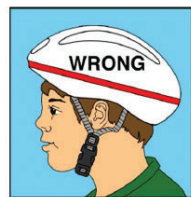
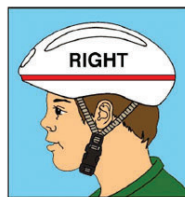
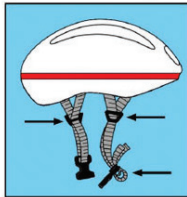


Helmet

Equipment
and Safety

3



- 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

4

Clothing

Equipment
and Safety



Appropriate clothing is required to be safe while riding.

Tuck shoe laces into shoes.

Reflective or bright clothing especially in low light.