

# BICYCLE SAFETY LESSON

Objectives: the students will be introduced to the following basics of bicycling

1. Rules of the road
  - A. Obey all traffic signs and lights.
  - B. Ride with traffic, on the right side of the road.
  - C. Yield to pedestrians and all emergency vehicles.
  - D. Ride at night only with proper lights and light colored clothing.
  - E. Be able to identify all traffic signs and signals.
2. Bicycle safety skills
  - A. Ride straight with one or both hands on the handlebars.
  - B. Ride straight while briefly looking over left shoulder.
  - C. Be able to stop without swerving, falling over, or colliding with anything or anyone.
  - D. Swerve in a controlled manner to avoid a hazard.
  - E. Scan ahead and behind while riding in a straight line.
3. Use proper equipment
  - A. Use a bicycle that fits you.
  - B. Wear a helmet that fits.
  - C. Wear conspicuous clothing.

## Materials needed

1. Permission slips (pass these out one week before unit starts)
2. Pre-test
3. Adult survey
4. Bike inspection sheet
5. Bikes (get air in tires, check brakes, mechanical condition, etc.)
6. Helmets
7. Videos

## DAY 1

Administer pre-test

Show video (Part 1)

Review video and correct pre-test

Hand out adult survey (homework)

## DAY 2

Review the homework

Show video (Part 2) High risk situations

Have students give some examples of high risk situations that they know of.

Size the helmets (if time permits)

### **DAY 3**

Size the helmets (if not already done)

#### **Bicycle course**

1. **Straight line riding**
2. **Whistle stop** (1-2 bike lengths between the bikes) brake smoothly, no skidding tires
3. **Straight line riding with only one hand.** Alternate hands.
4. **Use proper hand signals.**

### **DAY 4**

Review day 3 lesson.

#### **Bicycle course**

1. **Scanning exercise** (use cards, have them look back and call out "Car" or "Clear")
2. **You go first** (put in hazard. Nod yes or no to decide who goes first.)
3. **Squeeze box** (groups of four. All should get to the other end at the same time and they should all stay in their lanes.

### **DAY 5**

#### **Bicycle course**

1. **Full course** (use hurdles, cones, stop signs, etc.)

### **DAY 6**

Review

#### **Bicycle course**

1. **Full course**