

BIKEEXPLORER DOWNHILL SAFETY TIPS

BIKEEXPLORER COACHES' ORIGINAL 6 DOWNHILL SAFETY TIPS

Cyclists, remember these six words: **Slow, Back, Grip, Brake, Level, Distance**



1 SLOW



Slow, slow, slow

2 BACK



Shift your weight
back on descents

3 GRIP



Keep your hands glued
to the handlebars

4 BRAKE



Be ready to brake
at any time (with both hands)

5 LEVEL



On turns, keep both
pedals level for safety

6 DISTANCE



Keep a safe distance from
the rider ahead to allow
more room to react



Reminder to all cyclists: Remember these tips and ride safely!



COACH'S REMINDER

Do not rush on descents—stable riding is more important than speed. Follow these tips and stay focused so you can enjoy every stretch of the ride with peace of mind.



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