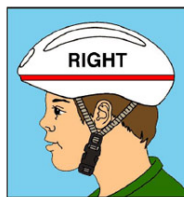
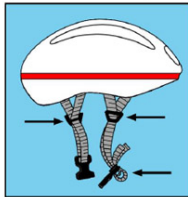


# Helmet

## Equipment and Safety



- Check helmet for cracks or dents.
- Look for safety approved sticker inside the helmet.
- Two fingers fit between the strap and the chin.
- The helmet should fit snugly on the head, not slide around or have pressure points.



TRACK CARD  
**4**

# Clothing

## Equipment and Safety



Appropriate clothing is required to be safe while riding. You must remove any loose items such as jewellery or watches, roll up long pants, have covered shoulders and tuck shoe laces into shoes.