

CAA SAFETY REMINDERS TO KEEP CYCLISTS SAFE



BE SEEN

Wear lightly-toned or brightly coloured clothing



BE SEEN

Use reflectors and reflective tape on your helmet, clothes and bicycle



BE READY

Equip your bike with a cage and water bottle that can be easily and safely accessed



BE SEEN

Equip your bike with a headlight and taillight for night riding



BE READY

Avoid loose fitting pants that can get tangled in your bike chain



BE READY

Always wear running or cycling shoes while riding



BE HEARD

Equip your bike with a bell or horn to signal pedestrians and drivers, and to pass other bikes safely

