

# Ontario's Bicycle Helmet Law



**WRONG**



**WRONG**



**RIGHT**

It is strongly recommended that all cyclists, irrespective of age, wear a CSA, ANSI or SNELL approved bicycle helmet. Your personal safety is your responsibility. However, it is the law for those 17 years old and younger to wear a helmet. Wearing an approved bicycle helmet will reduce the number and severity of head injuries

sustained in bicycle crashes. Following the rules of the road and using safe equipment may prevent collisions.

The CSA, ANSI or SNELL approved helmet should cover the top of your forehead. If the helmet is tipped too far forward or backward, it will not protect you properly. The straps should be snug without pinching and be easy to fasten and release. Helmets with four fully adjustable straps are best.

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## Signals to Indicate Turns



**STOP**



**LEFT**



**RIGHT or RIGHT**



Failure to use proper signals and ride in proper road positions can result in charges under the Ontario Highway Traffic Act or worse a collision.