**Cycle Safety**

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1. What is important to wear when you go cycling?

**A** Helmet **B** Socks **C** Headphones

2. What colour reflector should you have on the back of your bike?

**A** White **B** Green **C** Red

3. What colour clothing should you wear when riding your bike?

**A** Black **B** Dark Blue **C** Brown **D** Bright Yellow

4. What does this sign mean?

**A** Cycle route ahead **B** Cycle parking **C** No Cycling

5. What is usually written on this sign?

**A** STOP **B** Give Way **C** DANGER

6. What does the amber light at the traffic lights mean?

**A** Get ready to go **B** Stop **C** Get ready to stop

7. What side of the road should you cycle on?

**A** Left **B** Right **C** Middle

8. What should you lubricate your chain with?

**A** Oil **B** Water **C** Juice

9. How many metres does it take a car to stop when driving at 30 MPH?

**A** 10 m **B** 23 m **C** 35 m **D** 50 m

10. When doing an emergency stop on a cycle should you

**A** Put the back brake on **B** Put the front brake on **C** Put both brakes on.