

CYCLIST BADGE

To achieve this badge you need to:

1. Find out why it's important to wear safety equipment like a helmet, reflective clothing and lights
2. Show how to put on and wear a cycle helmet correctly
3. Show how to pump up a tyre
4. Go for a short ride in a safe place

You must always wear a cycle helmet when riding your bike. The only exception is if you're Sikh and you wear a turban.



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