

Make sure that you feel confident of your ability to ride safely on the road. Be sure that

- you choose the right size and type of cycle for comfort and safety
- lights and reflectors are kept clean and in good working order
- tyres are in good condition and inflated to the pressure shown on the tyre
- gears are working correctly
- the chain is properly adjusted and oiled
- the saddle and handlebars are adjusted to the correct height.
- It is recommended that you fit a bell to your cycle.

You **MUST**

- ensure your brakes are efficient
- at night, use lit front and rear lights and have a red rear reflector.