

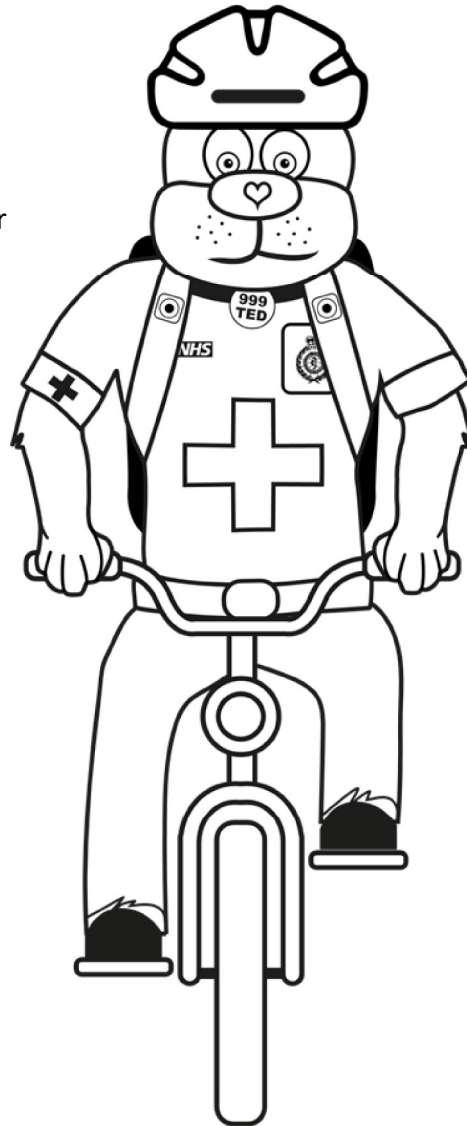


# COLOUR ME IN

## BE ROAD BIKE SAFE

Always wear your helmet when cycling.

Also check that it's the right size for you and fitted correctly.



## Coloured in by: \_\_\_\_\_

When you have coloured me in please get your parent/carer to send me a photo via Twitter [@scas999Ted](https://twitter.com/scas999Ted) or email me on [getinvolved@scas.nhs.uk](mailto:getinvolved@scas.nhs.uk) then stick me on the fridge for all to see!

Find out more information on our websites at:

[www.scaskids.co.uk](http://www.scaskids.co.uk)

[www.scasyouth.co.uk](http://www.scasyouth.co.uk)

South Central Ambulance Charity. Registered Charity no 1049778

