

Street Smarts

Bicycle Safety Lesson 3

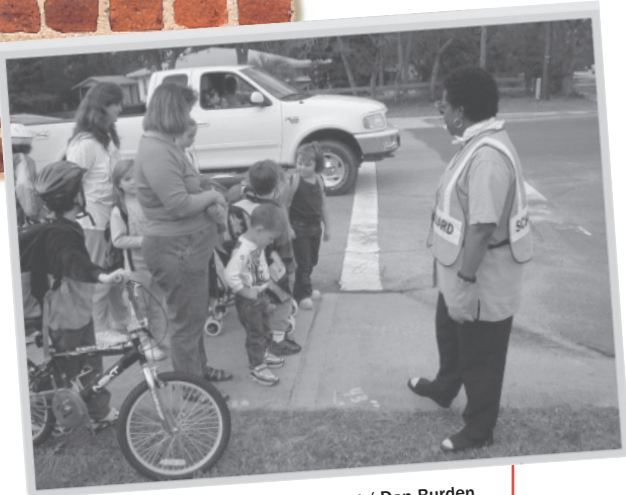


Photo courtesy www.pedbikeimages.org / Dan Burden

STUDENT LEARNING OBJECTIVES

- Students will learn the ABC Quick Check for Bike Safety.
- Students will learn basics of riding safely and courteously on streets and sidewalks.

Caution to Teachers: Use your professional judgment regarding teaching students to ride bikes safely in the street. Bike safety depends on the ability of the bike rider as well as traffic conditions and driver behavior in the community. When students ride bikes on the sidewalk they may be at greater risk for being hit by a motorist entering or leaving a driveway who is not looking for bicyclists.

PREPARATION

- Gather the needed materials and make copies.

MATERIALS

- Bike.
- 8 x 11 posters of common road situations and hazards (illustrations #1-8).
- ABC Quick Check and Rules of the Road Card Masters (in Introduction).
- Tire gauge.
- White board, blackboard or flipchart.

TIME: 30 MINUTES

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INTRODUCTION

Time: 1 minute

Today we are going to learn two important things about how to be safer when you ride your bicycles. First you will learn how to check your bike each time you ride it. Next you will learn how to ride safely on streets and sidewalks.

ACTIVITY 1: BIKE SAFETY CHECK

Time: 12 minutes

Let's talk about how your bike can take care of you better if you take care of it. Think about a car for a minute. When something important like the brakes or the engine is broken on a car, that means it is not safe to drive or that it won't go. The same thing is true of your bike.

We are going to learn how you can do an ABC Quick Check of your bike every time you ride it. Each check will only take a minute or two, but can really help you be safer! If your bike is broken, ask an adult or older brother or sister to help you, or take it to a bike shop to be fixed. Don't ride it if it is broken; it's not safe!

Ask students to raise their hands and suggest what parts of the bike they should check before riding. List the parts they suggest.

Pass out the ABC Quick Check card.

You always check these parts:

Air (Tires)—inflated properly—no big cracks or splits in the tire

Brakes—both front and rear hand brakes should work smoothly with no screeching; a foot brake should work when the rider pedals backward.

Chain—not too rusty and not ready to pop a link.

Quick releases on wheels and on seat—should be closed and tight.

Also check your bike seat to make sure it is not wobbly.

Demonstrate each check on the bicycle. Repeat the demonstration.

Tell the students they will now play a game of Jeopardy. Explain the game:

I will give you a clue and the first person to raise his or her hand and give the correct answer wins.

You can pop a link if you don't check this. (Answer: chain)

You might not be able to stop if you don't check these. (Answer: brakes)

You can lose a wheel if you don't check this. (Answer: quick release is closed and tight)

You can split a tire if you don't check this. (Answer: air)

What does the ABC Quick check remind you to do? (Answer: check air, brakes, chain, and quick release)

ACTIVITY 2: BIKING ON ROADS AND SIDEWALKS

Time: 15 minutes

Ask students where they currently ride their bicycles. Ask them to raise their hands if they ride on the sidewalk. Ask them if they ride on the road or street.



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Ask students where they do and don't ride their bicycle and why.

