

# Bicycle Safety Lessons

## Teacher Information

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### Using These Lessons

A comprehensive and coordinated instructional approach is much more effective in teaching bicycle safety skills. Use these lessons to teach youth basic safety principles. Ask local bike clubs and experts to help you teach on-the-bike skills. Getting kids on bikes is essential for teaching proper bike driving and safety. Classroom activities can support this skill building, but cannot be a substitute.

### Your School's Bike Safety Education and Encouragement Program

Bicycles are the first vehicles most of us learn to drive, yet many of us don't know basic laws such as biking on the right with traffic, using a light if riding at night, or the correct way to wear a helmet or lock a bicycle. Driver's education at the high school level is currently the final segment of this continuum but a lot of learning needs to take place between these two ends of the continuum.

Following the concept of a continuum of traffic safety education, short classroom and school assembly activities and role-playing are appropriate for young children. As children get older and increase their ability and travel range, they need and deserve a more comprehensive level of education with actual hands-on experience.

If schools don't teach more comprehensive on-street bicycling skills training, they should avoid the mistake of telling students and parents that the children are road-ready.

### Working with local Bicycle Safety Presenters

Schools are strongly encouraged to connect with local and state bicycle groups to cooperate on safety presentations and bike rodeos that allow actual on-bike experiences for the children.

At the very least, bicycle safety presenters, usually from a local bicycle club, can be invited to give presentations to assemblies. They will come equipped with their own bicycles, helmets, and oftentimes handouts for the kids, and spend 25 to 35 minutes in each assembly. They will cover important rules in proper helmet fit, dressing for safety, doing the ABC Quick Check, and rules of the road.

In addition to the presentation, students could be given a copy of a safe bike driver handout to take home so that they can practice with their parents. They will also be given take home brochures for their parents to learn safety tips for both bicyclists and motorists.

### Additional Tips for Teachers

- Hold bike rodeos and skill-building events to give students hands-on, real world bike safety experience.
- Contact the League of Michigan Bicyclists ([www.lmb.org](http://www.lmb.org)) to learn what bicycle groups in your area can do to help with a bike rodeo.

