

Cycle Safety



By Elsie

ABBC check

ABBC check stands for:

- . A is for air
- . B is for brakes
- . B is for bolts
- . C is for chains

ABBC check is important because when you're out on the road you need to make sure that your tyre doesn't fall off, go flat, or your chain stops working.



Why cycle safety is important

Cycle safety is important because if you don't know safety rules like:

- you can't ride on the foot path unless you are a little baby
- you can't go up onto other people's driveways
- you have to know your hand signals
- always do you're abbc check



Road rules

You need to know road rules because if you don't know them you will not be able to ride on the road. Road rules are:

1. If there is a car you have to go a car door and a bit between it
2. Take the lane if nobody is there and you want to turn
3. Look both ways before crossing

