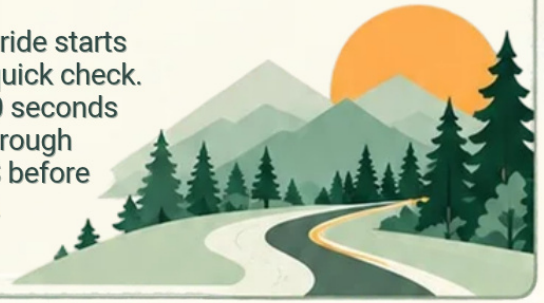


HABITS

A 60-Second Ride Check

CHECK THESE KEY SAFETY HABITS BEFORE EVERY RIDE.

A safer ride starts with a quick check. Take 60 seconds to go through HABITS before you roll.



H



HELMET

Make sure your helmet is level, snug, and buckled.

☐

A



AIR & TIRES

Check that tires are firm and in good shape. Look for no cuts, cracks, or bulges.

☐

B



BRAKES

Make sure your brakes feel firm and work well.

☐

I



ILLUMINATION & SURROUNDINGS

Check that your lights and reflectors are working and be aware of your surroundings.

☐

T



TRANSMISSION

Confirm the chain, cranks, and gears move smoothly and are in good working order.

☐

S



SAFE START

Know your route, follow the rules, and make a plan. If something feels wrong, stop and ask an adult or bike shop for help.

☐

Before You Roll...

- Take 60 seconds to check HABITS.
- If something doesn't feel right, stop.
- Ask an adult or bike shop for help.
- Ride only when you feel ready and it's safe.



Know Your Ride
Clear Rules. Safer Rides.

 [KnowYourRide.org](https://www.KnowYourRide.org)

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