



Every time you go out to ride your bike, consider what you are wearing. Wear gear that is best suited to your ride, winter or summer, on road or off road. Being overheated in the summer can be just as dangerous as being too cold in the winter. Even if you are only going for a short ride, stop and consider whether you are wearing the most suitable clothing for your journey.

Helmets

Helmet usage is compulsory in this country, but in serious accidents almost 20% of all helmets actually come off when the rider has an accident. There are 2 main reasons for this:

1. The helmet does not fit properly – It is essential that before try it on and ensure that it feels snug but not too tight (bear in mind that the helmet inner will ‘give’ a bit once in regular use). You must also bear in mind that once you have left the shop with your helmet, if you decide after wearing the helmet that it does not fit properly or it is too noisy, the shop that you bought it from will not take the helmet back as by law they cannot re-sell it as it is technically ‘used’. Of course should a helmet prove to be faulty in any way then normal consumer law applies.
2. It is amazing how many times helmets actually come off following an accident purely and simply because it wasn’t done up at all, or only very loosely (this is more common with seat belt type fastenings as most owners adjust them when they first buy the helmet and then never check for any stretch or wear in the strap).

Always ensure that your helmet is fastened correctly before undertaking any journey Always buy a helmet approved to ECE 22.05 or, less commonly nowadays, British Standard 6658, A or B. The ECE approved helmets can be identified by a capital “E” in a circle, accompanied by a six figure approval number starting Sunday 14th December “05”. The approval marks may be located inside the helmet or on the strap. British Standard approved helmets have a conspicuous sticker applied to the shell, indicating compliance with BS 6658, either A, or B, the latter being less stringent.



Clothing

Comfortable clothing that is suited to your ride is essential, it should:

- Keep you comfortable in hot or cold or wet weather,
- Offer a degree of protection in the event of an accident
- Help to make you obvious to other road users