

# SAFE ROUTES



# TO SCHOOL

# Lesson Calendar

- Day 1: Bike Safety Skills Talk Part 1
- Day 2: Bike Safety Skills Talk Part 2
- Day 3: Helmets and Know Your Bike

# Bike Safety Part 1: Today We Discuss

- Fears and Greets  What do you think?
- Bicycle Commuting  Who rides to school?
- Bike Safety  What is the reality?
- Accidents & Hazards  Keeping it safe.
- Shoulder Check  How and Why?

# FEARS AND GREATS



# Why Biking is Great !!!



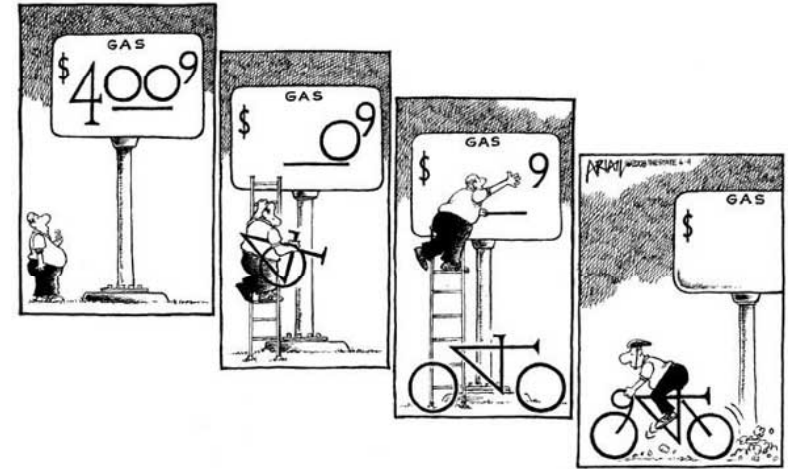
5 M's



# Bicycle Commuting Statistics

## Saves Money

--Every time you ride a bike, you save \$ on gas...plus 40% of all trips are under 2 miles, a very bikeable distance (saferoutesinfo.org)

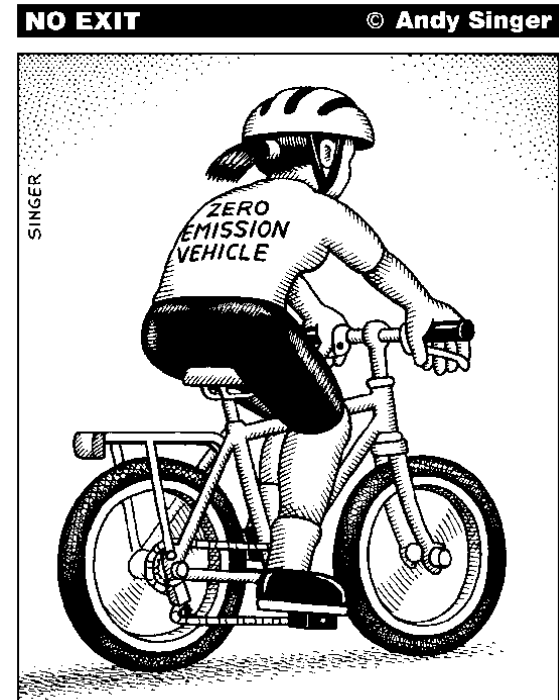


## Good for Your Health

--Dept of Health and Human services recommends 60 min of physical activity per day for children (saferoutesinfo.org)

## Good for The Environment

--60% of Sonoma County's Total carbon emissions are due to transportation (Sonoma County Community Climate Action Plan)





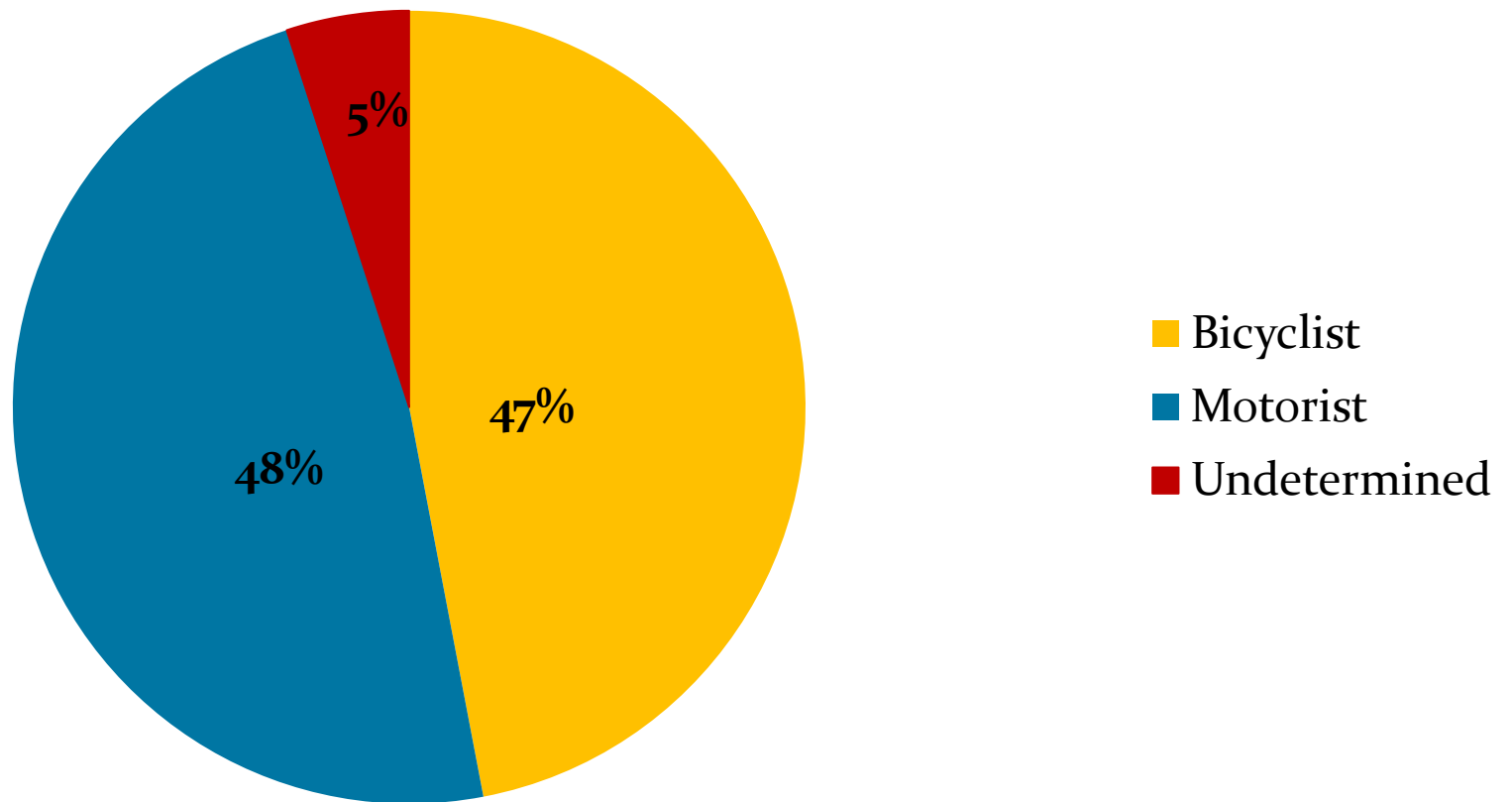
# Safety Reality



- Hit and killed by lightning: 1:500,000
- Child is overweight or obese 1:3
- Child has asthma 1:7
- Death from heart disease 1:5
- Killed next year in car accident 1:7,700
- Killed next year while walking 1:92,000
- Abducted by stranger 1:610,000
- Killed next year while riding bicycle 1:720,000

# Crash Statistics

Who is at fault?





