

Bike Easy

Helmet and Bike Check

ccc.govt.nz/cycling

For more information on cycle safety, route maps and family friendly tracks visit:

Before you hop on your bike, it's important to make sure your helmet fits properly. Follow these simple steps to make sure you're good to go.

Your helmet sits low and level on your head. Allow two finger widths above your eyebrows.

Adjust the tightening device at the back of the helmet if there is one. Make sure the side straps form a 'v' under your ears. Adjust the sliders to lock them into place.

Buckle the chin strap and tighten. No more than one or two fingers should fit under the strap.

Look for the safety standard sticker on your helmet before you buy.

Remember, if your helmet has a crack it will need to be replaced.

1.

2.

3.



Make sure your bike is good to go before you ride.

Do this quick check before you hop on your bike.

Do you have a red rear reflector?

A red rear reflector helps you to be seen and is required by law.

Check levers or bolts

Check that the quick release levers (or bolts) on seat stem and wheels are tight and closed in.

Are your brakes working?

Check your brakes by pushing the bike along and pulling on each brake lever in turn. You should feel the brakes gripping each wheel, stopping them turn.

Riding in low light?

Use a white front light and a red rear light to help you be seen!

Are your tyres fully pumped?

Push down on the top of each tyre with your thumb. If you can't make an indent, you're good to ride. If your tread is worn down to bald, it's time to change your tyres.

