

# August 2021 Community Newsletter Content

## Bike Safety

A message from the Federation of Calgary Communities



### 1. Protect Your Noggin

- a. Toddlers to adults should think twice before getting on a bike without a helmet. The helmet should fit nicely and cover the forehead. Calgarians under the age of 18 are required to wear a helmet.

### 2. Ring, Ring!

- a. Having bell can let those around you know you're coming!

### 3. Stop!

- a. Being a cyclist follows similar rules to driving a vehicle. Pay attention to posted signs, speed limits and watch out for pedestrians.
- b. Know your route ahead of time. This can help you be aware of potential detours and hazards.

### 4. Increase visibility

- a. Having reflector or lights can increase your visibility for other cyclists, pedestrians, and cars.

For more resources, check out the Federation of Calgary Communities website ([www.calgarycommunities.com](http://www.calgarycommunities.com))