# Accidents and Hazards



# Obey Traffic Law



# Ride On the Right



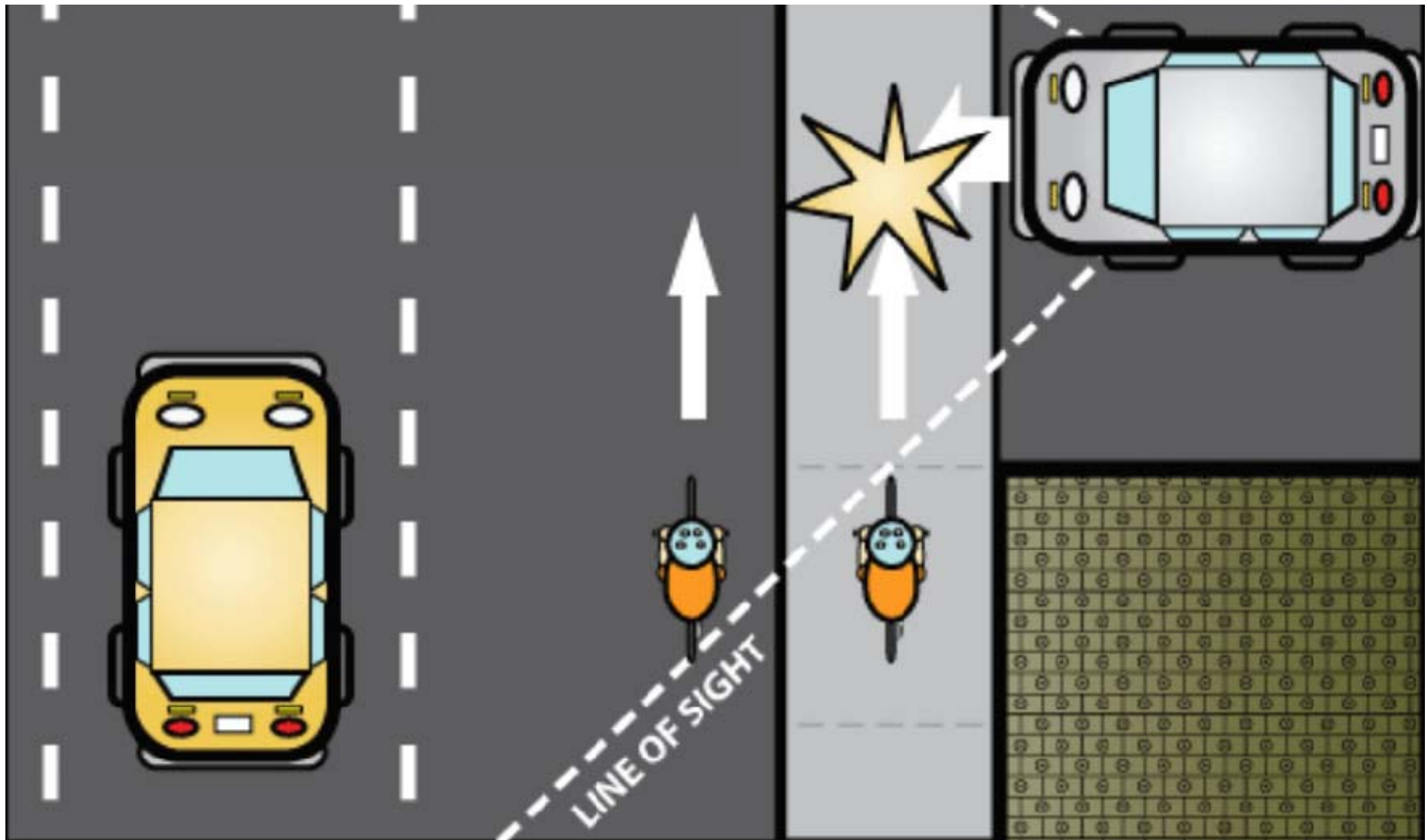
# Stop Before Exiting Driveways



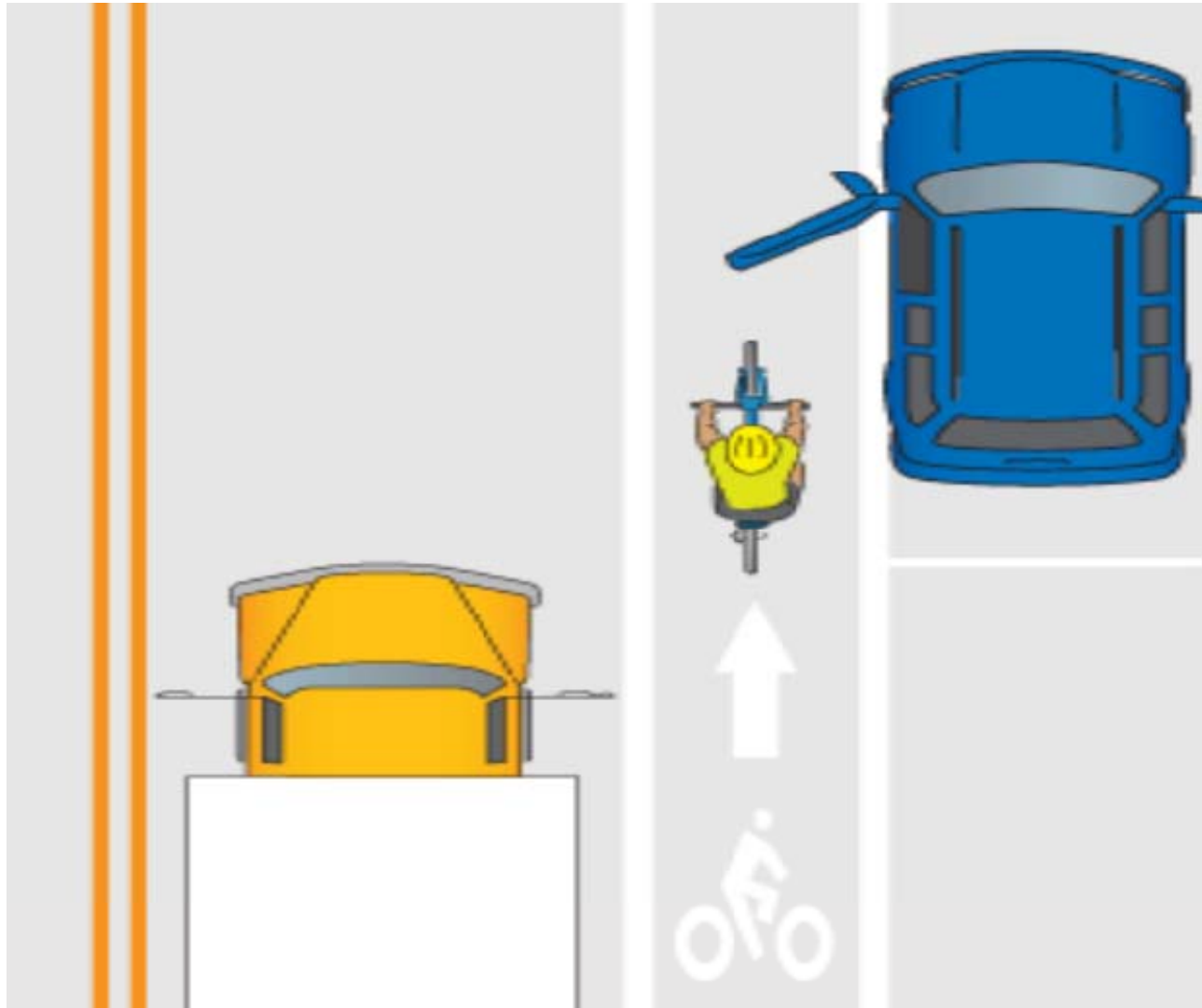
# Avoid Sidewalks



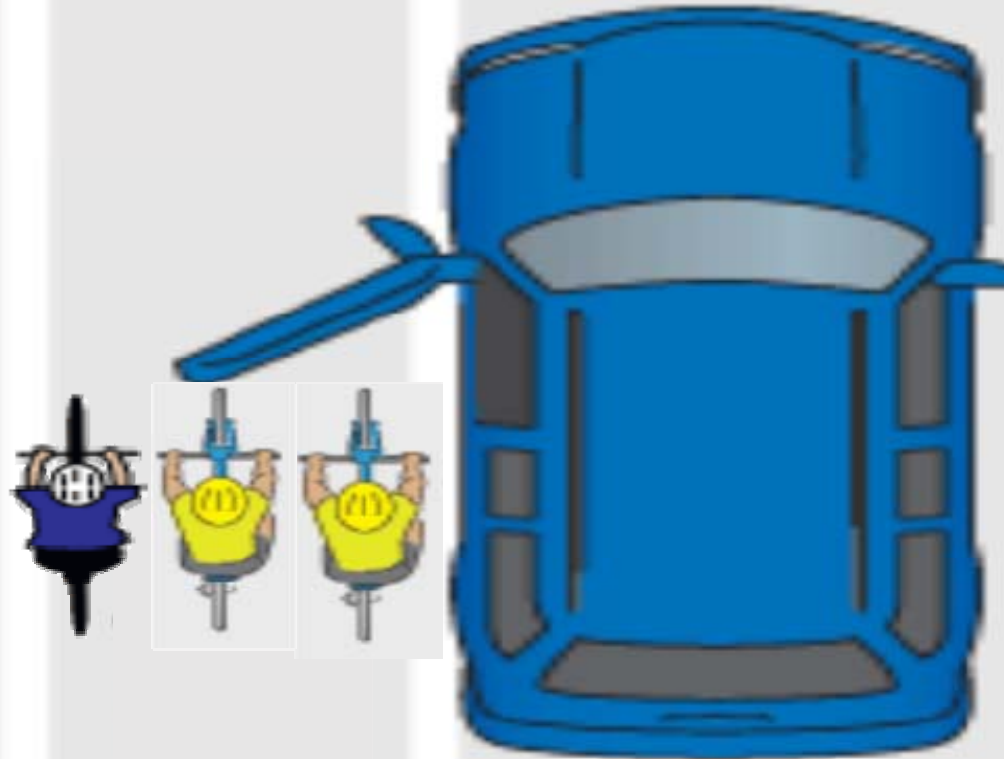
# Avoid Sidewalks



# The Door Zone



# The Door Zone



Stay **2** Bike Spaces Away



# Don't Be A Squirrel



# Don't Be A Squirrel



# Don't Be A Squirrel



# Don't Be A Squirrel



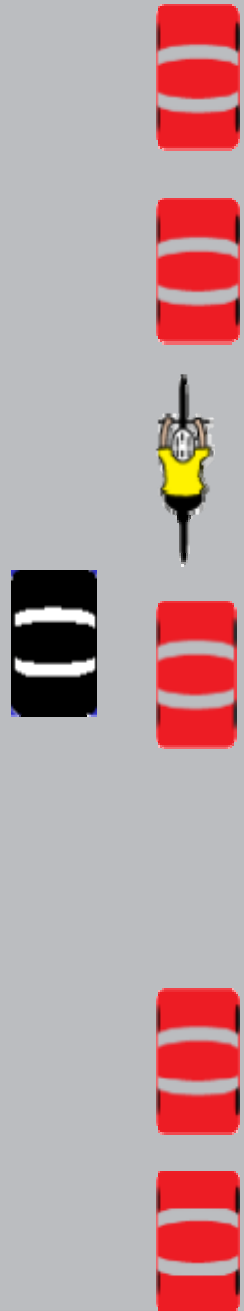
# Don't Be A Squirrel



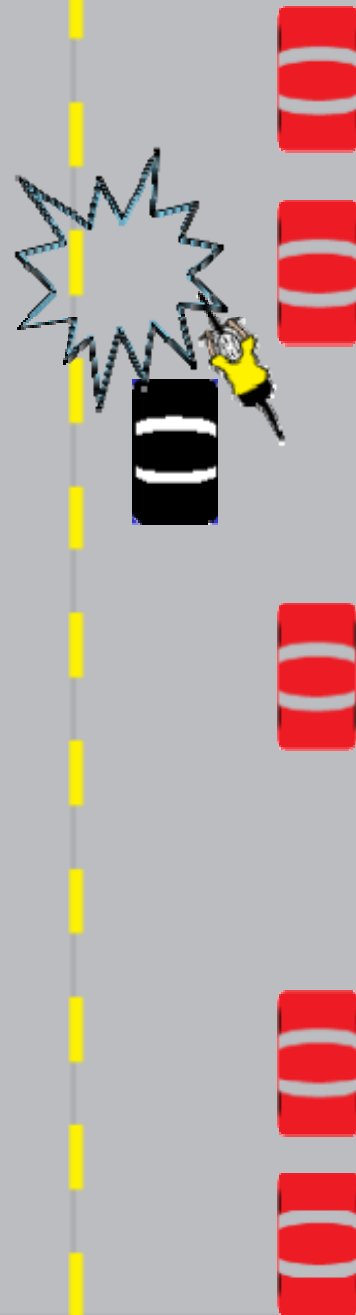
# Don't Be A Squirrel



# Don't Be A Squirrel

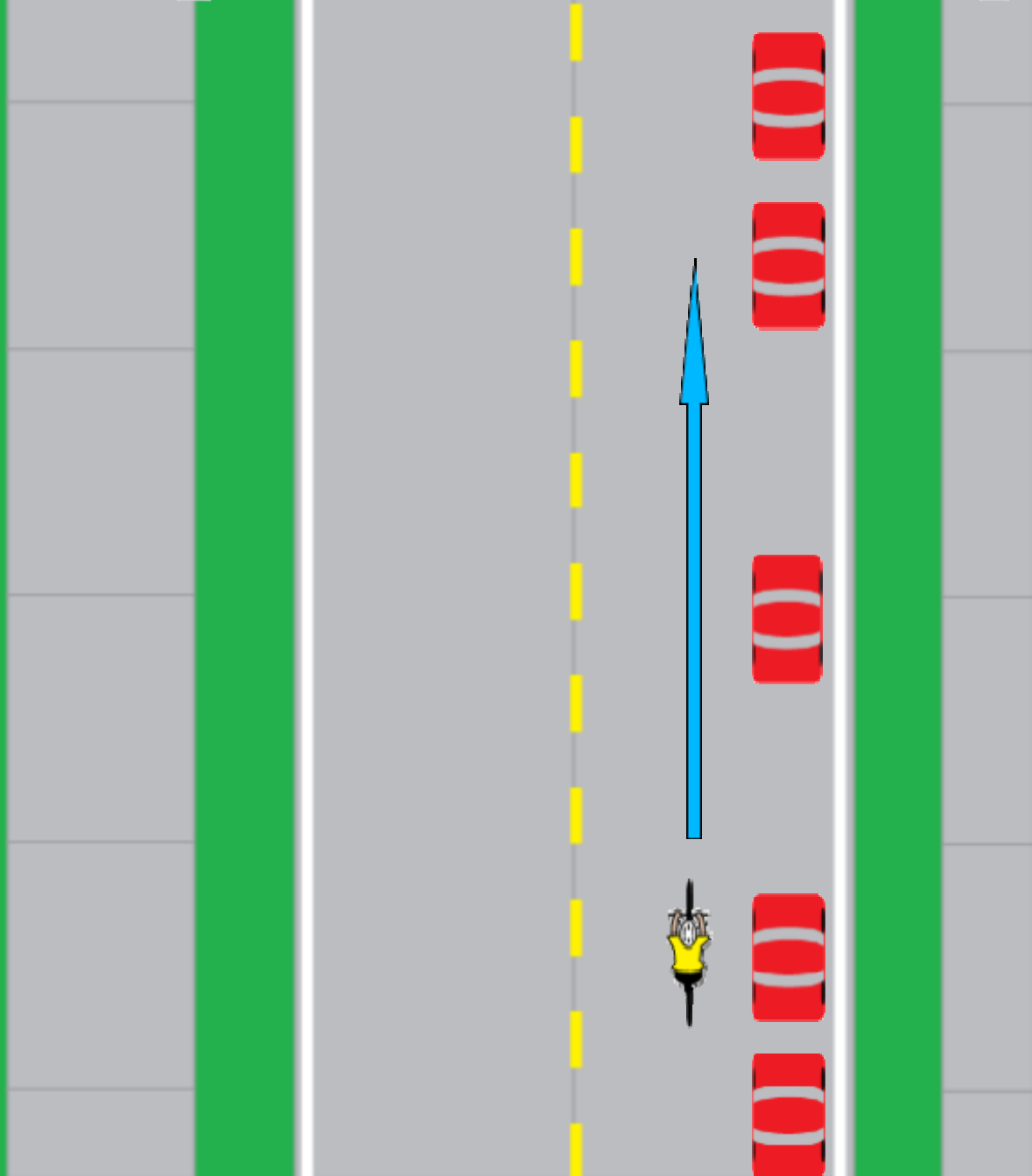


# Don't Be A Squirrel

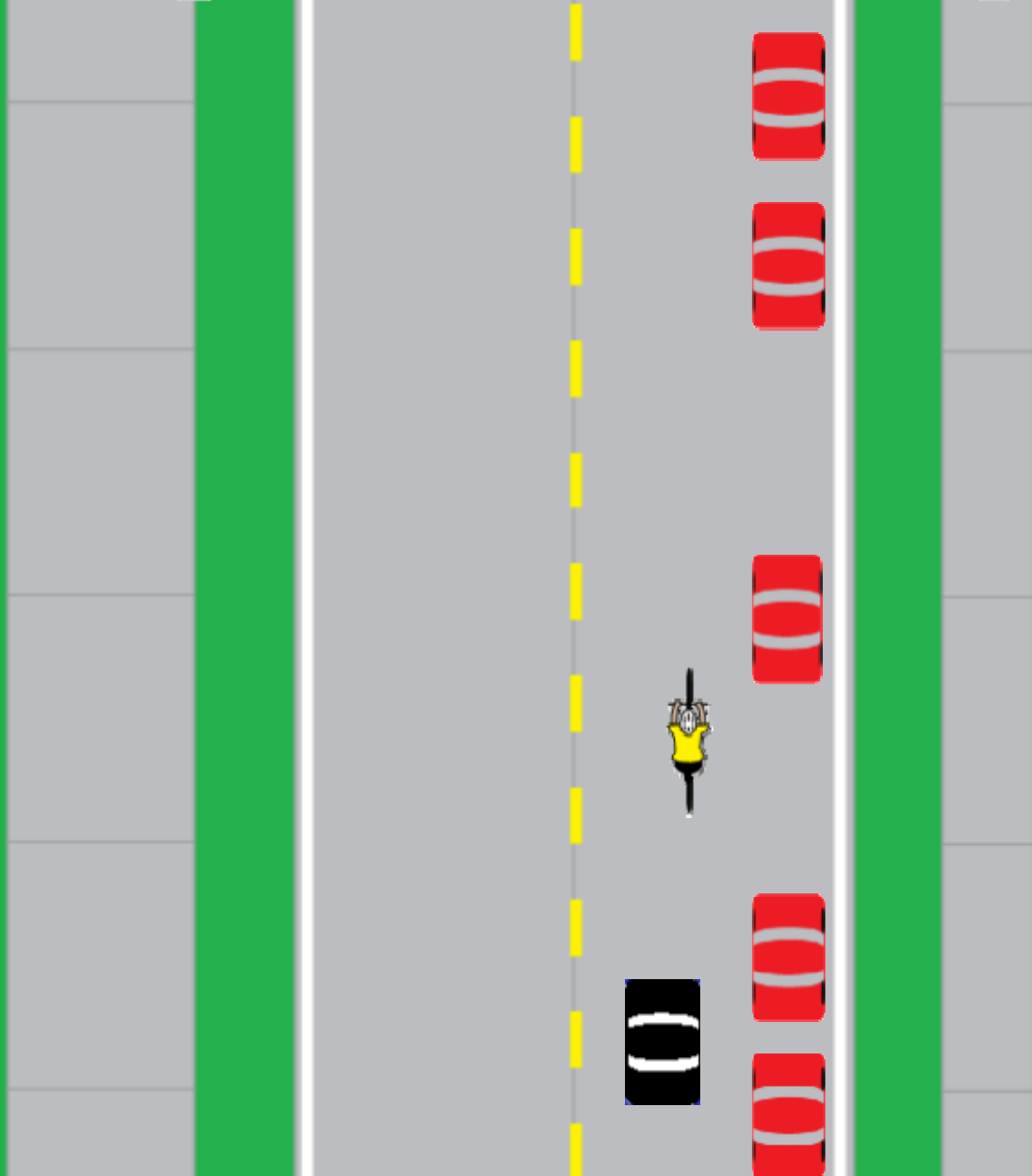




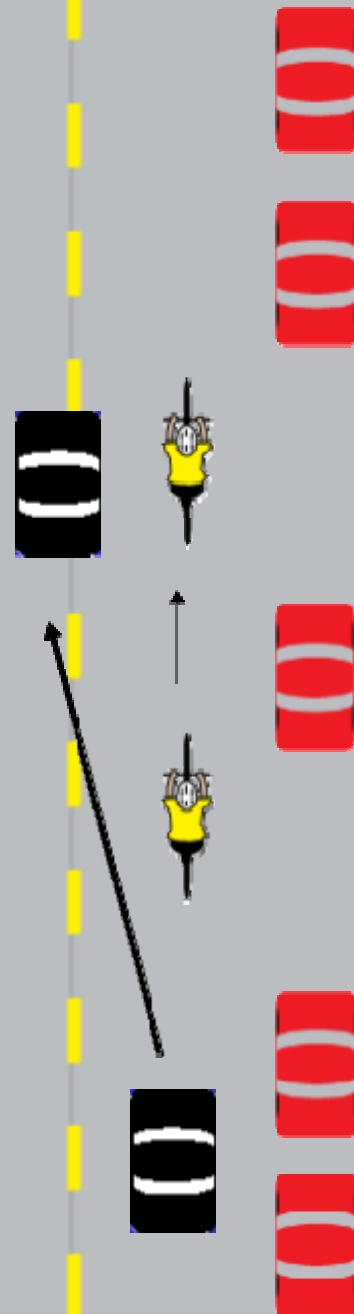
# Right Straight

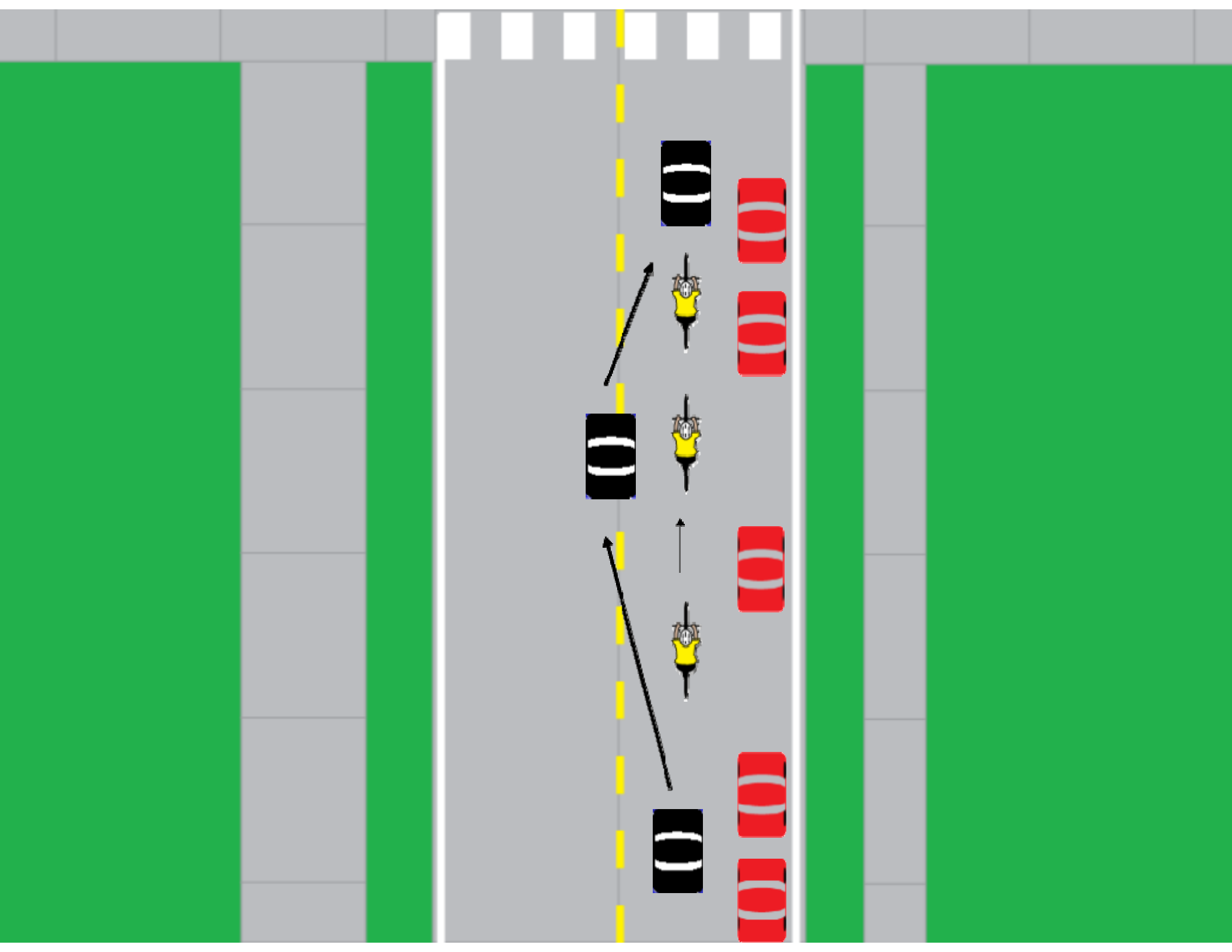


# Right Straight



# Right Straight





# Check Before Passing

P  
A  
S  
S  
-  
I  
N  
G  
Z  
O  
N  
E



# Check Before Passing



# Check Before Passing



# Check Before Passing





# Shoulder Check

P  
A  
S  
S  
-  
I  
N  
G  
Z  
O  
N  
E

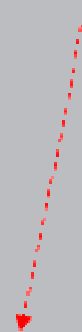


# Shoulder Check

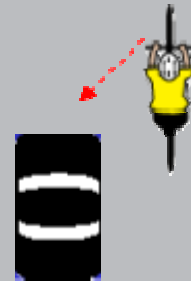
P  
A  
S  
S  
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O  
N  
E



