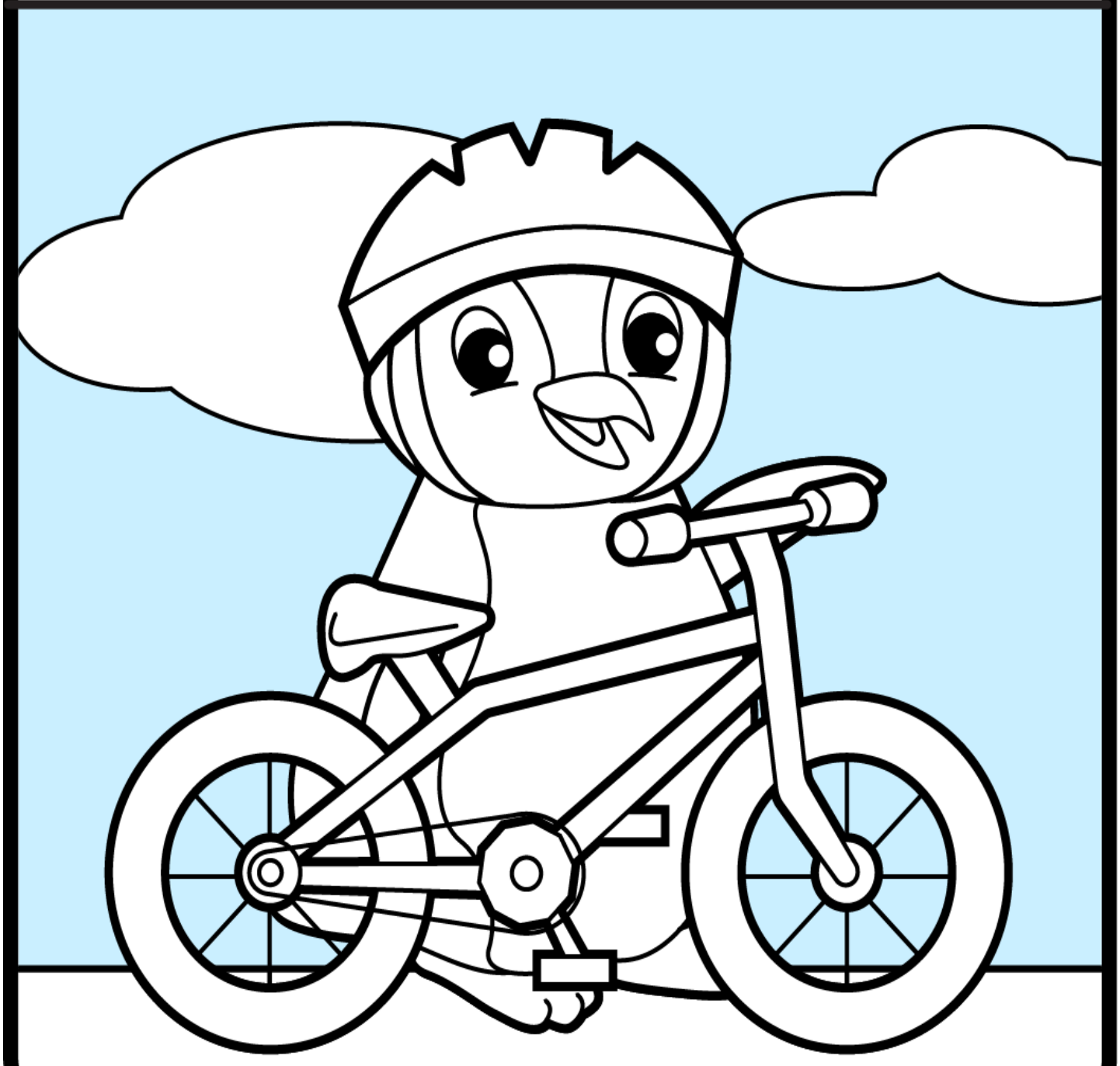ALWAYS WEAR A HELMET WHEN RIDING