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| Ready to enjoy a bicycle ride? Start with a helmet. Check the fit of your helmet and teach your family how to properly fit their helmets. #journeyoutside #getyourwheelon  <https://vimeo.com/91626131> |
| Ready to dust off your bicycle and #journeyoutside to school? Learn how to do an ABC Quick Check to make sure your bike is safety ready for you to ride.  <https://bikeleague.org/content/basic-bike-check> |
| Is your child ready to ditch their training wheels? Check out this video to teach your child how to ride. #getyourwheelon  <https://www.youtube.com/watch?v=ADkm4qkXAj8> |
| More people are dusting off their bicycles as a way to enjoy the #journeyoutside to school while practising physical distancing. Brush up on your bike handling and traffic skills. #getyourwheelon  <https://vimeo.com/73511085>; <https://vimeo.com/69327620> |
| Is your child ready to ditch their training wheels? Check out this video to teach your child how to ride. #journeyoutside #getyourwheelon  <https://www.youtube.com/watch?v=ADkm4qkXAj8> |

(Based on material provided by Niagara Region)