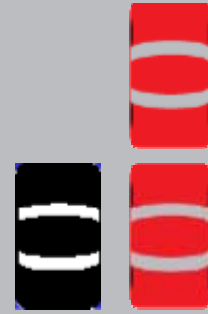
# Shoulder Check



# Shoulder Check



# Shoulder Check

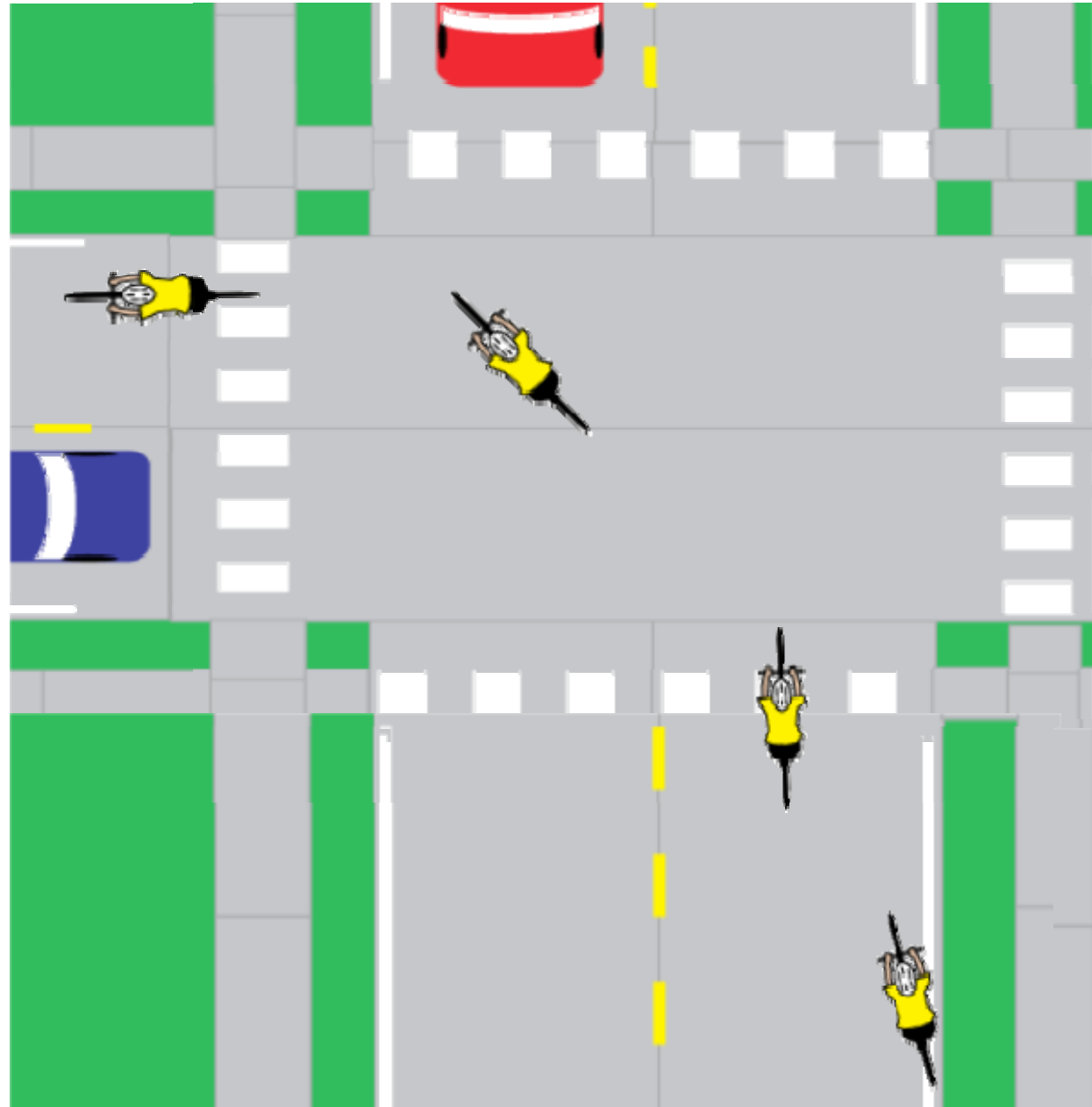
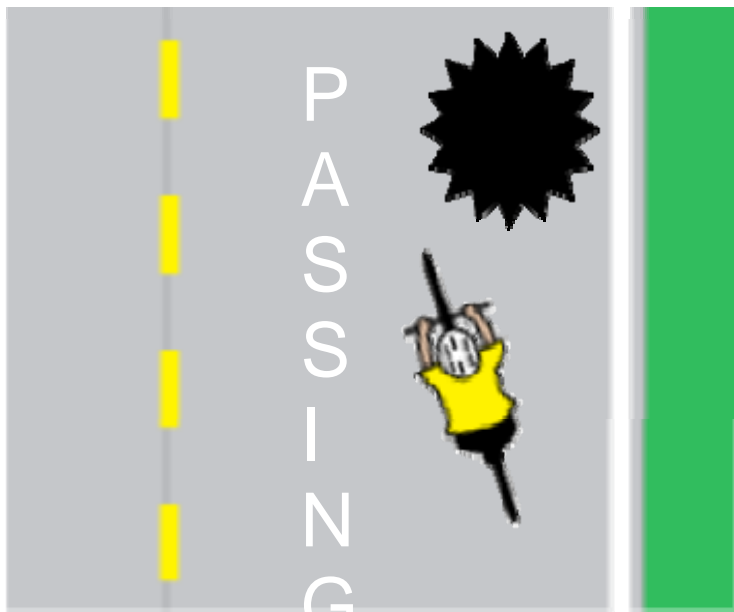


# Shoulder Check







# Shoulder Check

Before Entering  
The Passing Zone



# Bike Safety Part 2: Today We Discuss

- Intersections  Are they all alike?
- Turns  Where do I ride?
- Bike Path Etiquette  How do I communicate?
- Bike Communication  How do I talk to traffic?

But first, let's measure our daily bicycle ridership...  
Who rode their bikes to school today?

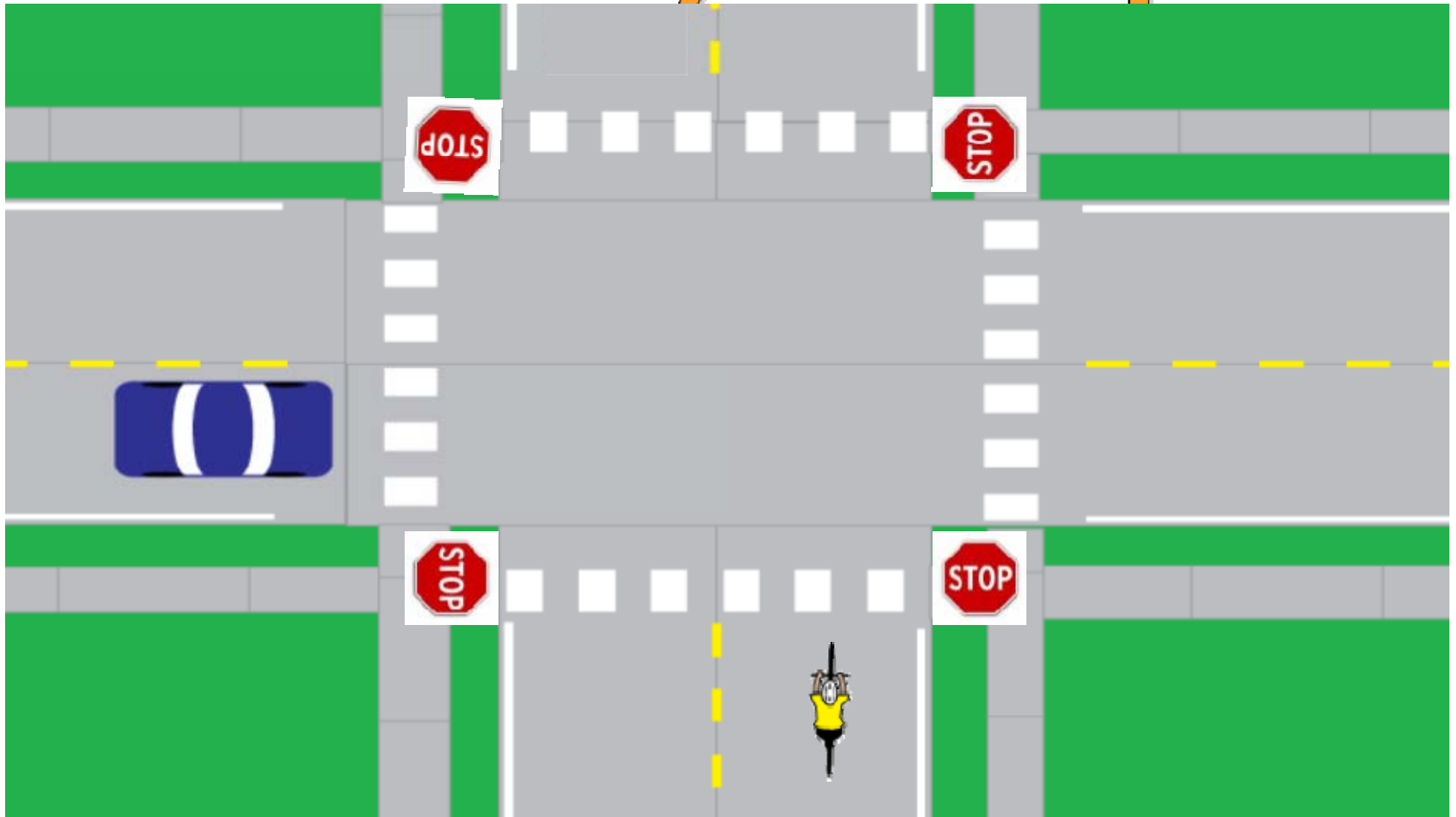


# 2 Way Stop



Who Stops?

# 4 Way Stop



Who Stops?

# MEGA INTERSECTION

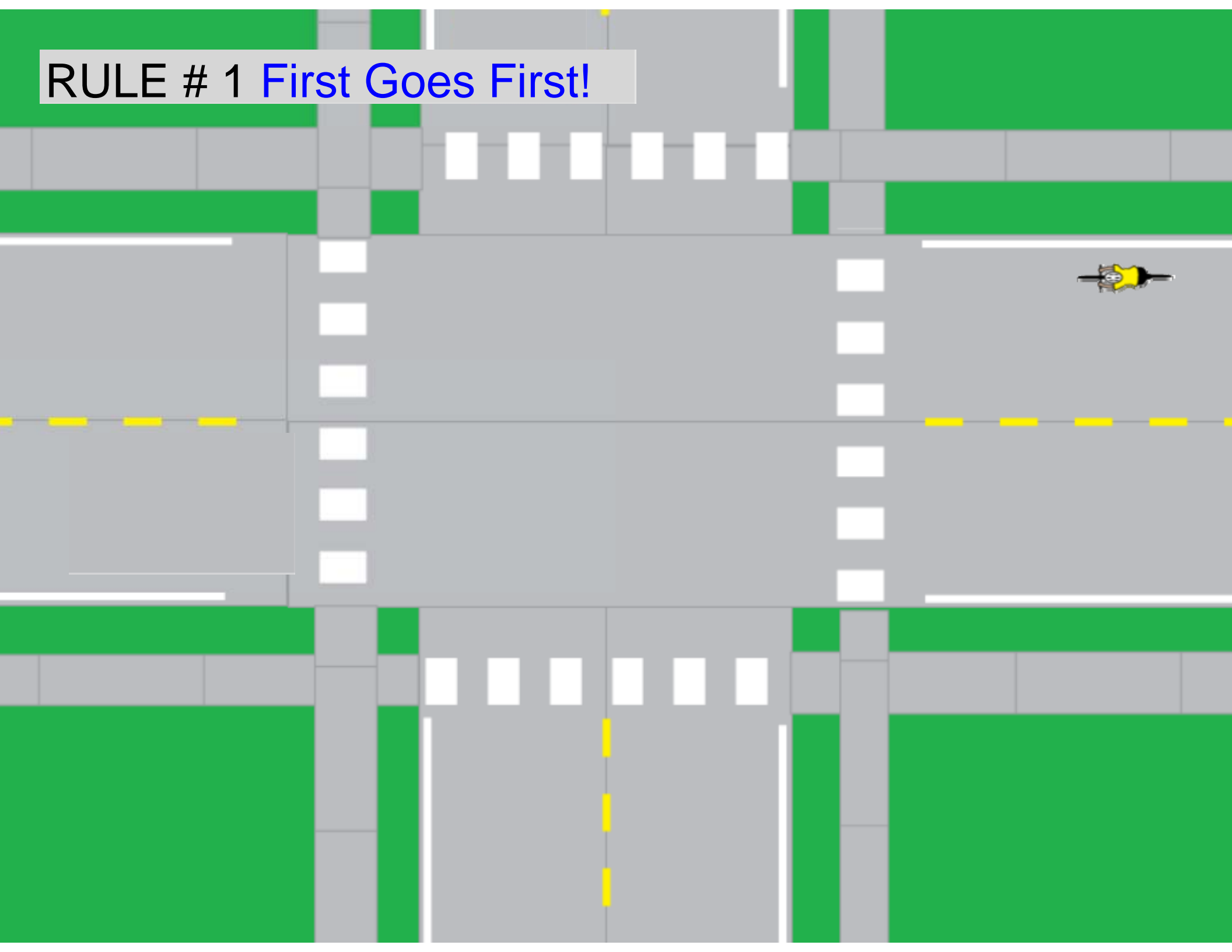


WALK OR BIKE?

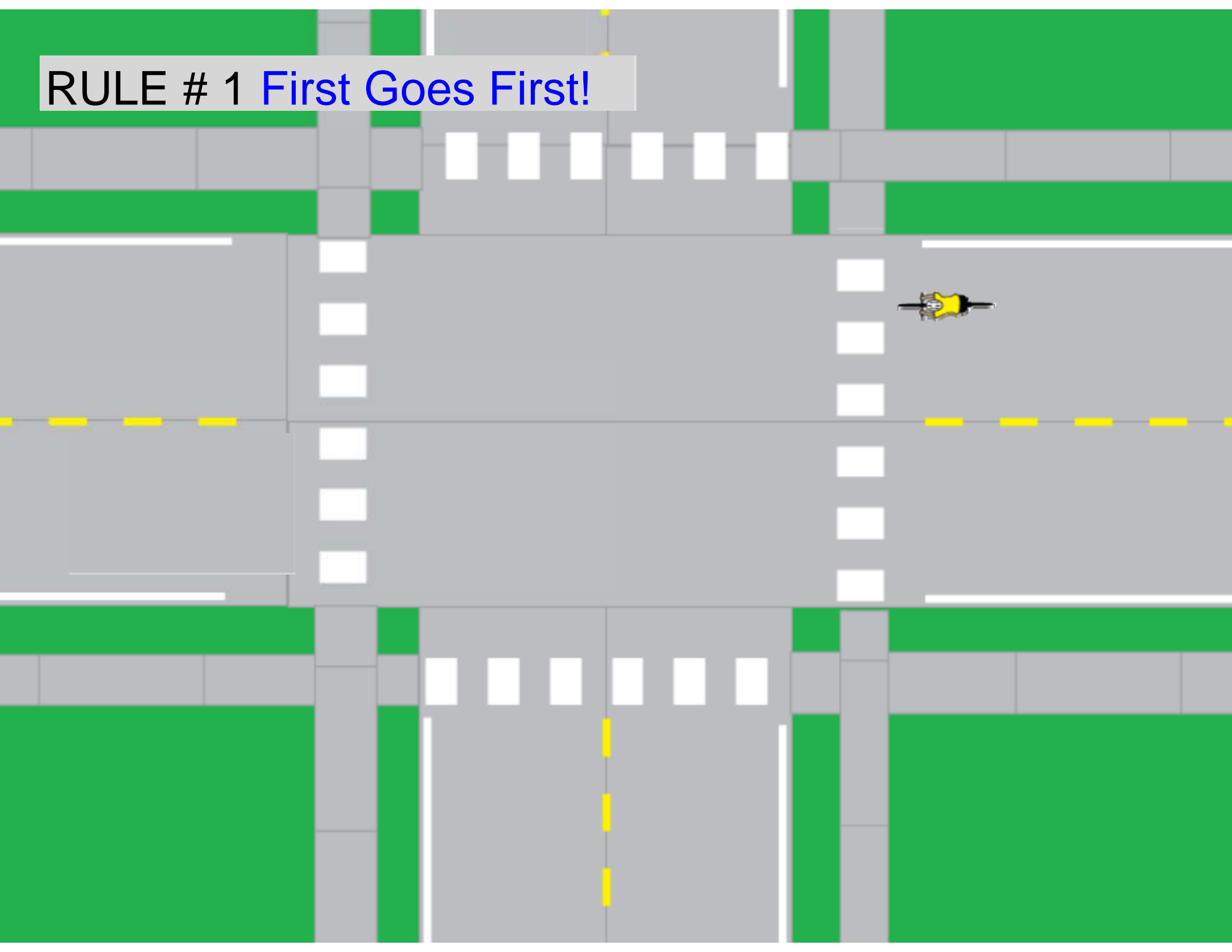
# What's Right Of Way?



