



Cyclist Activity Badge

With the wind in your hair and feet in your shoes, you can steer yourself in any direction you choose. Helmets at the ready!

How to earn your badge:

1. Find out why it's important to wear safety equipment like a helmet, reflective clothing and lights.

Research what safety equipment is important for cycling.

Colour in the cyclist in a safe outfit for going on a bike ride. Upload it so we can see what your cyclist is wearing!

2. Show how to put on and wear a cycle helmet correctly.

Practice putting on your helmet using the Helmet Instructions. Then take photos or draw your own pictures and make a poster.

3. Show how to pump up a tyre.

Make a video showing us how to pump up a tyre on your bicycle.

4. Go for a short ride in a safe place.

Take a photo of yourself on a family bike ride!



Does your helmet fit properly?

Take the Helmet Fit Test

1



Eyes: Put the helmet on your head. Look up. You should see the bottom rim of the helmet.

2



Ears: Make sure the straps form a 'V' under your ears when buckled. The straps should be a little tight but comfortable.

3



Mouth: Open your mouth as wide as you can. Does the helmet hug your head? If not, tighten the straps.

Now you're ready to roll!