Tell the students they are going to learn how to ride more safely on the street or road and on sidewalks.

Show Illustration #1

Tell students to always ride on the right hand side of the street, in the same direction as cars, if riding in the road.

Ask students to raise their hands and give some reasons why it's not safe to ride "against" traffic:

- It's not safe to ride against traffic because drivers are not expecting wrong way traffic
- It's not safe to ride against traffic because you can't see the traffic signals and signs the drivers are using while they drive on the right side.
- It's not safe to ride against traffic because your speed of 8-10MPH plus the driver's speed of 25-35MPH makes a crash much worse!
- It's not safe to ride against traffic because you don't want to crash into another bicycle rider who is riding in the correct direction.

Show Illustration #2

Tell students to obey all traffic laws, signs, signals and pavement markings.

Ask students to raise their hands and give some reasons why it's safer to follow the rules and obey the traffic laws and signs.

- When you obey the signals and signs it helps other people on the road know what to expect from you as you drive your bike.
- Obeying the rules makes it easier to share the road with other people because everyone knows they will get a turn to go and a turn to stop.

Show Illustration #3

Tell the students bicycle riders stop, listen, and look left, right and left before entering the road.

Ask students to raise their hands and give some reasons why they need to stop, then look left, right, and left again before entering the street from another street, the sidewalk or a driveway.

- Traffic coming from the left is the first danger. Sometimes it is hidden and isn't yet in view, so they should look left again.
- Stopping and looking both ways means you can see oncoming cars.
- Stopping and looking both ways means oncoming car drivers have more time to see you!

Ask students what dangers driveways present to bicyclists.

- Cars may be entering or leaving the driveway.
- Drivers may not, usually are not, watching for bicyclists.

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Show Illustration #4

Tell students to use hand signals when they plan to turn, stop or slow down.

Ask students to raise their hands and give some reasons why it's safer to use hand signals on the road, paths and on the sidewalk.

- Signaling tells other people what you and your bike are going to do.
- Signaling shows other people that you take driving your bike seriously and that they should take you seriously too!

Show Illustration #5

Tell students to slow down, look and listen when they come to a corner. Tell them to walk their bike when crossing busy intersections and streets.

Ask students to raise their hands and give some reasons why it's safer to slow down and be alert at all intersections and why walking their bikes across busy intersections is safer.

- Being alert at intersections makes it easier to spot possible dangers like speeding cars.
- They can use the Walk signal and walk in the crosswalk.
- Walking across intersections means they are easier for drivers to see and react to properly.

Show Illustration #6

Tell students to be predictable. Tell them to ride in a straight line and always look behind them before turning, changing lanes or lane position. Tell them to signal and be sure it is safe before changing lane position.

Ask students to raise their hands and give some reasons why it's safer to look first and then signal before moving over or turning left.

- Car drivers and other bicycle riders know what you are going to do.
- If a driver doesn't see you, you will know not to move over or turn until he or she passes you.

Show Illustration #7

Tell students to be careful and courteous when riding on the sidewalk. Ask students for examples of courtesy when bicycling.

- Warn bicyclists or pedestrians with your bell or your voice when you are going to pass them. When passing a pedestrian from behind, say "on your left" and then pass on the left.
- Follow all traffic laws when riding on the roadway, such as stopping for pedestrians.



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Show Illustration #8

Ask students to raise their hands and give some reasons why it's safer to be careful riding on the sidewalk and how to share the sidewalk with pedestrians safely and courteously.

- Drivers don't expect someone moving fast on the sidewalk.
- Drivers are looking for other cars, not bike riders.
- Pedestrians will not hear a bike rider coming and will be startled unless you warn them first.

Pass out the Rules of the Road Card.

CLOSURE

Time: 2 minutes

We've looked at some common traffic situations that you face when you ride your bicycle on the road and on the sidewalk. When you follow the rules when you are riding your bicycle, you are sharing the road and making it safer and easier for everyone.

You have also learned some ways to quickly check your bike to make sure it is safe and ready for you to ride every time you ride.

Take the ABC Quick Check and Rules of the Road cards home to your family.

Ask students to tell you five ways to be safe when riding on the road or sidewalk.

Ask what ABC Quick Check means.