

Read the text and match the titles to the sections of Cycling Safety Rules. One title is extra.

1. RIDING A BIKE
2. CYCLING NEAR ANIMALS
3. BEFORE YOU SET OFF
4. CYCLING IN THE DARK
5. PARKING YOUR CYCLE
6. FOLLOW THE RULES

- A. Make sure your cycle is safe to ride - your brakes and tyres should be working well. Make sure your front and back lights work well, and your back reflector is clean. When you have to carry anything on your cycle, use a bike bag or basket. Always wear a cycle helmet that is the correct size - it will help to protect your head if you fall off. Do not ride a bike that is too big or small as it can affect your balance.
- B. Wear reflective clothing and/or accessories (belt, arm or ankle bands) or a backpack in the dark. You must not cycle at night without a white front light, a red back light and a red reflector at the back.
- C. Before starting off, turning right or left, overtaking, or stopping, you must look behind and make sure it is safe and then give a clear arm signal to show what you want to do. You must not ride on the pavement unless there are special signs. Always keep both hands on the handlebars.
- D. Be very careful near lorries and buses. Do not ride in the space between the vehicle and the kerb. When turning from one road to another, give way to pedestrians who are crossing that road.
- E. Always park your cycle thoughtfully so that it is not in the way of other people. It is best to use a cycle stand if there is one. Lock it to prevent it from being stolen and have the frame marked with your postcode.

| A | B | C | D | E |
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