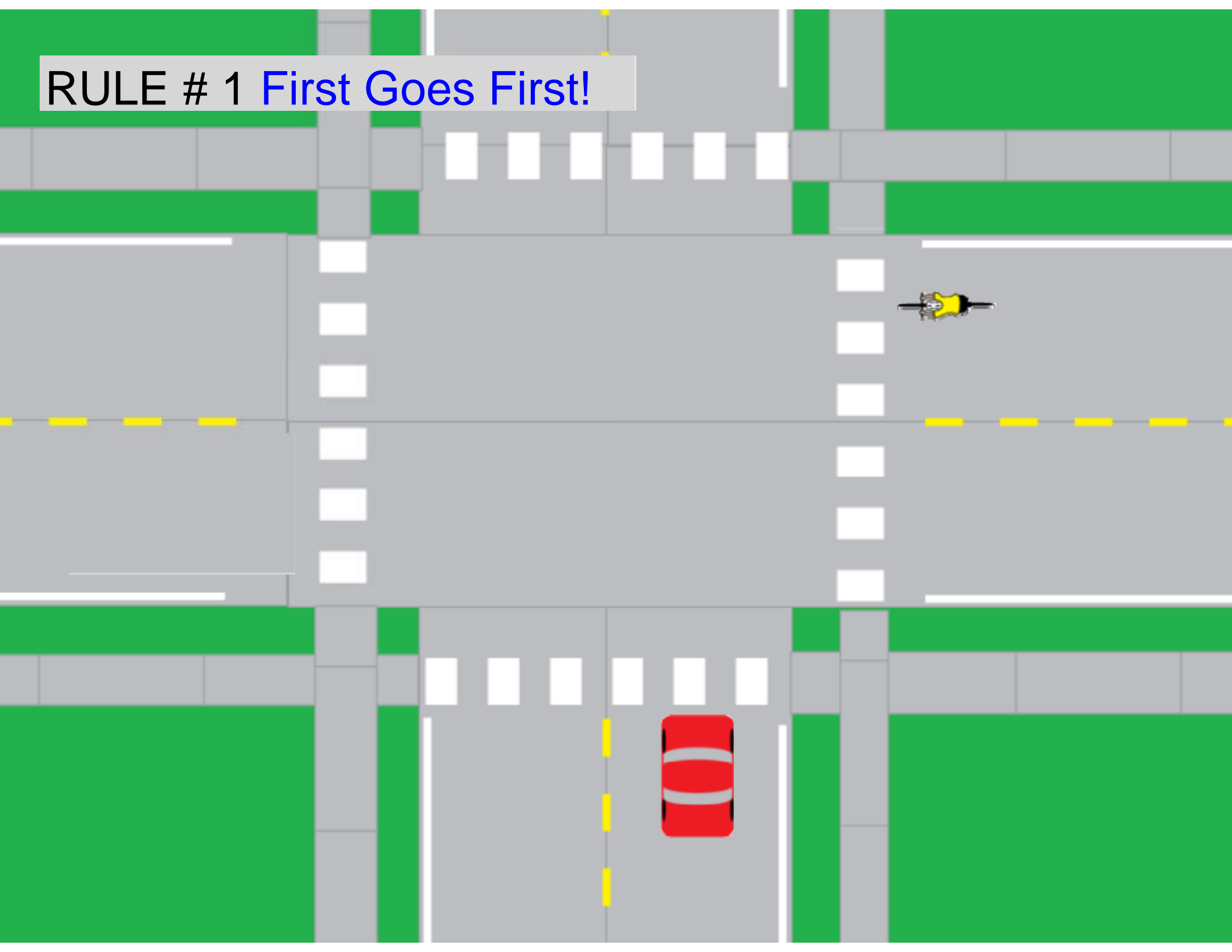
RULE # 1 First Goes First!

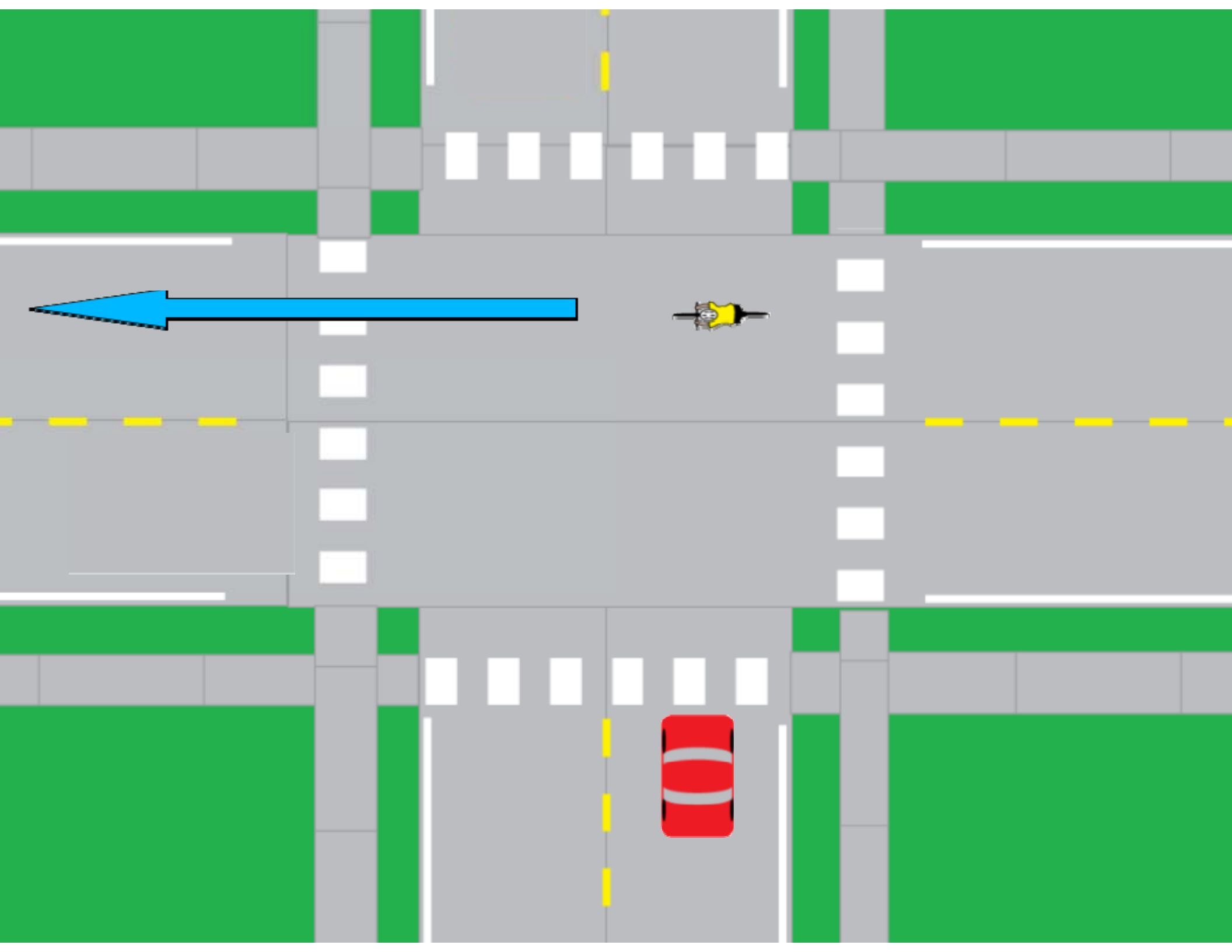


RULE # 1 First Goes First!



RULE # 1 First Goes First!





