



Your **Cycling** Connection

Bike Safety Activity Sheet

A closer look at safe cycling

Activity 1: Hand Signals

An important part of safe cycling is being visible and predictable. When you let other road users know where you are going, people know what to expect and can share the road with you safely.

CHALLENGE: Can you match the **hand signals to their appropriate meaning?**

Signals to match: LEFT, RIGHT, STOP (HINT: One signal is used twice!)



Photo from www.lovabicycling.com



Making turns without signalling can be dangerous - both to you, drivers and to other cyclists. By signaling your movements, you give others time to react properly.

Activity 2: Bike Safety ABC

Streets and intersections often look different. It's important to follow the ABC's of bike safety wherever you ride.

CHALLENGE: Look at the intersection below. List answers in your ABC chart that apply to this scene.



Awareness - What should you be *aware* of here?

Best Behaviour - How should you *behave* here?

Communication - How can you *communicate* here?

HUB CYCLING TIP: Do your parents, siblings and friends know the ABC's of Bike Safety? Share this information with those around you. **CHALLENGE:** Try and teach at least 2 people this week!