

Name: _____



Student worksheet
Project 1: Preparing to Ride Safely

Bike and Helmet Safety Checks



What is the ABC TIGHT Bike Safety Check List?

A = _____

B = _____

C = _____

What needs to be TIGHT and straight?

What shouldn't move from side to side on your bike?

Helmet Check

What are the three 2s you need to check before riding?

1) 2 fingers above the _____

2) 2 ear clips snug under the _____

3) 2 fingers under the _____