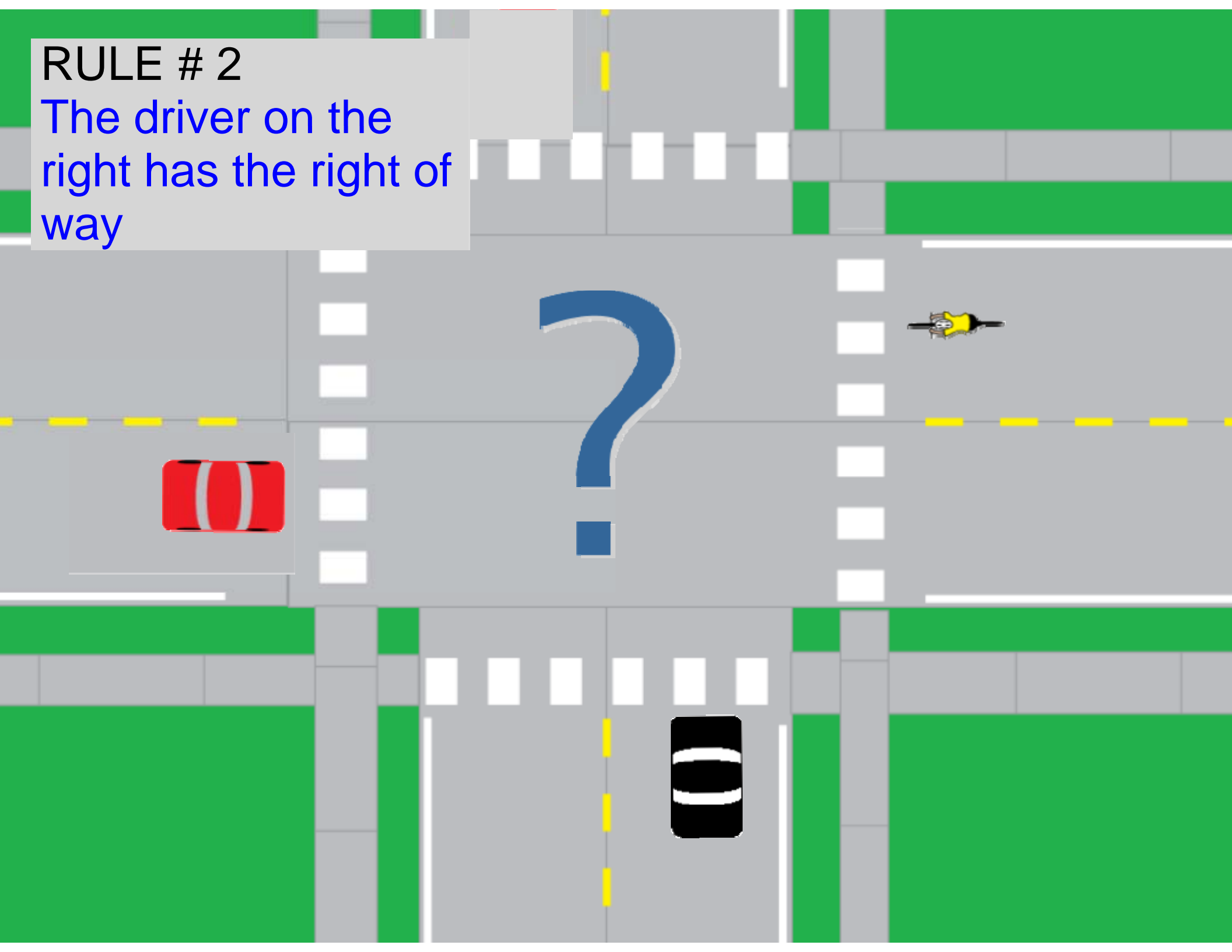


What if You Arrive  
at the Same Time



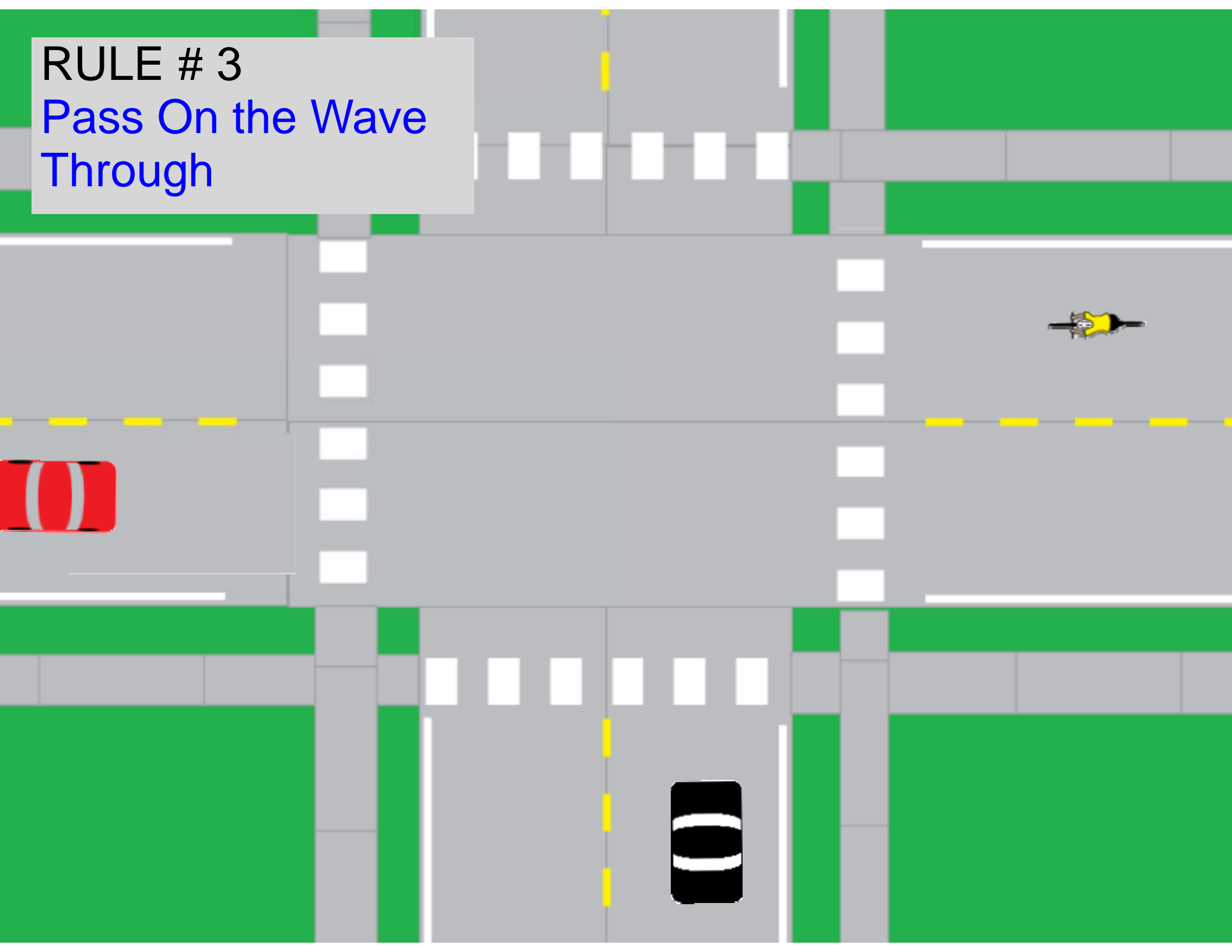
## RULE # 2

The driver on the right has the right of way



# RULE # 3

Pass On the Wave  
Through



Hey  
Bike,  
Go  
Ahead

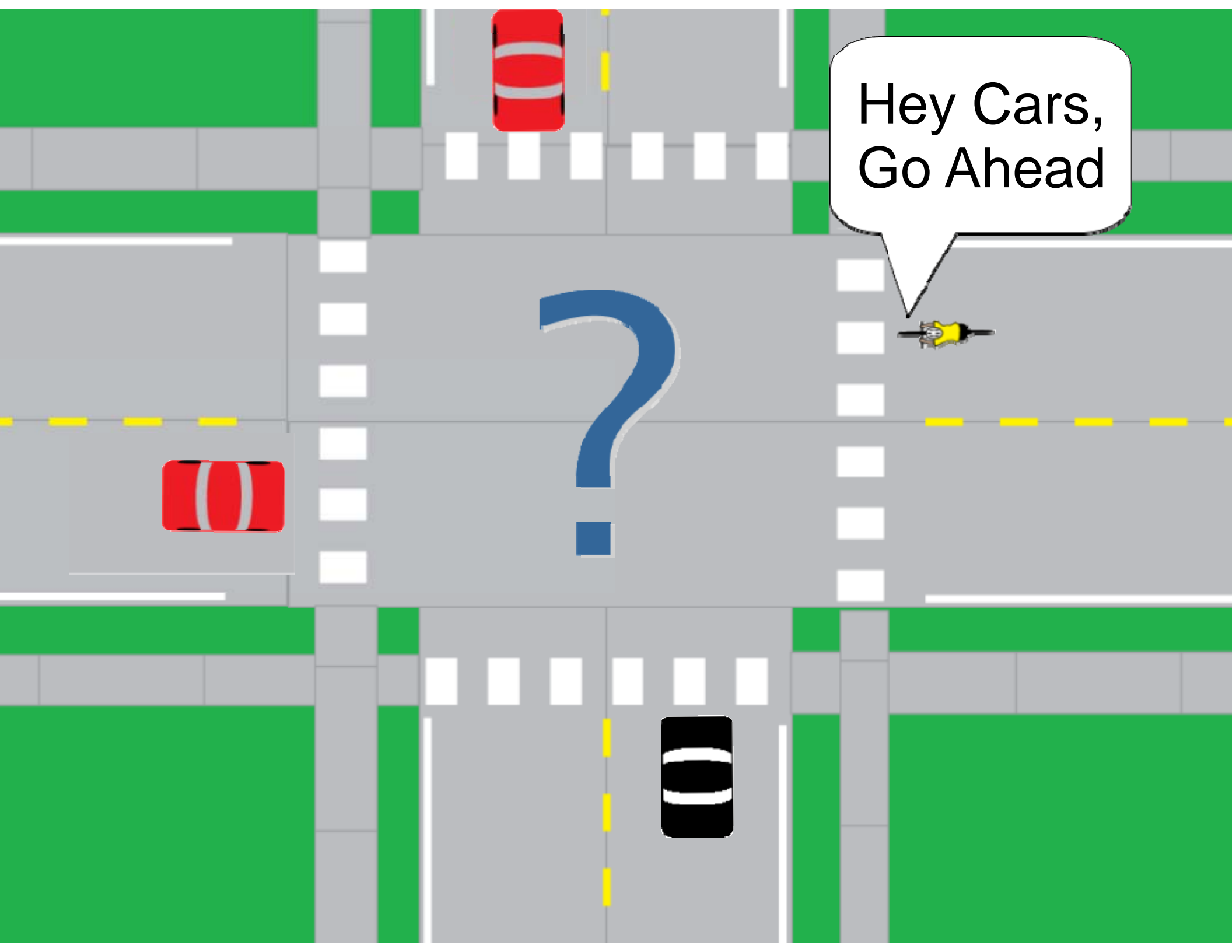




Ooops, The  
Other Car  
Went too!

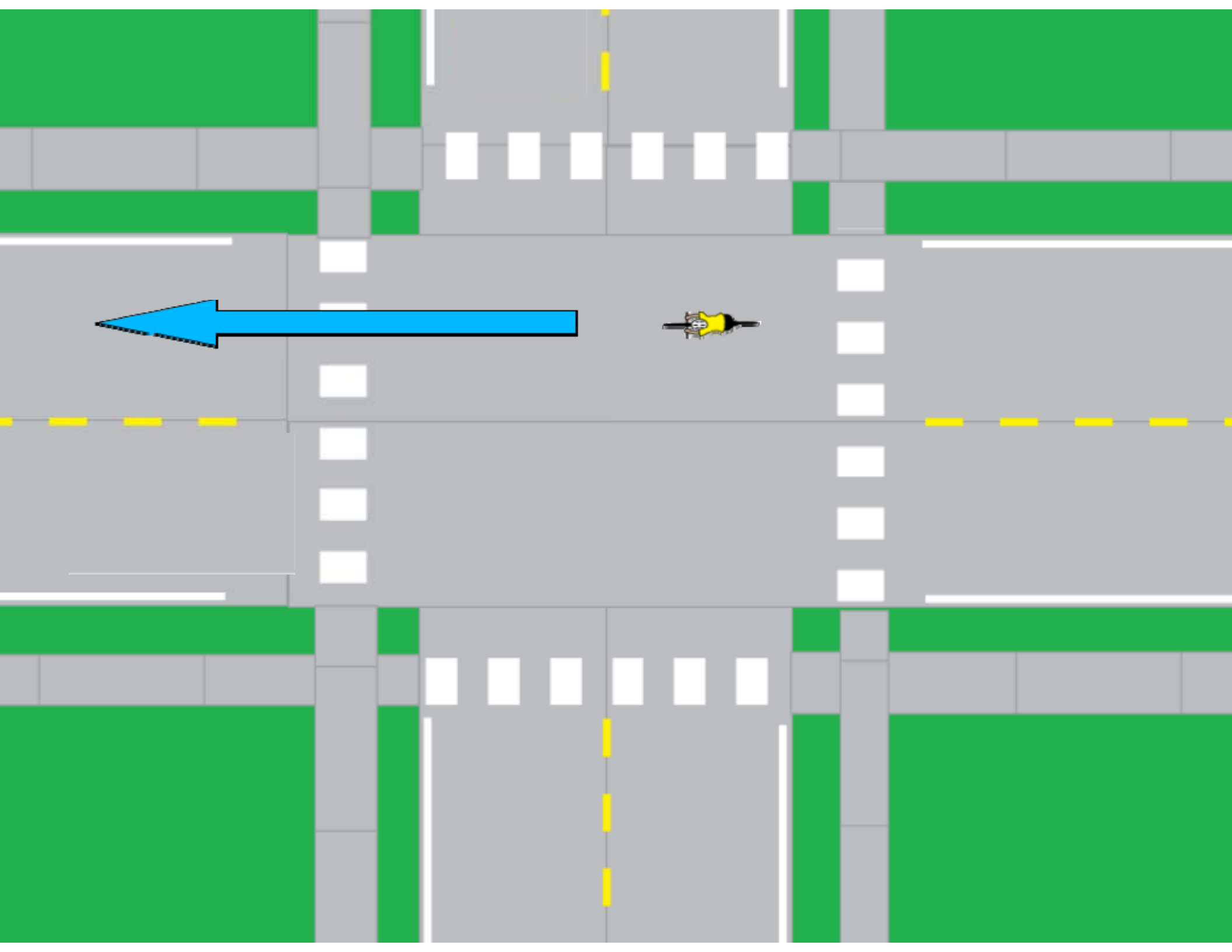
OUCH!

