The Ready to Ride Checklist

- [ ] Helmet fits snugly on your head
- [ ] The straps are buckled
- [ ] The straps are tightened and you can fit two fingers underneath the straps
- [ ] If you shake your head, your helmet stays still

If all 4 are done, you're ready to ride!

Protect your head!

Wear a helmet every time you ride your bike.