Bike / Skateboard and Traffic Safety

DATE:

SOCIAL SKILL OBJECTIVE: Students will identify potentially dangerous situations involving cars while riding a bike or skateboard and discuss their specific responsibilities when involved with each. Instructors will use one or more of the following activities.

MATERIALS: http://www.iowadot.gov/mvd/ods/dlmanual/section2.pdf, several helmet sizes
http://www.youtube.com/watch?v=IOMC1IPiWc ;
http://www.youtube.com/watch?v=WfWJfki-AOY

BOOKS: Bubble Wrap Queen by Julia Cook; Look Left, Look Right, Look Left Again, by Ginger Pate; Bike Safety: A Crash Course (Spokes), by Lisa Amstutz; The Berenstain Bears Safe and Sound

ASCA NATIONAL STANDARDS: A:A3.3, PS:A2.1, PS:C1.2, PS:C1.6, PS:C1.7


ACTIVITY 1: Instructors will print flyers for each student and discuss their responsibility in following them. http://www.iowadot.gov/mvd/ods/dlmanual/section2.pdf Traffic signs tell us about traffic rules, hazards, where we are, how to get where we are going, and where services are located. The shape and color of these signs give clues to the type of information they provide.

ACTIVITY 2: Instructors will read the following Skateboard Safety Tip questions and students will discuss. http://www.biak.us/skateboard-safety Skateboarders can greatly reduce their risk of serious injury by following some simple safety tips.

- **Skateboard Safety Tips**
  - Why is it important to wear protective gear at all times, including a helmet, wrist guards, knee pads, elbow pads and appropriate shoes?
  - Why is it important to make sure you empty your pockets of all hard or sharp objects?
  - Experts say to “Master the basics first”. What does this mean? Learn turning and slowing techniques and how to stop properly before attempting more difficult maneuvers.
  - Why is it important to learn how to fall while riding a skateboard? Learn to fall on the fleshy parts of your body rather than your arms. If you know you’re going to fall, crouch down so you won’t have as far to fall.
  - If you fall what do you need to remember to do? Try to relax and roll if you fall.
  - What is important to remember if you are going to do tricks with a skateboard? Practice tricks and jumps in a controlled environment such as a skateboard park where you have access to emergency medical care.
  - Where is it safe to ride a skateboard? On smooth pavement away from traffic.
• What does ‘screen the area” mean and why is it important? **Screen the area where you will be riding for holes, bumps, rocks, glass or other debris.**

• What is one very important thing you should never do while riding a skateboard? **Never hold onto a moving vehicle while riding a skateboard.**

• Why is it important to never ride a skateboard on a street?
• Why is it important to never attempt to ride more than one person on a skateboard?
• Why do you never use headphones while skateboarding?
• Why is it important to keep your skateboard in good condition and give it a safety check each time before you ride?
• Why is it important to not skate in crowds of non-skaters?
• What should you always remember if you skate on the sidewalk? **Consider others.**
• What do you need to know in case there is an emergency? **Call 9-1-1 for medical assistance. Don’t panic.**

*Source* U.S. Consumer Product Safety Commission Washington, DC 20207

**ACTIVITY 3:** Students will watch a video (start at one minute to avoid unnecessary information) on the importance of bike safety which covers wearing helmets when riding bikes [http://www.youtube.com/watch?v=uBGW8j__Jsg](http://www.youtube.com/watch?v=uBGW8j__Jsg). This link covers correct helmet fit only [http://www.nhtsa.gov/Bicycles](http://www.nhtsa.gov/Bicycles). Instructors will discuss the importance of having helmets fit properly using the following handout. Each student will receive a copy of handout. [http://www.helmetsonheads.org/wp-content/uploads/how-to-fit-bicycle-helmet.pdf](http://www.helmetsonheads.org/wp-content/uploads/how-to-fit-bicycle-helmet.pdf)

### Bike Safety

• Why is it important to wear a properly fitted bicycle helmet? **Protect your brain, save your life.**

• Why is it important to check your equipment? **Before riding, inflate tires properly and check that your brakes work. What could happen if you don’t?**

• Why is it important to make sure your bike is adjusted to fit you? **Stand over your bicycle. There should be 1 to 2 inches between you and the top tube (bar) if using a road bike and 3 to 4 inches if a mountain bicycle. The seat should be level front to back. The seat height should be adjusted to allow a slight bend at the knee when the leg is fully extended. The handlebar height should be at the same level with the seat.**

• What does it mean to “see and be seen”? **Whether daytime, dawn, dusk, foul weather, or at night, you need to be seen by others. Wearing white has not been shown to make you more visible. Always wear neon, fluorescent, or other bright colors when riding day or night. Also wear something that reflects light, such as reflective tape or markings, or flashing lights. Remember, just because you can see a driver doesn’t mean the driver can see you.**

• What does it mean to “have control of your bicycle”? **Always ride with at least one hand on the handlebars. Carry books and other items in a bicycle carrier or backpack.**

• What does it mean to watch for and avoid road hazards? **Be on the lookout for hazards such as potholes, broken glass, gravel, puddles, leaves, and dogs. All these hazards can cause a crash. If you are riding with friends and you are in the lead, yell out and point to the hazard to alert the riders behind you.**
Why is it important to not ride at night? It is far more dangerous to ride at night than during the day because you are harder for others to see. If you have to ride at night, wear something that makes you more easily seen by others. Make sure you have reflectors on the front and rear of your bicycle (white lights on the front and red rear reflectors are required by law in many States), in addition to reflectors on your tires, so others can see you.

