



Bike Safety Education 10 Lesson Outline

5- Day Program: Complete 2 lessons per day.

10- Day Program: Complete 1 lesson per day.

Lesson 1 – Basics of Bike Safety

Timing: One hour in class

Techniques: small group discussion, think, pair, share, share one thing learned

Before class: Obtain DVD player.

Inspect bike storage if you have not already seen it.

Verify with the teacher that the pre-test has been completed, be prepared to administer the pre-test at the beginning of class if it has not been done.

- 1) Introduce yourself, your classroom rules, and the BTA. Give students a brief day by day overview of the class, include a reminder about the community ride and inviting parents.
- 2) Ask who rode your bike today.
- 3) Define the basics of bike safety, Visible, Predictable, Legal. Brainstorm what these mean for biking safely.
 - a. Visible: lights, riding in a big group, bright colors.
 - b. Predictable: ride single file, use hand signals. Teach class hand signals.
 - c. Legal: stop signs, stop lights, speed limit, yield to pedestrians, hand signals.
- 4) Ask the kids to brainstorm the benefits of biking for transportation (health, cost, environment, fun)
- 5) Show video.

After class: pick up pre-tests.

Lesson 2 – Helmets

Timing: One hour in class

Techniques: Think, pair, share, directed brainstorming, helmet fitting and bike parts overhead.

Before class: Bring helmets to school. Optional: Bring a bike to class and helmet fitting and bike parts overhead.

- 1) Review lesson 1.
- 2) Talk about the importance of wearing a helmet
 - a. Protects your brain. Why do you like your brain? What can it do?
 - b. Your brain can't fix itself like a broken bone can.
 - c. Who wears a helmet for their job and why.
- 3) Ask how a helmet work and when do you replace it
 - a. The Styrofoam absorbs the impact of the fall. The plastic on the outside helps it slide, the straps keep it on your head.
 - b. You should replace your helmet after a crash or 5 years.
 - c. You should never drop, kick, throw your helmet or store it in the sun.
- 4) Pass out helmets. Have student check helmets for cracks in the Styrofoam.



- 5) Demonstrate how to fit a helmet.
 - a. The helmet should fit snugly on your head.
 - b. It must be level on your forehead, as close to eyebrows as possible, should see the edge of the helmet when you look up
 - c. The sliders must be right under your ears and the straps make a "v" around your ears.
 - d. The chin-strap should be tight enough that it doesn't slip over your chin.
- 6) Have students fit their helmets and check their neighbors. Walk around and check each child's helmet. Have the teacher write the kids names on masking tape and place on the front of the helmet.
- 7) Optional: Bring a fleet bike to class and go over the important parts of the bike, cover the bike safety check.
- 8) Remind students about Bike Safety dress code and permission slips. Closed toed shoes. Dress appropriately for weather. You must have your permission slip turned in or you can't ride.

Lesson 3 - Parts of a bike and bike fitting

Timing: 15 minutes in class, 40 – 45 minutes on bikes

Techniques: Think, pair, share, team oath overhead

Before class: Scope out playground for a good area to do drills. If playground space is an issue consider using the perimeter of the playground or move kids to street drills as soon as safely possible (you need to be confident in their bike control and stopping capability). Bring bikes to school. Review Lesson 2. (The in class portion of this lesson a great time to have any "super volunteers" call interested parents about volunteering at the community ride or for the program in general. Parents will self select on the permission slips.)

- 1) Go over the Team Oath: Always wear and respect your helmet; Always ride single file with ghost space; Always follow all laws; No tricks; Always show respect.
- 2) Cover Bicycle Laws and rules of the road.
 - a. Riding on right side of the street, obey traffic signs, hand signals,
- 3) Talk about braking with both hands and shifting.
- 4) Demonstrate the Personal Safety Check (PSC)
 - a. Helmet
 - b. Roll up right pant leg
 - c. Shoes tied, close toed shoes
 - d. Attitude
- 5) Line class up by height and go out to the bikes.
- 6) Pass out bikes: If you organize the bikes and students by size you can quickly pass out the bikes and fit almost every one correctly on the first try.
- 7) Demonstrate the Bike Safety Check (BSC)
 - a. Tires
 - b. Brakes
 - c. Handlebars



- d. Chain
 - e. Seat height
 - f. Quick releases
- 8) Conduct drills on playground: Follow the leader with “pass it back” (look for ghost space). Practice braking with both hands and shifting.
After class: Gather permission slips and look to see if any parents are interested in volunteering. Contact parents.

