

# BICYCLE SAFETY

## Lesson Plan



## USE YOUR HEAD. WEAR A HELMET.

### Subject

Navigating traffic environments safely, being safe bicyclists and remembering to “use your head, wear a helmet.”

### Age level

Recommended for children grades 3-5.

### Goals

The purpose of this activity is to prepare kids to:

- Bike and walk safely around traffic.
- Be aware of their surroundings.
- Learn about the safety resources that are present while they are cycling and walking.

### Objectives

- Describe how to properly wear a helmet using the Helmet Fit Test.
- Describe how to properly cross a street/intersection on a bike.
- Define the terms “visible” and “predictable” in the context of bicycle and pedestrian traffic.
- Demonstrate proper techniques for safe bicycling on the street and sidewalk.

### Time

Approximately 45 minutes.

### Discussion Points (DP)

- The importance of always wearing a helmet while on wheels.
- Visibility.
- Predictability.
- Passing pedestrians.
- Crossing streets on a bicycle.
- The rules of the road.

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# Script for Presenters

## Introduction (2 min)

- Name, describe your job with Safe Kids and your agency (Ex. nurse, educator, police officer, firefighter, etc.).
- Describe your role today.

## Kids and Biking (5 min)

**DP:** How many of you ride a bike? Rollerblade? Use a skateboard? Today we are going to talk about being safe no matter how you choose to get around. Did you know your bicycle is considered to be your first vehicle? This means that you're not just a biker; you're a vehicle driver, with a lot of responsibility!

**DP:** There are so many great reasons to ride your bike. Can anyone tell me what one of those reasons is?

- It's fun for everyone! Biking allows you to spend time outdoors with your friends and family.
- It's a great form of exercise. This activity will help you stay healthy.
- It's good for the environment. Riding a bike is not only good for you, it's good for the air we breathe, too. Let's all take a deep breath... we want to help keep the air we breathe clean right?

## Helmets (8 min)

**DP:** The most important piece of equipment you should wear when you're on wheels is a helmet. Why are helmets so important? What part of your body does it help protect?

- Your head.

**DP:** What's inside your head that's so important?

- Your brain.

**DP:** What does your brain help you do?

- Everything.

**DP:** Our brain helps us live. It helps us walk, read, play sports and even ride our bike! If you fall off your bike and hit your head, you could injure your brain. This is one part of your body that doesn't heal as well as others. It's not only important to wear your helmet, it's important to wear your helmet correctly. Now I'll

show you an easy way to make sure your helmet fit correctly, it's called the Eyes-Ears-Mouth check.

**DP:** (The EYE-EARS-MOUTH Check)

1. Use your eyes to look up. You should be able to see the rim of the helmet. This step is important to help protect your forehead.



2. Use your ears to make sure the helmet straps are correct. The straps should come to a point right below your ears and form a "v". Adjusting the position of your straps is important to help keep your helmet from sliding around.



3. Use your mouth and open it as wide as you can. If you don't feel your helmet tug down on your head, you should tighten the chin straps a bit. This will help keep your helmet on your head while you're riding.



**DP:** Now let's talk about some things that might come up while riding your bike.

## Riding (10 min)

**DP:** "Visible" and "predictable" are two big words we're going to use a lot today, so let's discuss what they mean: "visible" means that you can be seen. What are some ways to be visible when you are walking or on wheels?

- Wearing bright colors, using reflectors and lights, or bike flags.

**DP:** "Predictable" means people know what you will do next. What steps can you take to always be "predictable"?

- Using hand signals, obeying traffic signals and lights, only crossing at intersections and crosswalks.

**DP:** Before you ride in the street, always talk to your parents about it first. They may want you to stay on

the sidewalk to help keep you safe. Remember to always ride in safe areas only.

**DP:** If possible, avoid riding your bike late at night, or early in the morning when it's dark out. Whether you are in the street or on the sidewalk, you can always stay safe by being as "visible" as possible. Remember this word? This means doing everything you can to make sure cars SEE and HEAR you.

**DP:** Be careful and pay attention when entering or passing a sidewalk, path, or driveway. Before passing through, come to a complete stop, look left-right-left, and make sure there are no cars or pedestrians in the way.

### Sidewalk Smarts (10 min)

(Use a volunteer to help act out the different actions being discussed.)

**DP:** If you're riding on a sidewalk, it is likely that you will come in contact with pedestrians and other riders. How can you make sure you stay "visible" and "predictable" to EVERYONE around you?

- Saying "excuse me", using horns or bells, announcing that you're coming up behind them by saying "on your left."
- If you come to an intersection while riding on the sidewalk, always obey traffic signals. Never cross if you don't have a green light or the walk signal. (Remember staying predictable?)

### Street Smarts (5 min)

**DP:** If you have permission to ride in the street, make sure you stay safe by riding 3 feet away from parked cars, and riding WITH the flow of traffic. Always ride in the same direction that cars go. When you're riding, you are a part of traffic too! Remember, when you're on a bike, you follow the same signs/signals that drivers do. What kinds of signs might you need to follow?

- Stop, crosswalk.

**DP:** What is a crosswalk?

- A marked part of the road where pedestrians have the right of way to cross.

**DP:** Always walk your bike across the street. Leave crosswalks free and clear for safe walking. Do not block crosswalks; a bike in the crosswalk can take up as much space as a car.

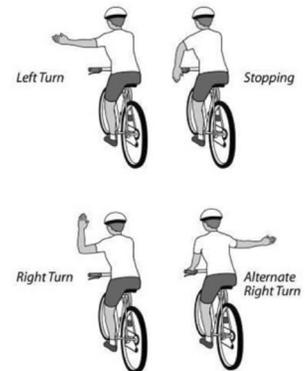
**DP:** What is a bike lane?

- Bike lanes are a special part of a road marked off with painted lines for use by cyclists.

**DP:** Be predictable and bike in a straight line, do not weave in and out of parked cars.

**DP:** Let's practice how to signal right turn, left turn, slowing and stopping. A good way to make a left turn is to use a "box turn."

This turn crosses the street you want to turn on and the lanes of traffic on the street that you are traveling on all within the cross walk.



### Q and A, Conclusion and Homework (5 min)

**DP:** Finally we have a homework assignment for you (groans), but it is a fun one and we think that you will be very good at it. When school lets out, there are cars and people everywhere and it is an important time to remember to be safe. After school today, your assignment is to teach one friend or schoolmate what it means to be "visible" and "predictable" when it comes to traffic. What are some ways you could do that?

- Show the correct hand signals (predictable).
- Explain how wearing bright colors helps you be seen (visible).
- Explain how lights/reflective materials on your bike or helmet helps you be seen.
- Share the rules of the road and how bicycles are considered vehicles, too.

**DP:** We are glad that we came to your school today. You were very attentive and respectful and we appreciate that. We hope that you have a lot of fun safely riding, walking and skating. And remember- ALWAYS wear that helmet while on wheels!