



踏越野單車之安全設備

Safety Equipment for Mountain Biking

Helmet : ANSI standard or equivalent
安全帽 : ANSI 或相同標準

Shirt : Colourful and slim-fitting jerseys
上衣 : 鮮色和較貼身的運動衣

Sturdy frame
堅固車架

Proper shoes
適當的運動鞋

Functioning horn or bell
車號或車鈴運作正常

Effective brake
有效剎車掣

Tyre : At least 4.5 cm (1.75 inches)
車胎 : 至少4.5厘米(1.75吋)



漁農自然護理署

Agriculture, Fisheries and Conservation Department