What are our responsibilities when we ride a bike? Many bicycle-related crashes resulting in injury or death are associated with the bicyclist’s behavior, including such things as not wearing a bicycle helmet, riding into a street without stopping, turning left or swerving into traffic that is coming from behind, running a stop sign, and riding the wrong way in traffic. To maximize your safety, always wear a helmet AND follow the rules of the road.

What rules are bike riders expected to follow when riding in the street? The safest place for bicycle riding is on the street, where bicycles are expected to follow the same rules of the road as motorists and ride in the same direction. Stop at corners of sidewalks and streets to look for cars and to make sure the drivers see you before crossing. Enter a street at a corner and not between parked cars. Alert pedestrians that you are near by saying, “Excuse me,” or, “Passing on your left,” or use a bell or horn.

**Rules of the Road when riding a bike:** Bicycles in many states are considered vehicles, and cyclists have the same rights and the same responsibilities to follow the rules of the road as motorists. When riding, always:

- **Go With the Traffic Flow.** Ride on the right in the same direction as other vehicles. Go with the flow – not against it.

- **Obey All Traffic Laws.** A bicycle is a vehicle and you’re a driver. When you ride in the street, obey all traffic signs, signals, and lane markings.

- **Yield to Traffic When Appropriate.** Almost always, drivers on a smaller road must yield (wait) for traffic on a major or larger road. If there is no stop sign or traffic signal and you are coming from a smaller roadway (out of a driveway, from a sidewalk, a bike path, etc.), you must slow down and look to see if the way is clear before proceeding. This also means yielding to pedestrians who have already entered a crosswalk.

- **Be Predictable.** Ride in a straight line, not in and out of cars. Signal your moves to others.

- **Stay Alert at All Times.** Use your eyes AND ears. Watch out for potholes, cracks, wet leaves, storm grates, railroad tracks, or anything that could make you lose control of your bike. You need your ears to hear traffic and avoid dangerous situations; don’t wear a headset when you ride.

- **Look Before Turning.** When turning left or right, always look behind you for a break in traffic, then signal before making the turn. Watch for left- or right-turning traffic.

- **Watch for Parked Cars.** Ride far enough out from the curb to avoid the unexpected from parked cars (like doors opening, or cars pulling out).

- Experts recommend that children less than 10 years old are not mature enough to make the decisions necessary to safely ride in the street and are better off riding on the sidewalk.
ACTIVITY 4: Pedestrian Safety – Students will learn the importance of being aware of their surroundings while walking in traffic. Instructors will discuss the following discussion topics with students then share this Pedestrian Safety YouTube video http://www.youtube.com/watch?v=1OMCI1PPlWc.

- Why do we walk sometimes instead of using transportation?
- What are some places you walk to on a daily basis?
- When walking in a neighborhood what are some things you need to look out for?
- What does “yield” mean?
- How do traffic signs help keep pedestrians safe?
- Have you ever seen other kids do things while walking that are considered dangerous?
- Have you ever felt unsafe while walking?
- What are some examples of roads that are difficult to cross?
- What is important to remember when walking at night?
- Why is a driveway considered a hazard to walking?
- Texting and driving are illegal. What about texting and walking?
- Where is the safest place to cross the street?
- What is important to remember when walking with headphones on?
- Where do you look before crossing the street?
- Experts say to look drivers in the eye when crossing the street. Why do they say this?
- What is the difference between a flashing “Don’t Walk” signal and a solid “Don’t Walk” signal?
- Why is it important to watch out for others (drivers and pedestrians) who might be distracted when they are driving or walking?
- Why do you think teens account for 50% of all child pedestrian injuries?
- What would you say to a friend who was making unsafe choices while walking with them?
- What are crosswalks? What are they for?
- When walking on the street because there is not a sidewalk, why is it important to walk on the left side of the street, facing oncoming traffic?
- If a pet enters the street why is it important for you to get an adult and not enter the street to get him?
- It is hard to judge the speed of cars so why is this important information if you want to cross the street?

ACTIVITY 5: Bike Safe, Bike Smart - Instructors will share this video and then discuss the signals with students. Start at 51 seconds. https://www.youtube.com/watch?v=uBGW8j__Jsg&list=PL6Fie3a_UPmYS6p9R3nj_nMIW-UdT1DnC

ACTIVITY 6: Instructors will play this video and discuss the seriousness of driving while texting. https://www.youtube.com/embed/JHixeIr_6BM?rel=0&autoplay=1&iv_load_policy=3

ACTIVITY 7: An expert in bike / skateboard safety will be invited to speak with the students.

GAME: Community Safety