Lesson 4 – Intro to intersections (L, R, S)

Timing: 15 minutes in class, 40 – 45 minutes on bikes

Techniques: Think, pair, share, team oath overhead

Before class: Set up drill.

- 1) Review lesson 3.
- 2) Introduce intersections
 - a. What is an intersection? What are the different types?
 - b. How many ways can you go through an intersection (left, right, straight and as a pedestrian)
 - c. Lane positions (right by the curb, center and left) and what they are used for.
 - d. How to go straight
 - e. How to turn right
 - f. How to turn left (shoulder check, signal, move to the left, and alternatives)
 - g. Crosswalks and when to “transform” into a pedestrian.
- 3) Go outside. Pass out bikes, BSC and PSC.
- 4) Conduct drills on playground: practice using both brakes with the Red Light/Green Light drill and then do the right turn left turn drill.

Lesson 5 – Intersection practice

Timing: 20 minutes in class, 35 - 40 minutes on bikes

Techniques: Think, pair, share, turning activity on overhead, team oath overhead

Before class: Set up drill.

- 1) Review lesson 4.
- 2) Review Team Oath.
- 3) Go outside. Pass out bikes, BSC and PSC.
- 4) Conduct drills on playground: right turn and left turn drill on the street and either a short ride around the school or a slow race.

Lesson 6 – Intersections in depth and on the street

Timing: 15 minutes in class, 40 – 45 minutes on bikes

Techniques: Think, pair, share, team oath overhead,

Before class: Scope out a low traffic intersection to use for drills. Set up drill. Obtain Overhead: Right of Way rules.

- 1) Review lesson 5.
- 2) In depth straight, right, and left turns at an intersection discussion.



- a. Straight
 - i. Riding to the right, signal stop before stopping.
 - ii. Brake with both hands and stop at the stop sign.
 - iii. Look left, right, left. When it is clear ride straight onto the right side of the road on the other side of the intersection.
 - b. Right
 - i. Riding to the right, signal stop before stopping.
 - ii. Brake with both hands and stop at the stop sign.
 - iii. Look left, right, left.
 - iv. Signal Right and when it is clear turn onto the street on the right side of the roadway.
 - c. Left
 - i. Riding to the right, shoulder check, signal, move to the left.
 - ii. Signal stop before stopping.
 - iii. Brake with both hands and stop at the stop sign.
 - iv. Look left, right, left.
 - v. Signal Left and when it is clear move to middle of the intersection and then turn onto the street on the right side of the roadway.
 - d. Transform into a Pedestrian.
 - i. This techniques should be used when an intersection seems too dangerous to ride through.
 - ii. Use a marked crosswalk when ever possible.
- 3) Discuss riding with traffic: Introduce that you will practice the Emergency Drill, Review team oath.
 - 4) Go outside. Pass out bikes, BSE and PSC.
 - 5) Conduct drills on low-traffic intersection: Emergency drill, Left turns and right turns on the street. Follow on street protocol.

Lesson 7 – Right of Way

Timing: 20 minutes in class, 35 – 40 minutes on bikes

Techniques: Think, pair, share, diagrams on white board, chaos drill

Before class: set up drill, Chaos Square.

- 1) Review lesson 6.
- 2) Right of way, what does that mean?
- 3) Right of way discussion. Use Overhead: Right of Way rules.
 - a. First to stop, goes first.
 - b. Furthest to the right, goes first.
 - c. Straight goes first, turning left goes last.
 - d. Don't Get Hi! (Zero rule)
- 4) Review team oath.
- 5) Go outside. Pass out bikes, BSC and PSC.
- 6) Conduct Chaos Square Drill.



Lesson 8 – Right of way practice

Timing: 15 minutes in class, 40 – 45 minutes on bikes

Techniques: Think, pair, share, on street drill set up

Before class: Set up drill. Review lesson 7

- 1) Review right of way with the “Who has the right of way” scenarios overhead detailing the use of the Zero rule.
- 2) Review team oath.
- 3) Go outside. Pass out bikes, BSC and PSC.
- 4) Conduct drills on low-traffic intersection: Right of way drill. Follow on street protocol.

Lesson 9 – Hazards

Timing: 15 minutes in class, 40 – 45 minutes on bikes

Techniques: Think, pair, share, on street drill set up

Before class: Set up drill.

