

1 *Make sure your bicycle is in good repair by doing a quick ABC (air, brakes, chain) check*

2 *Always use a bicycle that is the right size*

3 *Equip bicycles with reflectors, headlights and a bell or horn*

4 *Always wear a properly fitting, standards-association-approved helmet*

5 *Always ride single file, on the right side of the road and with the flow of traffic*

6 *Never carry a passenger on a bicycle built for one*

IBC TOP 10 TIPS

#CycleSafety

7 *Allow pedestrians to go first at street crossings*

8 *Always watch for cars coming out of driveways and pulling away from curbs*

9 *Always obey traffic rules and shoulder check regularly, especially before you make a turn*

10 *Make yourself visible when cycling at night or in low-light conditions*

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