Hey Cars,  
Go Ahead



**CLEAR!**



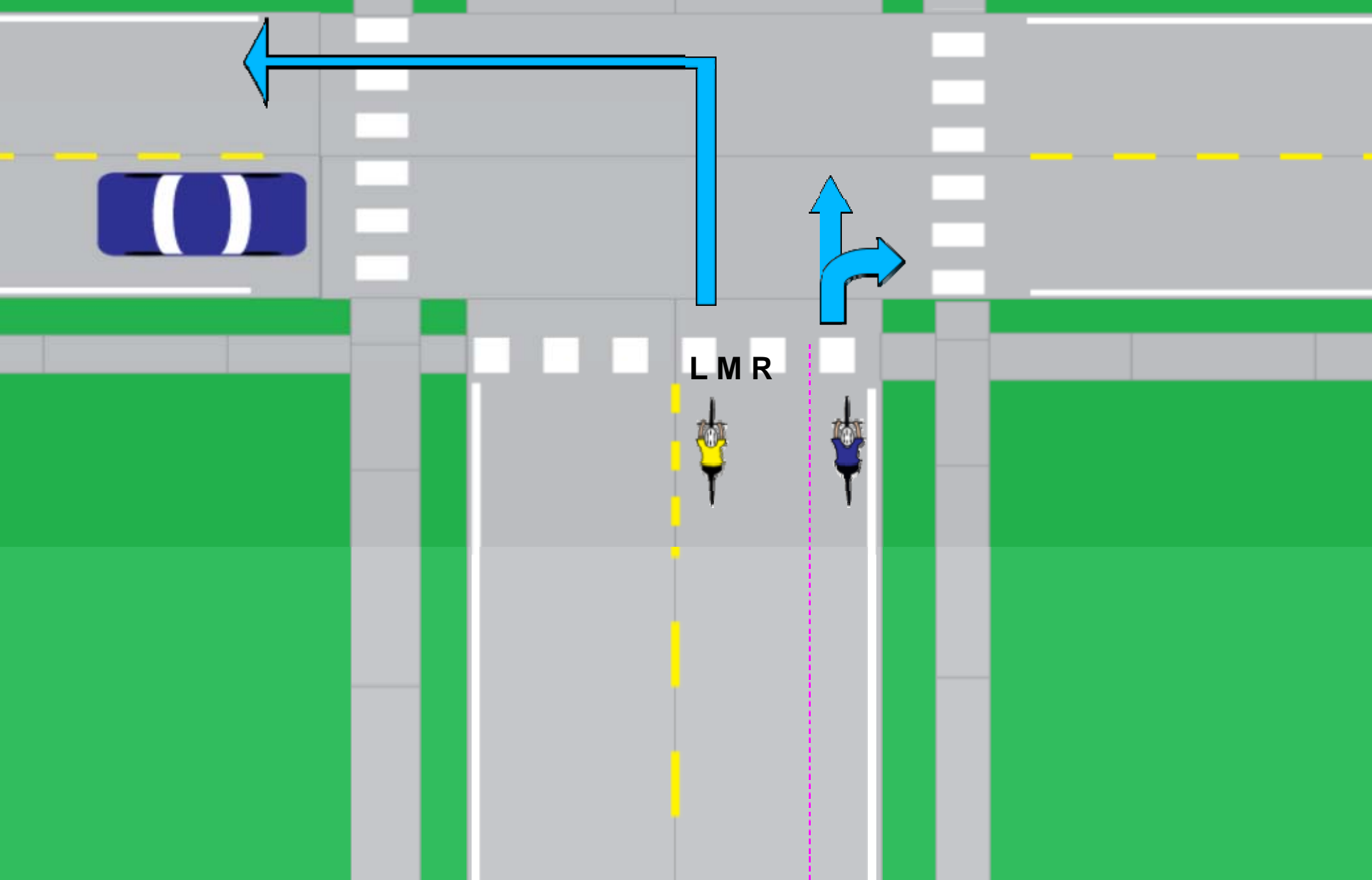




# Preparing For A Turn

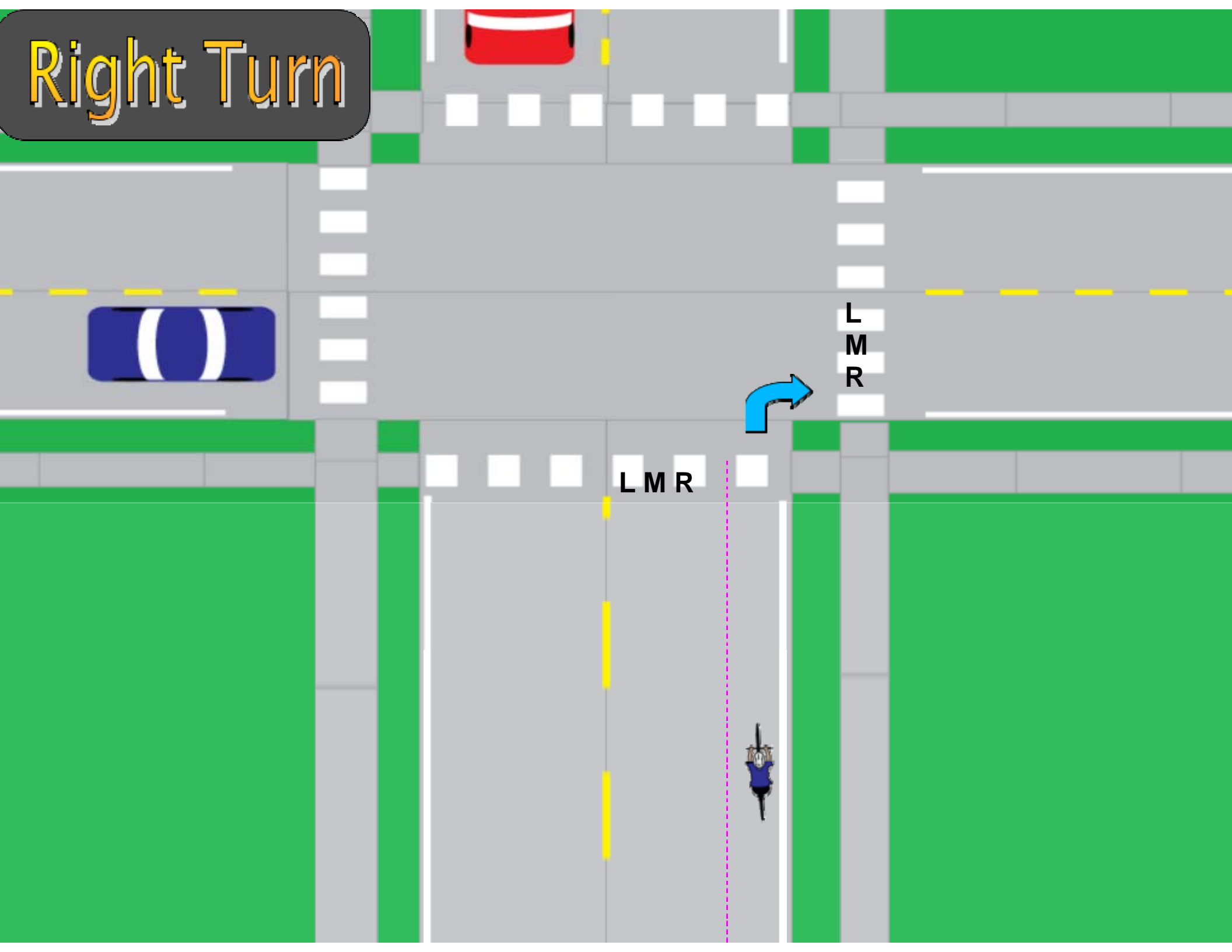


# Lane Position Shows Your Direction

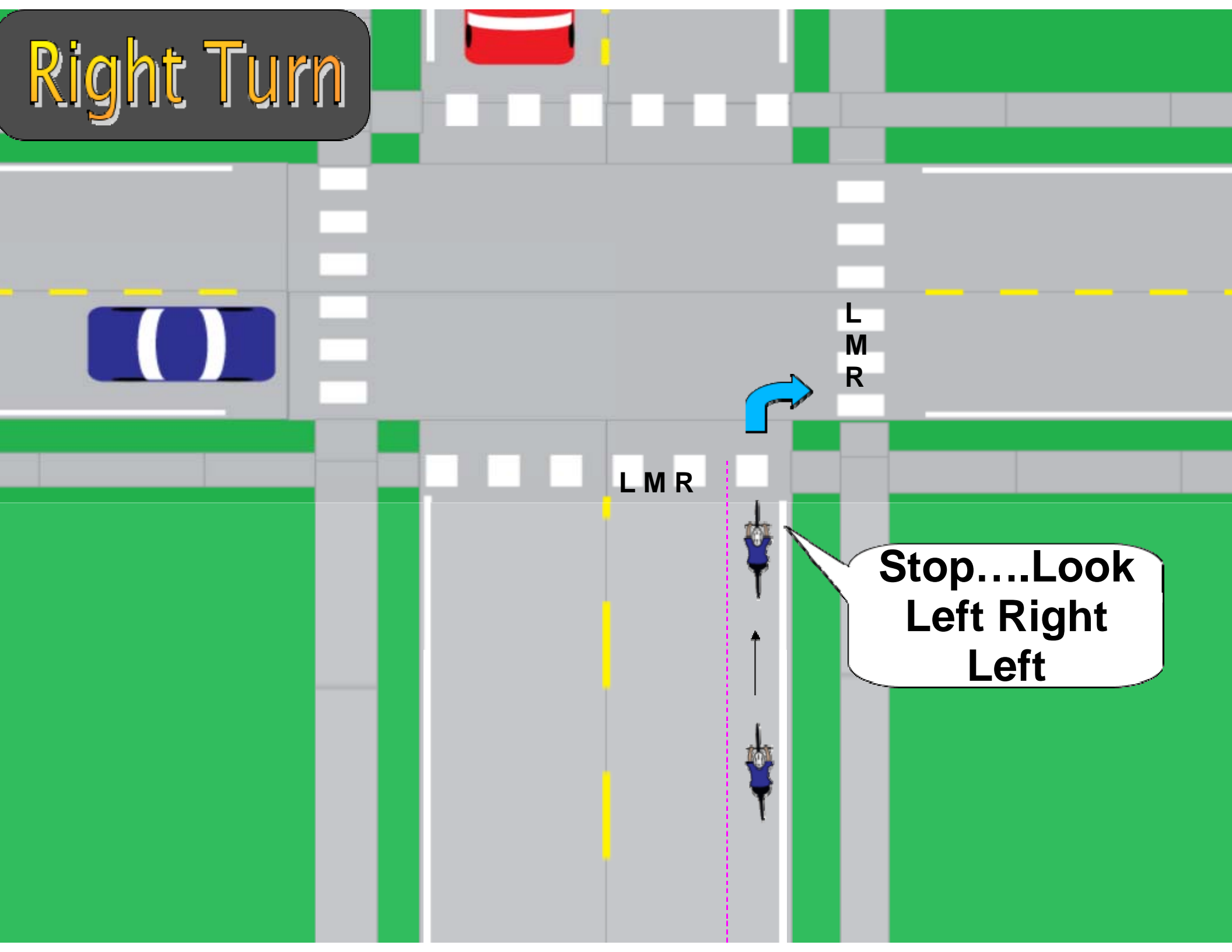


L M R

# Right Turn



# Right Turn

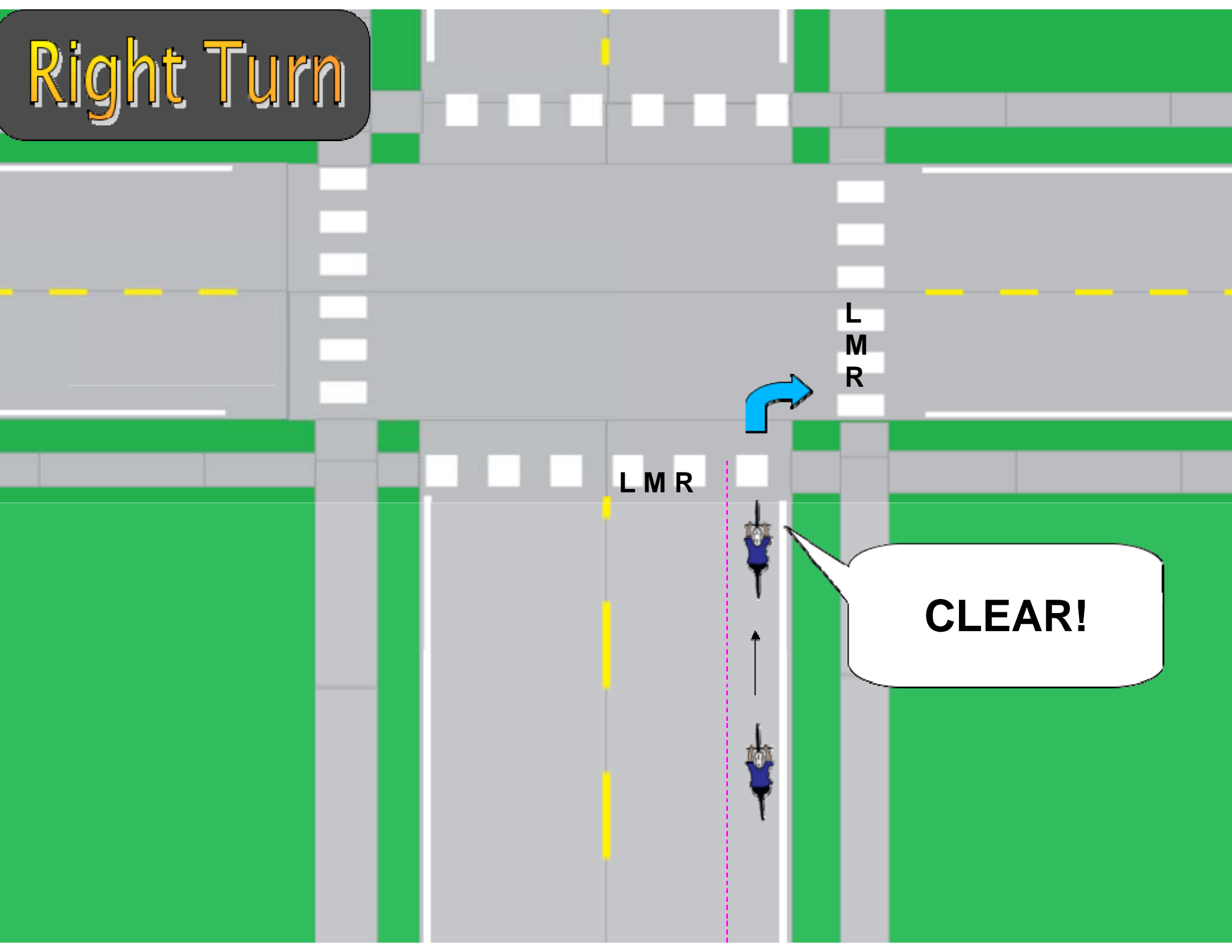


L  
M  
R

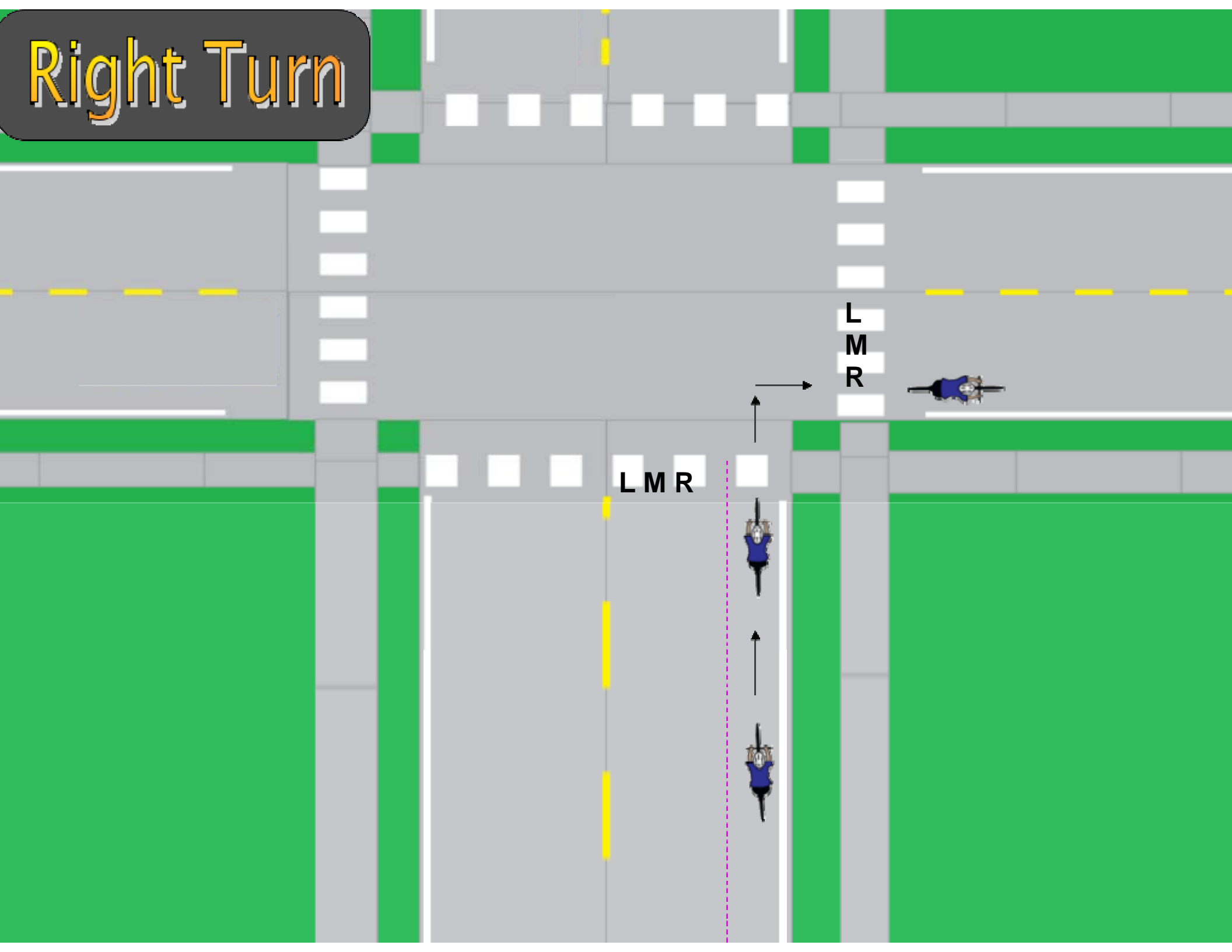
L  
M  
R

**Stop....Look  
Left Right  
Left**

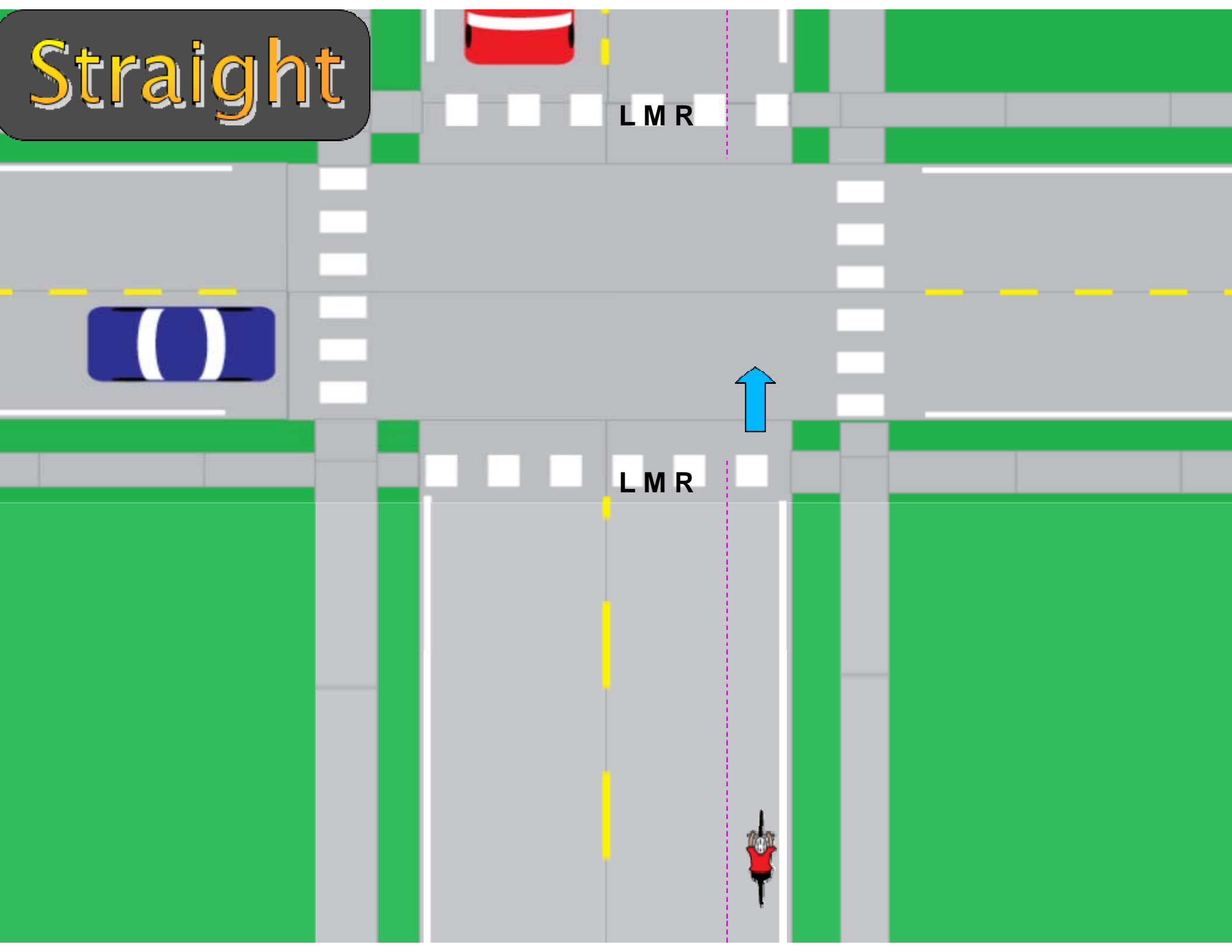
# Right Turn



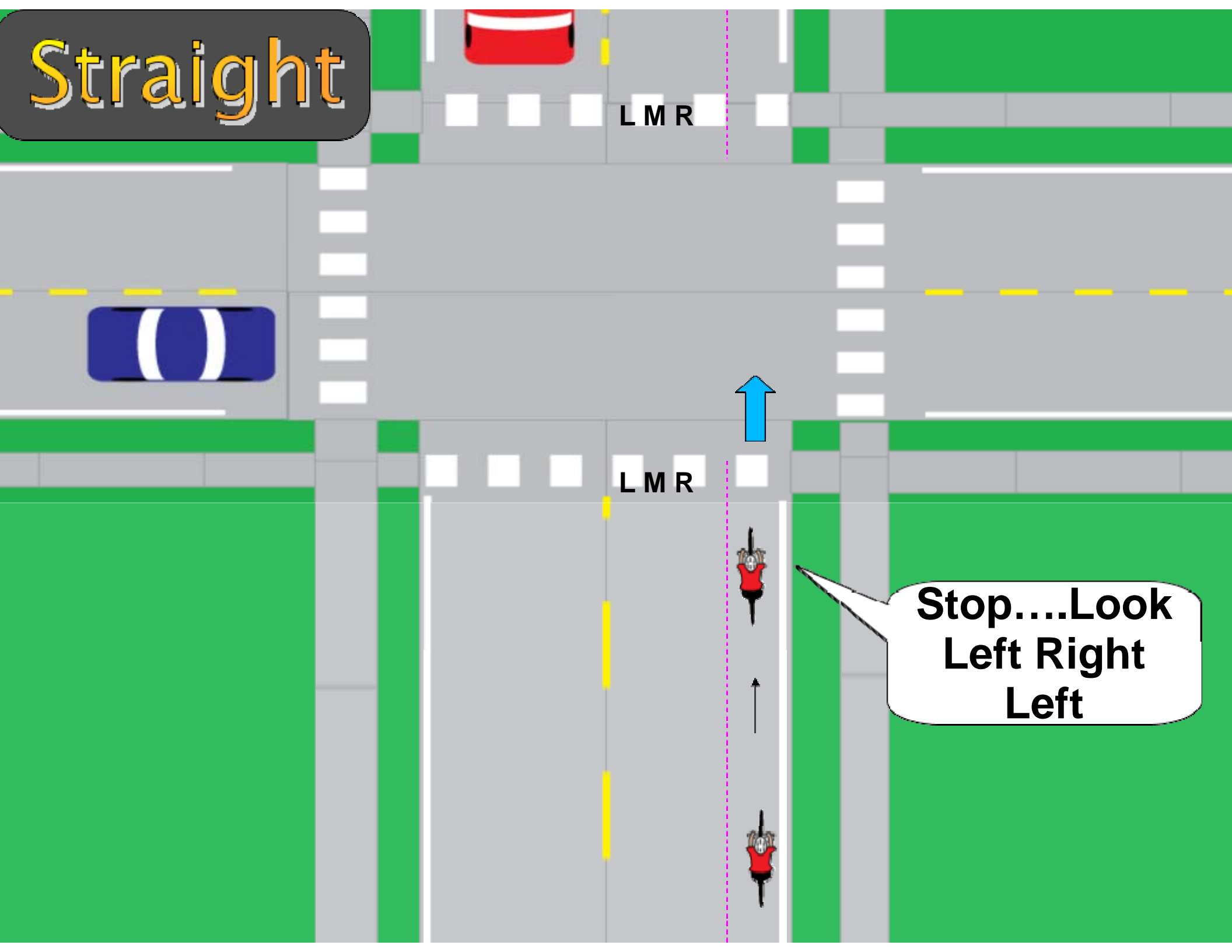
# Right Turn



# Straight



# Straight



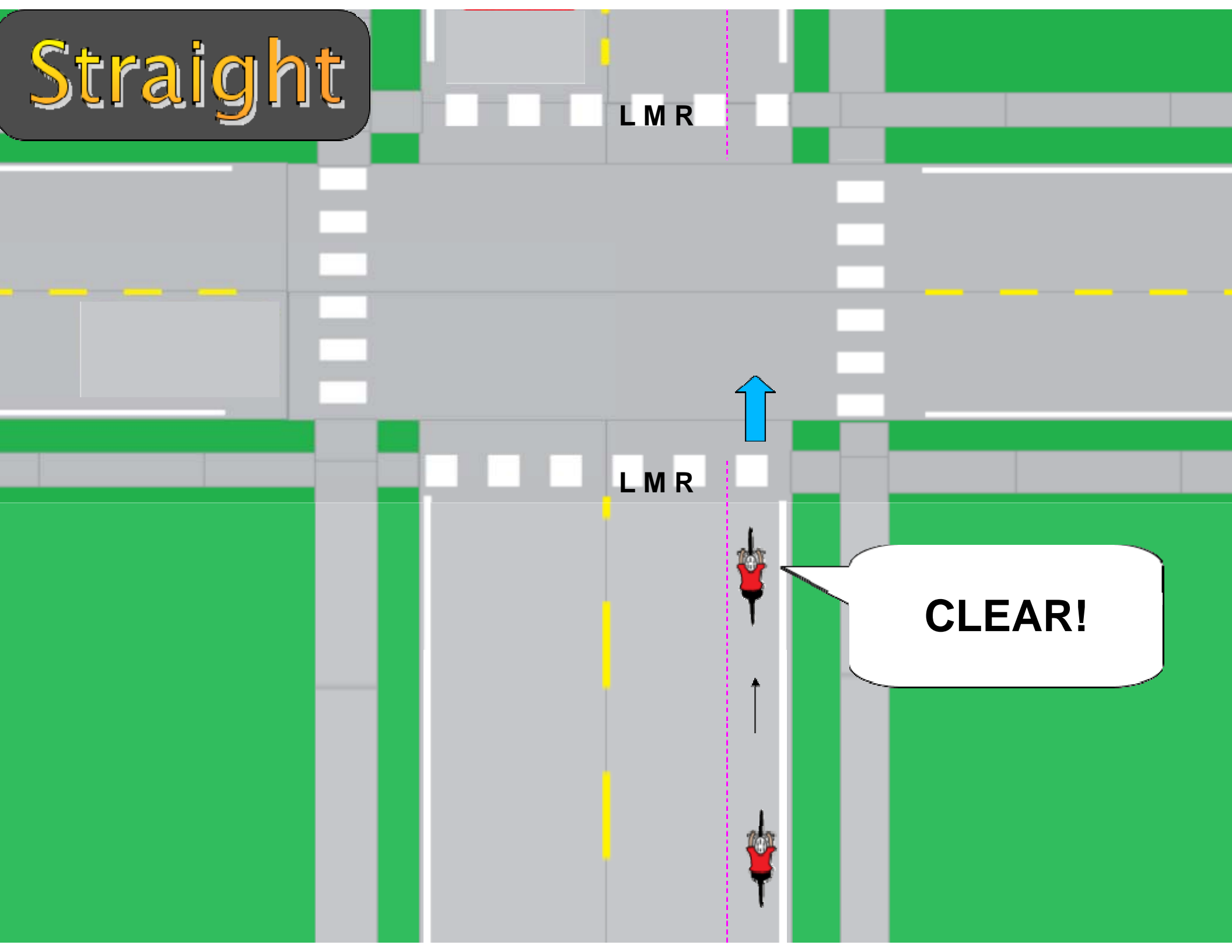