- 1) Review Lesson 8
- 2) Discuss road hazards and how to avoid them with the “road hazards” overhead.
- 3) Review team oath.
- 4) Go outside. Pass out bikes, BSC and PSC.
- 5) Conduct drills on low traffic intersection: Right of way drill and a short ride if you have time. Follow on street protocol.
- 6) Remind kids to invite parents to the community ride tomorrow.

Lesson 10 – Community Ride!

Timing: 5 minutes in class, 55 minutes on bikes, community ride

Techniques: Introduce volunteer, explain rolling process, engage volunteers in assisting kids, watching intersections, support

Before class: Scope out a route for the community ride. Create map, include class schedule and your contact information. Give a copy to office staff. Give BTA volunteers map and instructions.

- 1) Review team oath.
- 2) Go outside. Pass out bikes, BSC and PSC.
- 3) Go for the Community Ride! Follow on street protocol.

After class: Drop off post tests and teacher evaluation in teacher boxes. Arrange a time to come pick them up or have the teachers mail them to the BTA office.



BTA Bike Safety Education Protocol and Policies

1. * On-street Protocol

- **If you stop traffic when crossing a busy street with a group of students, the class must get off their bikes and walk across as pedestrians. Do not stop the traffic and allow the students to ride across as a group.**
- **Always place an adult at any intersection in which the group does not have the right-of-way, including left turns and at uncontrolled intersections.**
- **When an emergency is encountered, the BTA instructor will instruct students leave the street and sit in a safe place off the street out of the way of traffic.**
- **Follow all laws.**

Suggestions:

- **Make sure that you include intersections on your route that students can go through on their bikes, one at a time.**
- **Look for uncontrolled intersections when setting up your intersection practice so the students can enter and leave the practice area easily and quickly.**
- **Look for two way stop intersections when setting up your intersection practice so that you begin the drill as a four way stop and as they progress transform the intersection into a two way stop (for the right of way practice at a two way stop intersection).**
- **When conducting intersection drills with two or more adults, have one adult watch the intersection at all times.**
- **On the community ride, the lead instructor may stop to watch an intersection while waiting for another adult to that his/her place. Make sure that you have scouted a landmark to send the students to as they safely go through the intersection. For example, "Joey, after you make a safe decision and go through this intersection, please stop at the big tree by the red car and wait for me."**

2. Incidents and Injuries Protocol

- **If a child is injured during a bike safety education class and the classroom teacher wants you to fill out a school incident form, you must also fill out the BTA incident form and turn into the Education Programs Manager with in 12 hours of the incident.**

3. Bike Safety Parent releases Protocol

- **All students must have a signed release form returned to the school before they can ride a bike.**



4. Student helmets and bikes Protocol

- All students participating in BSE must be wearing a BTA instructor approved helmet (the helmet must not be older than 5 years or have visible cracks in the Styrofoam) and riding a BTA instructor approved bike (the bike must have working handbrakes and gears).

5. Vehicle damage Protocol

- Document the damage and situation. Email the documentation to the Education Programs Manager and Finance Director with in 12 hours of the incident. Leave a note on the car with the Finance Director as the person at the BTA the car owner should contact.

