

FOR MORE INFORMATION : [Ontario Cycling Guide](#) [Young Cyclists Guide](#) [Ontario Bike Safety](#)

### Must have

- **Bike helmet** that complies to Canadian safety standards which include : Snell, ANSI, ASTM, BSI, SAA, CPSC.
- To provide maximum protection, The helmet must fit level and square on your head, and also fit snugly and not slip when you move your head.
- There should be two finger widths between your eyebrows and the helmet.  
The straps should be flat against the face. The side straps should meet just below the ear making a V-shape under your ear lobe.  
The chin strap should be fastened snugly with enough room to fit one finger between your chin and the strap.
- Use the dial at the back or the sizing pads provided with the helmet to adjust the fit
- **A bell or horn** in good working order
- **White reflective tape** on the front forks and **red reflective tape** on rear forks

### Bike Safety Checklist

- **Tire and Wheels**  
Inflate tires to the recommended pressure as shown on the tire. Check for and replace loose, bent or broken spokes. Make sure wheels are centered in the forks and check for side-to-side wobbles and up and down hops by watching the wheel spin past the brakes or frame.
- **Chain and Gears**  
Make sure the chain does not slip and that your chain stays on the sprockets.
- **Brake Levers and Pads**  
Squeeze your brakes to ensure levers stop at least 2.5 centimetres from the handlebars when fully applied and to ensure your cables are not frayed or stretched. Check the brake pads in the front and back to be sure they are hitting only the rims and not the tires.
- **Lights and Reflectors**  
Make sure that all mandatory lights and reflectors are in good and working condition.
- **Keep Your Bike Secure**  
Always carry a quality bicycle lock when riding and always lock your bike and quick release items, like your wheels and seat, to something solid.

## **General Bike Safety**

- **RIDING ON SIDEWALKS AND SHARED PATHS**

Cycling on sidewalks can be dangerous. Many collisions between cyclists and motor vehicles occur where sidewalks, driveways and parking lot entrance/exits become unexpected intersections. Make sure you know and obey your local by-laws concerning sidewalk riding. When riding on shared bike/walking paths, cyclists should:

- ★ Ride at a slow speed
- ★ Use a bell or horn to signal your presence when approaching pedestrians from behind
- ★ Be ready to stop and allow pedestrians to go first
- ★ Stop before every intersection and look all ways for motor vehicles
- ★ Watch for motor vehicles entering or exiting from driveways/laneways
- ★ Walk your bike across a crosswalk (it is illegal to ride across a crosswalk)

## **What To Bring For Camp**

- Safety Approved Bike Helmet
- Bike Lock
- Tire Patch Kit
- Appropriate attire for cycling (comfortable clothing)

Our staff are equipped with basic bike repair tools.