LMR

LMR

**Stop....Look  
Left Right  
Left**



# Straight

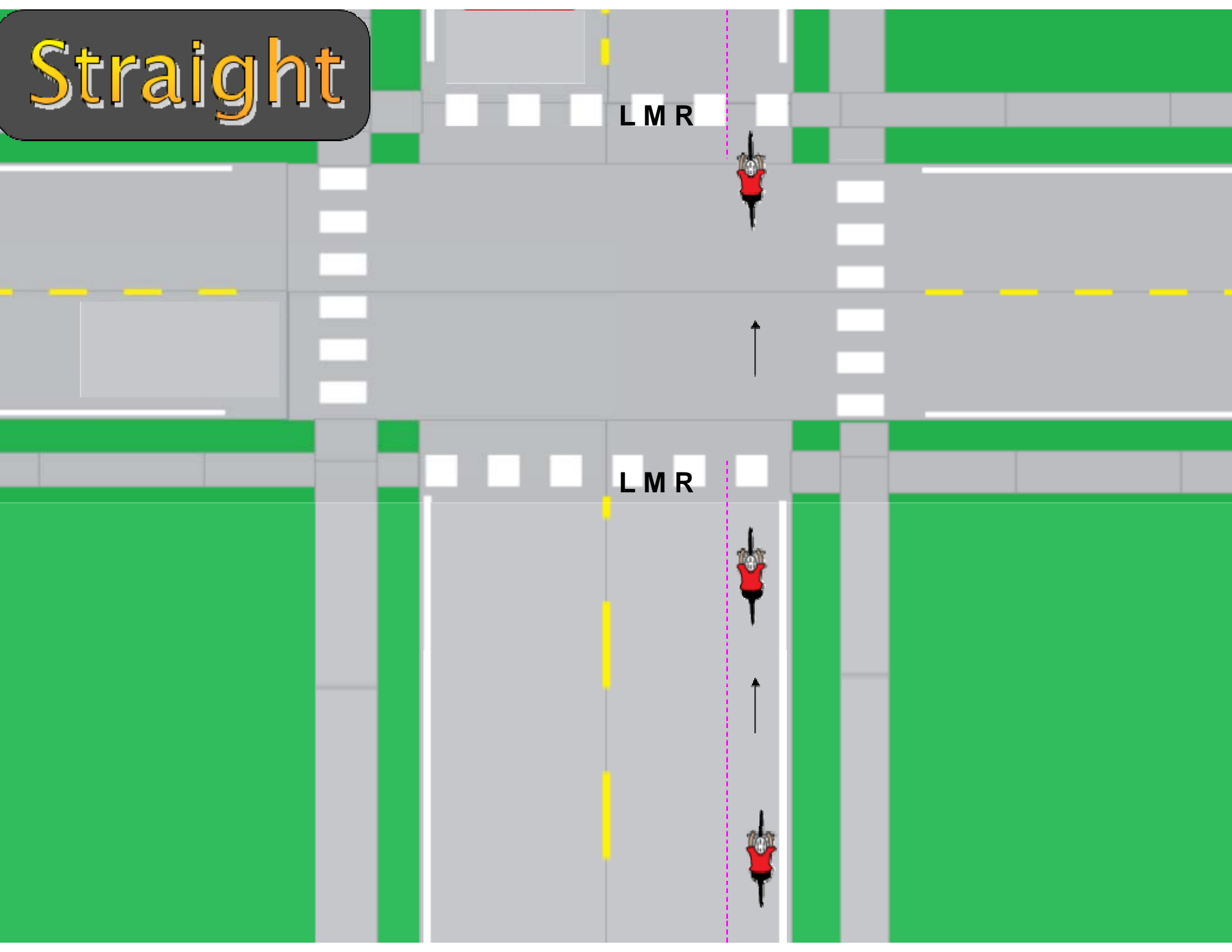


LMR

LMR

**CLEAR!**

# Straight



# LEFT TURN



R  
M  
L



L  
M  
R

Look Back,  
Signal Left



# LEFT TURN

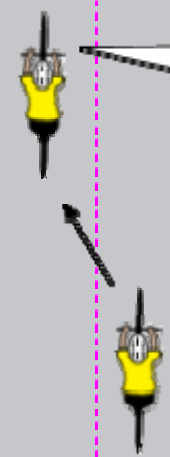


R  
M  
L



L M R

Look Back,  
Signal Left



# LEFT TURN

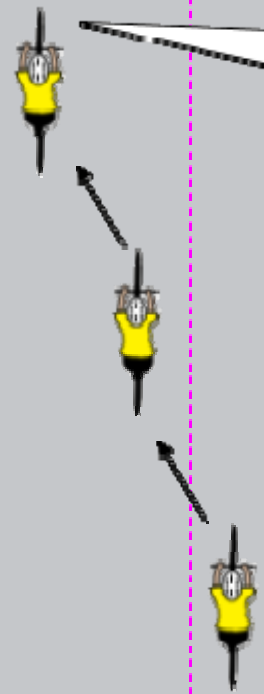


R  
M  
L



L M R

Stop...Look  
Left Right  
Left

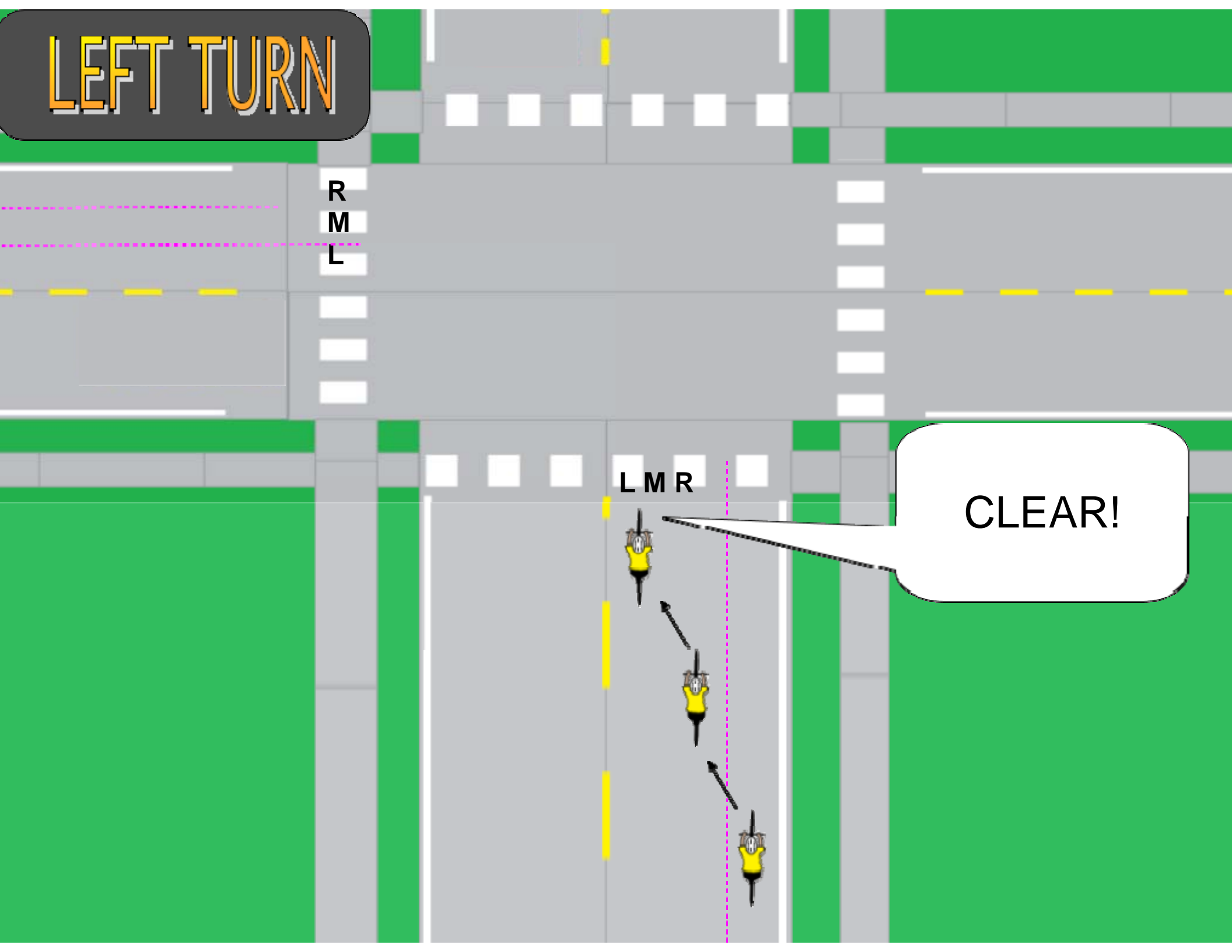


# LEFT TURN

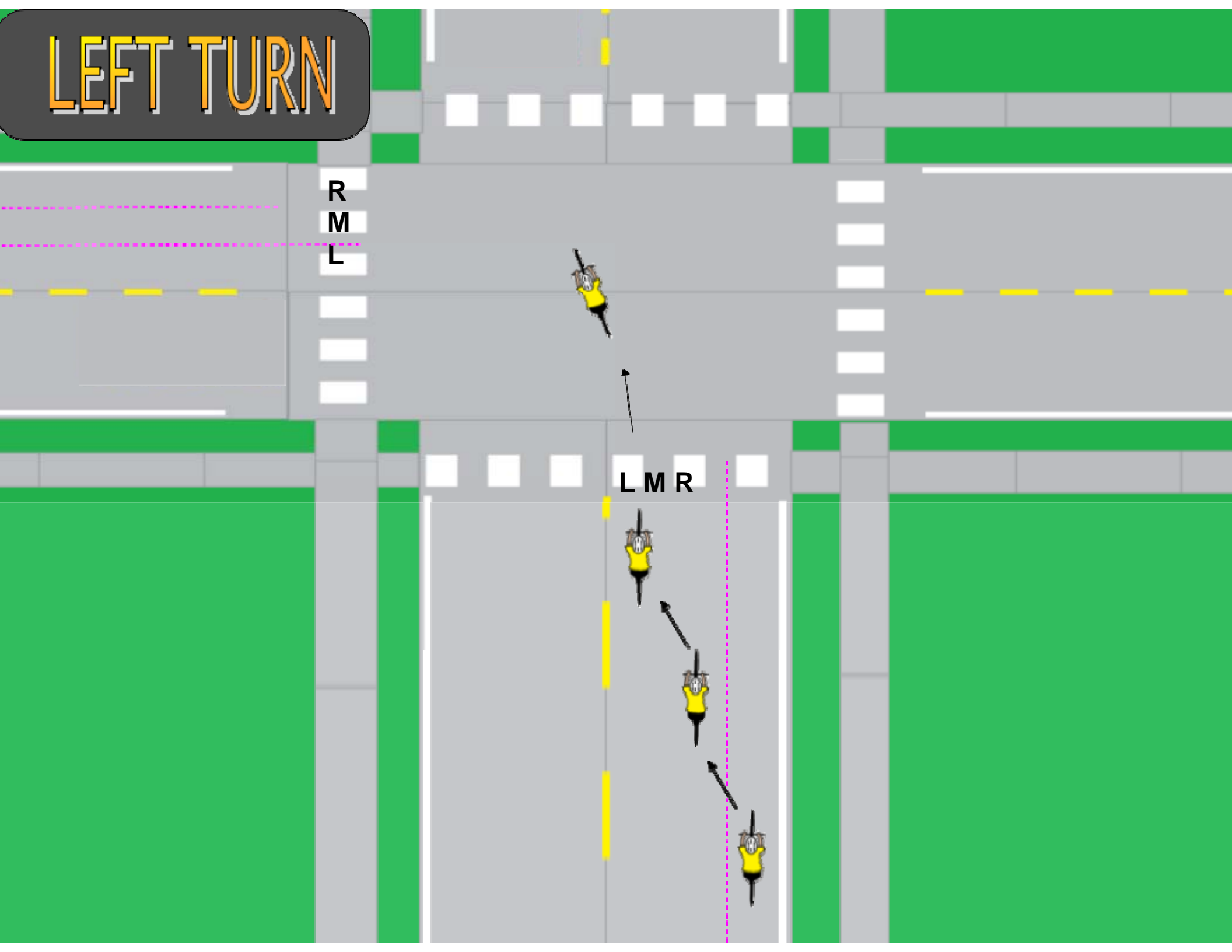
R  
M  
L

L M R

CLEAR!