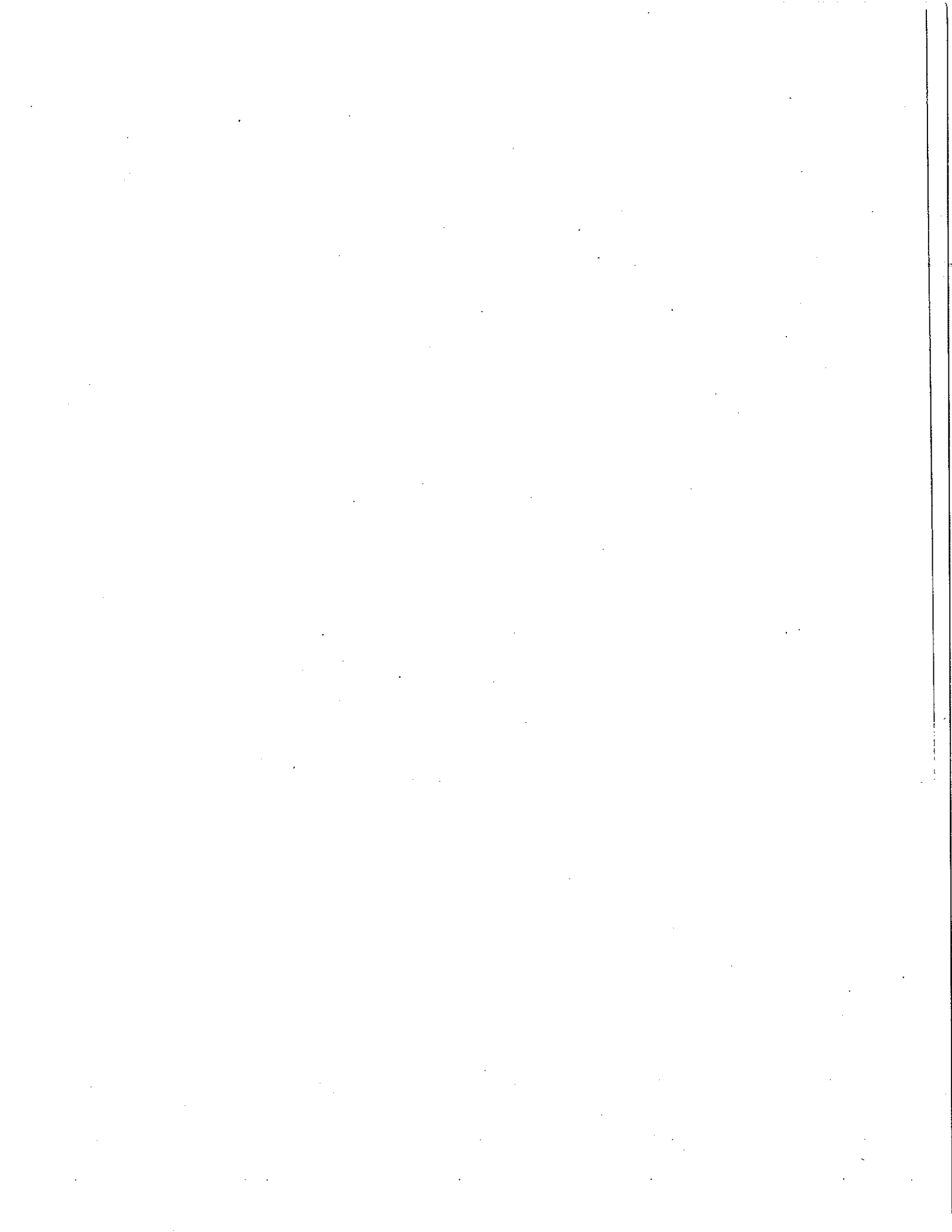
Report Policy

- It is recommended that all instructors read school reports from previous year of Bike/Ped Safety before the teacher meeting and before beginning to teach in a school.
- Instructors will complete a report for every school where they teach BSE/PSE. If there are two instructors the instructors will agree on who is writing the report and the other can contribute information to the report.

Lice Policy

- Our helmets rest for a minimum of one week in between use at schools, often times the rest period is much greater than a week. Research shows that lice are not able to survive on inanimate objects.

Note: This policy has been guided by information obtained through the following websites: the Center for Disease Control, The State of California Environmental Health, The Lice Solution, Dr. Greene, and EHow.



Emergency Procedure Protocol

In case of an emergency get all students onto the sidewalk sitting in a line, leave bikes next to the curb. Instruct students to remain seated with their hands to themselves until further instructions are given. Approach injured student and assess situation with teacher. Give care where appropriate. Call 911 if the emergency calls for it. Contact the school as soon as possible. Fill out school incident form and BTA incident form. If necessary, end drill and take students back to their classroom.

Emergency drill:

Yell emergency. Students must as quickly as possible leave their bikes by the closest curb and sit in a line on the sidewalk or if there is no sidewalk, safe area adjacent to the road. Practice several times until kids can do it quickly.

Lice policy: we use helmets and thus have to talk about lice more than we would like. Below are a host of websites with information that has guided our policy.

State of California info page. <http://www.environmentalhealth.ca/lice.htm>

Ehow search result http://www.ehow.com/facts_5301166_long-lice-live-body-contact.html

DR Greene chimes in <http://www.drgreene.com/azguide/lice>

THE lice solution <http://www.licesolution.com/licefaq.html>

The CDC <http://www.cdc.gov/parasites/lice/head/index.html>

So just to be safe our policy is that our helmets "rest" for one week in between schools.