

## Hello parents,

It's that time of year again when we can be outside enjoying bike rides. Each year Manitoba Public Insurance has made it a priority to visit schools and daycares to share cycling safety information. Due to the current restrictions and closures, we are disappointed that we are unable to visit this year. We still wanted to provide safety information to share with your child and ensure safe cycling this summer.

Please review the following safety tips with your child:

**1 Remember to always wear your helmet and wear it properly. Here's how:**  
Follow the 2V1 rule



Your helmet protects your head and your brain!

**2** "2" fingers between your eyebrows and the edge of your helmet

**V** Straps form a "V" under your ears

**1** "1" finger between the strap and your chin



**Left turn**      **Stop**      **Right turn**      or

**2 Don't forget to use your hand signals to communicate with other cyclists and vehicle drivers. It's important to let them know if you are turning or stopping.**

**3 Also, remember to obey traffic rules such as stop signs and traffic lights.**




**A = Air**—make sure you have enough air in your tires.

**B = Brakes**—make sure your brakes are working properly. They will help you stop.

**C = Chain**—make sure your chain is nice and straight. If you see rust, you might need to clean it or lubricated. Ask an adult to help you with this.

**4 Lastly, make sure your bike is safe to ride with the ABC Quick Check:**

For more bike safety information visit:  
[www.mpi.mb.ca/documents/  
KidsCyclingBrochure.pdf](http://www.mpi.mb.ca/documents/KidsCyclingBrochure.pdf)