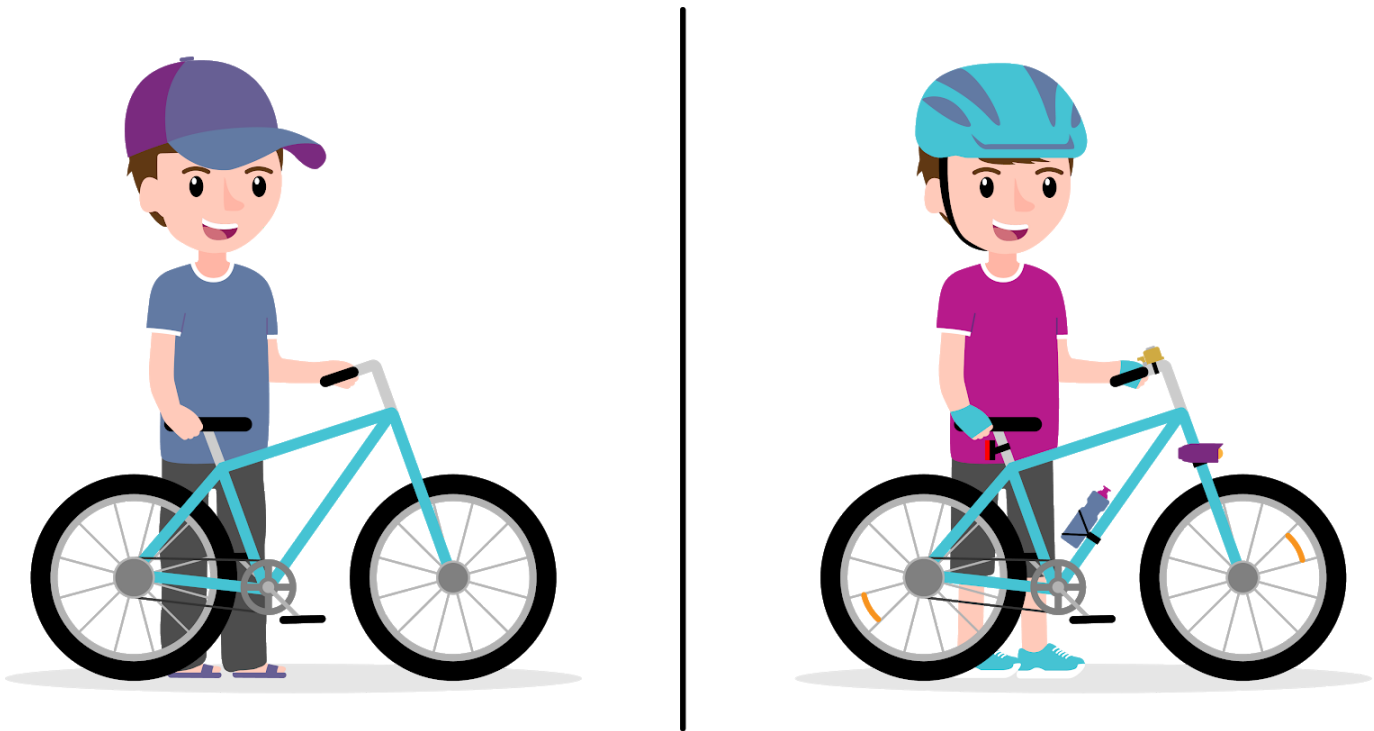


## Cycling Safety Gear

In addition to a helmet, there are a few other pieces of gear that can come in handy on a bike ride.

Some are required by law, like having **lights** on after dark and a **bell**, and others will make your ride more comfortable, like **stretchy clothes** and **gloves**.

INSTRUCTIONS: Have a look at the two cyclists below. You may notice that the cyclist on the right is more prepared for a safe and comfortable ride. Can you find and circle the 11 pieces of different gear that the rider on the right has?



## Cycling Safety Gear ANSWER SHEET

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THE 11 PIECES OF DIFFERENT GEAR ARE:

1. A helmet
2. Gloves - adds cushion, protects your palms if you fall and keeps your hands warm
3. A light reflector on the rear wheel - helps you be seen by vehicles
4. A light reflector on the front wheel - helps you be seen by vehicles
5. Close-toed shoes - to protect your feet and make it easier to pedal
6. Shorts - will not get tangled in your chain like baggy pants might
7. A light/bright shirt - helps you be seen by others
8. A white light pointing forward
9. A water bottle - stay hydrated on your ride
10. A bell - to make noise when you're passing someone
11. A red light/reflector pointing backwards