




Name \_\_\_\_\_

Teacher \_\_\_\_\_

1. Circle the picture which shows a helmet that fits correctly.



2. Fill in the blanks to help you remember how to check that your helmet fits.

<p><b>Be sure your helmet fits correctly!</b></p> <p>Follow the</p> <p>_____</p> <p>Rule</p>	 <p>2 fingers above your eyebrows to the bottom of your helmet</p>
 <p>Make a "V" shape around the bottom of your ears</p>	 <p>1 finger under the strap beneath your chin</p> <p><small>Graphics provided by thinkfirst.ca</small></p>

3. What does the ABC Quick check stand for?

- A. It helps you remember to buy lots of fruit: **A**pples, **B**ananas, **C**antaloupe
- B. It stands for different ways of traveling: **A**irplanes, **B**icycles, and **C**ars
- C. It stands for things you should check before you bike: **A**ir, **B**rakes, **C**ogs, **C**rank, **C**hain, and **Q**uick Release.