



1st London Colney Beaver Colony



Cyclist Activity Badge

Name: _____

1. Find out why it's important to wear safety equipment like a helmet, reflective clothing and lights

Why should you wear a helmet? _____

What do reflective clothing do? _____

When and why should you use lights on a bike? _____

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

This is space to add any photos of your cycling experience