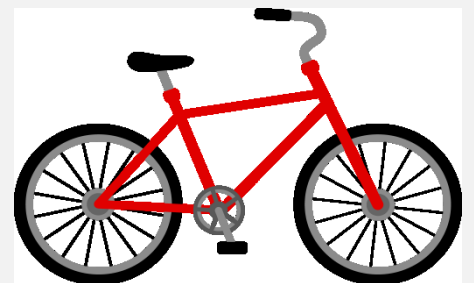


TIP #10

Cycling is
3x the Speed
of Walking.

*1 hr walk = 20 min bike
15 min walk = 5 min bike
it's that efficient*

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FRIDAY JUNE 16



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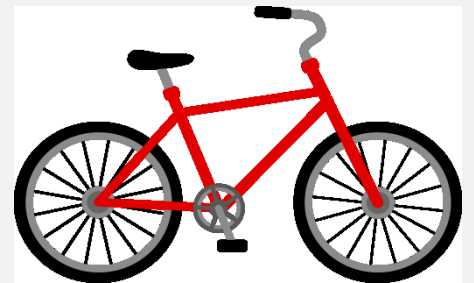


TIP #11

Cycling is Healthy.

- increases energy
- improves posture & balance
- improves muscle flexibility & strength
- lowers stress levels
- reduces the risk of depression
- lowers blood pressure
- reduces the risk of heart disease
- reduces the risk of osteoporosis
- NO EMISSIONS = HEALTHY for YOU + EARTH
- NO COST = HEALTHY for YOUR WALLET

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FRIDAY JUNE 16



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TIP #12

Cycling Improves Learning.

- *4 hrs* increased concentration
- *2-3x* production of neurons
- *more oxygen & nutrients to brain*

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FRIDAY JUNE 16