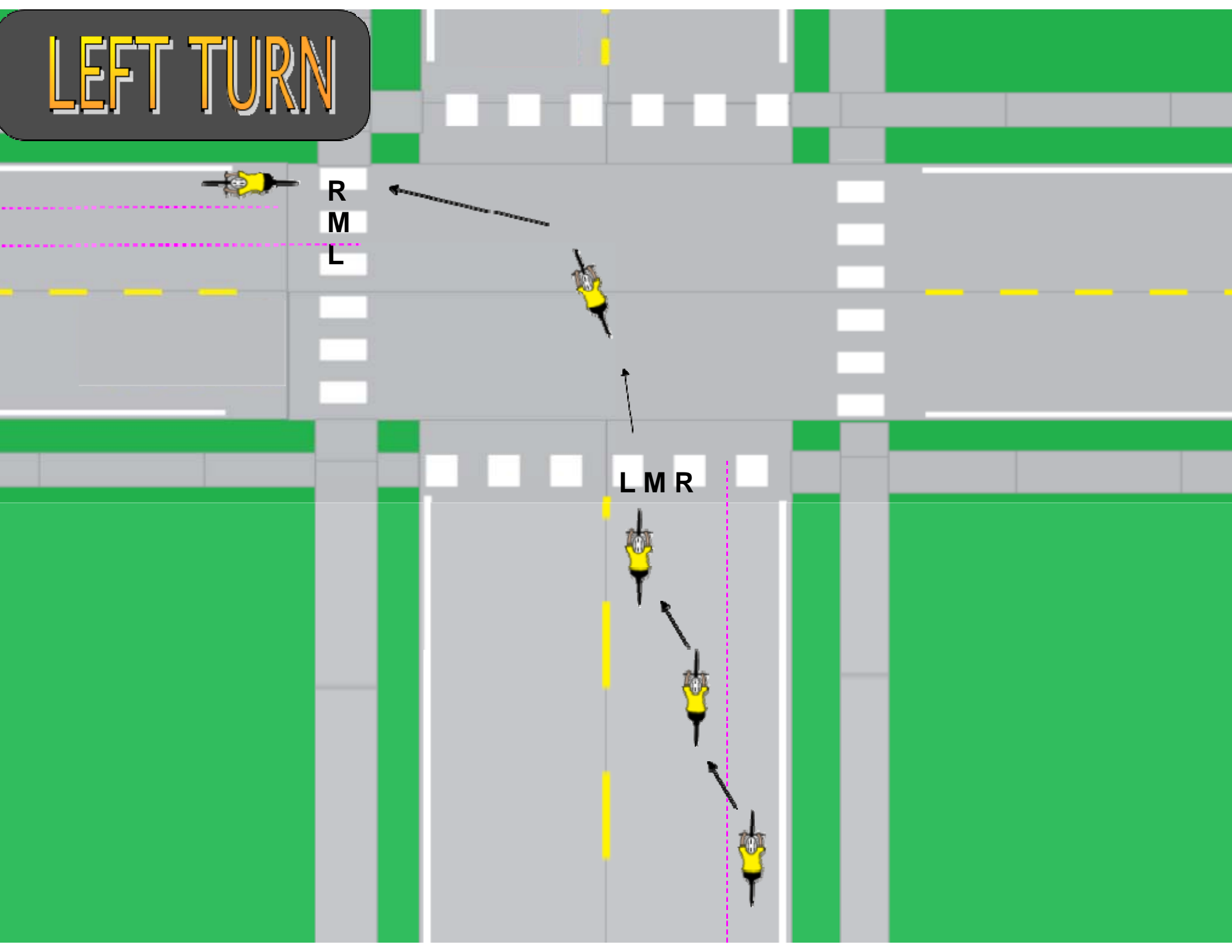
# LEFT TURN



R  
M  
L

L M R

# LEFT TURN

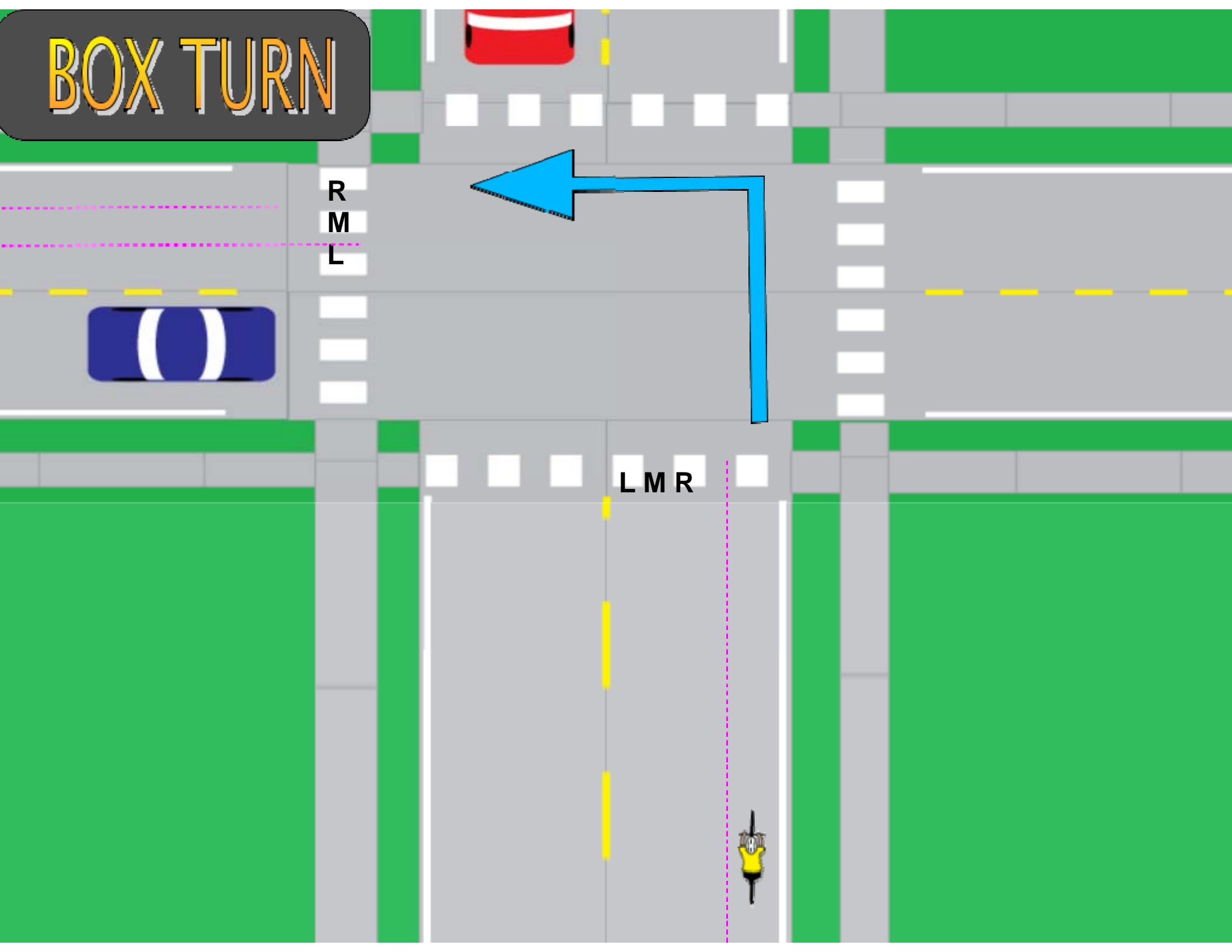




# How Do I Turn Left At Busy Intersections?



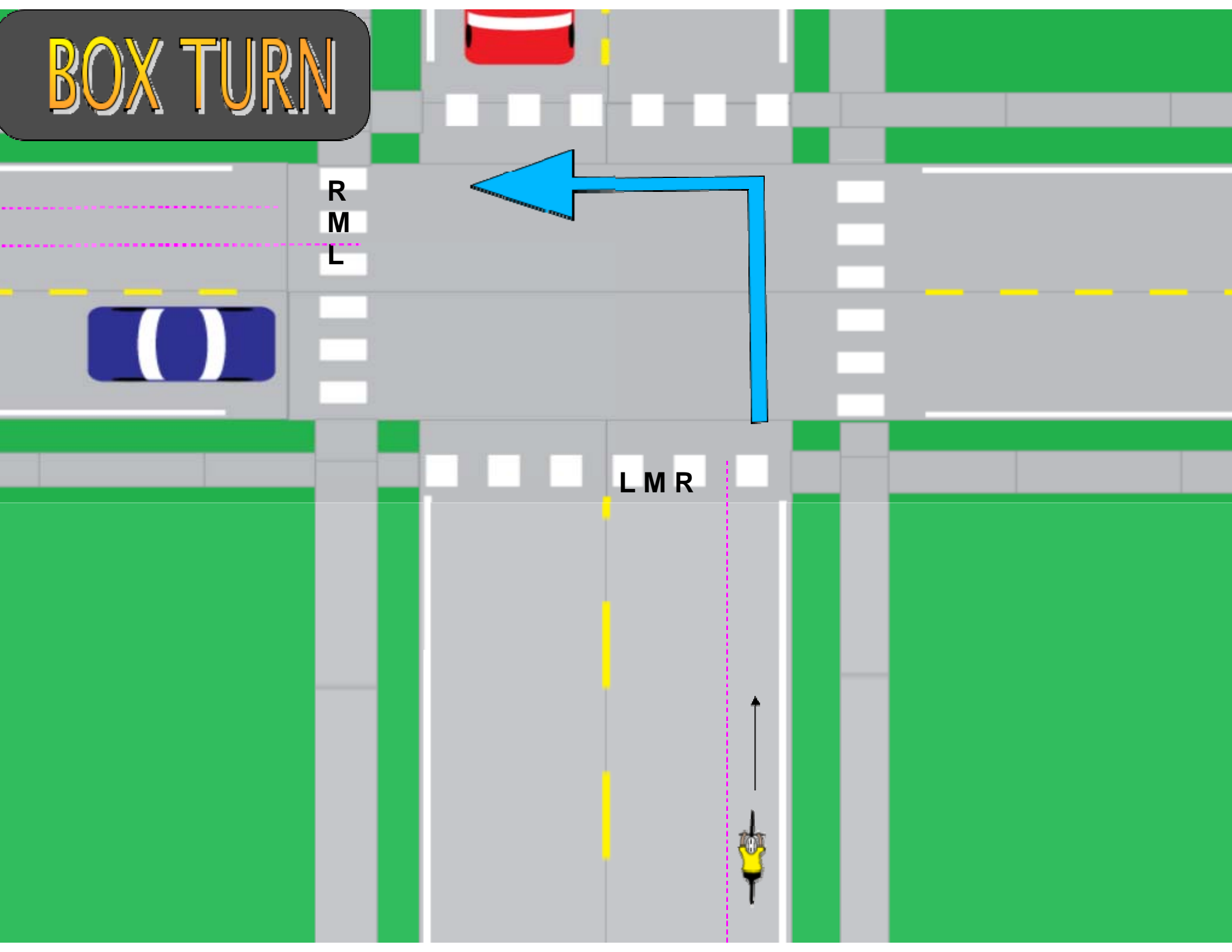
# BOX TURN



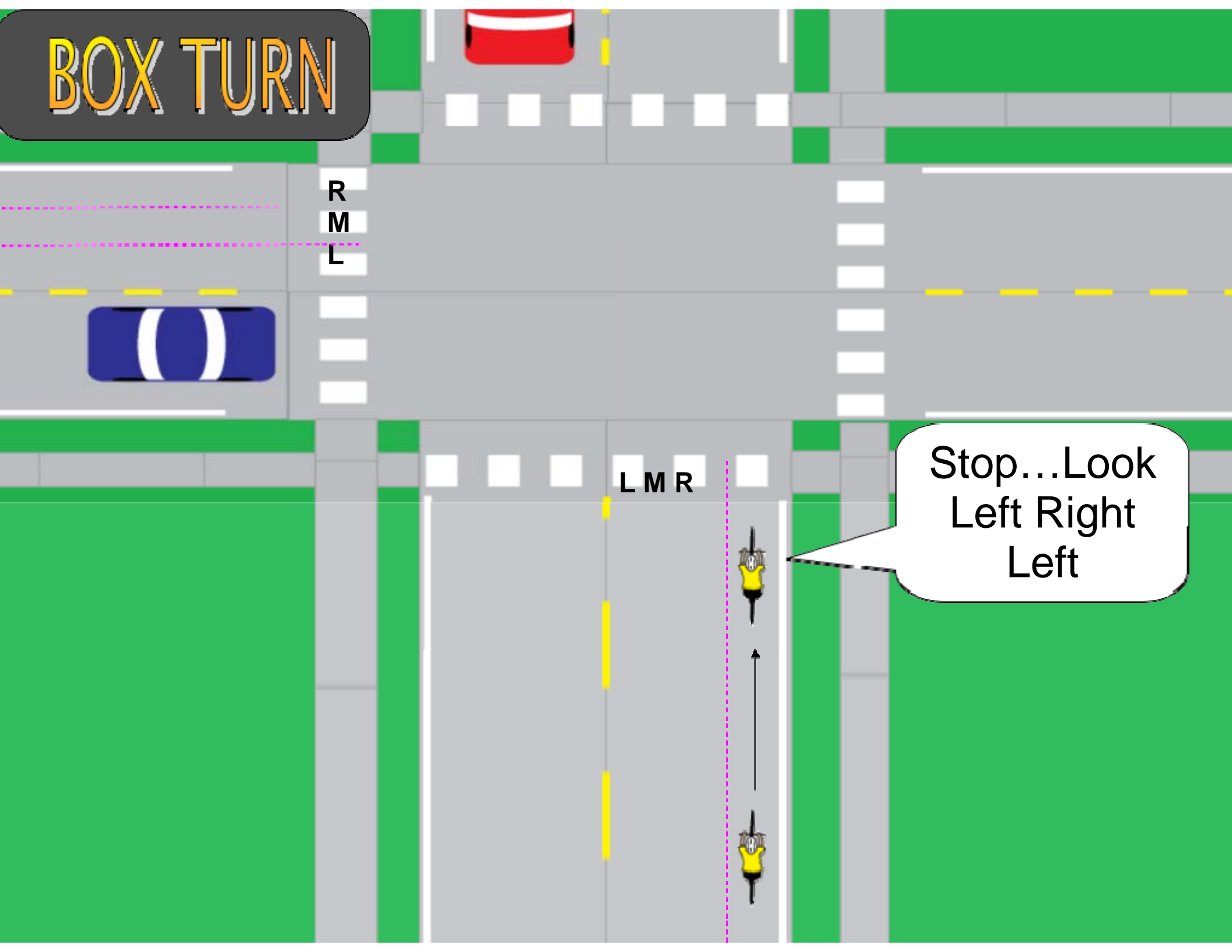
R  
M  
L

L M R

# BOX TURN



# BOX TURN



R  
M  
L

L M R

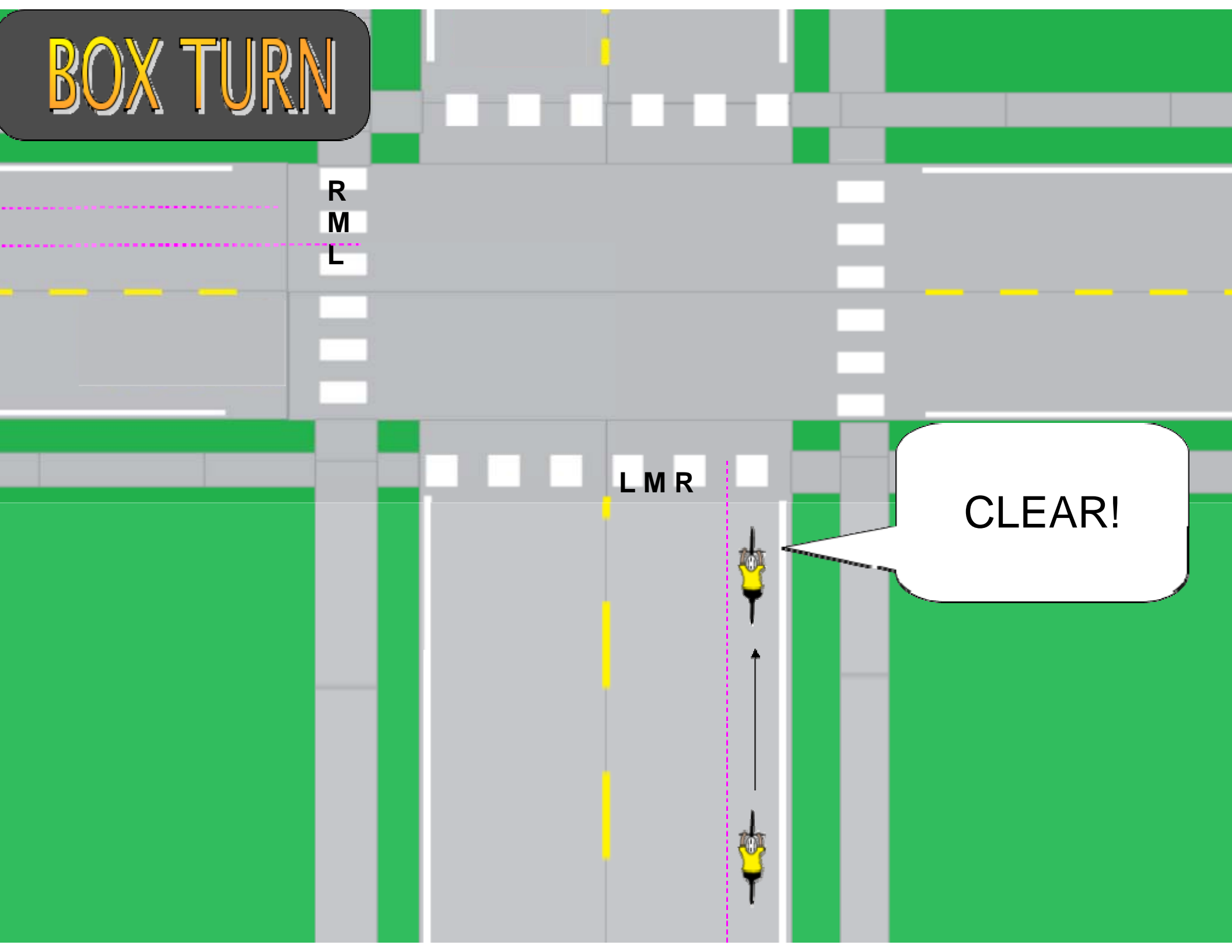
Stop...Look  
Left Right  
Left

# BOX TURN

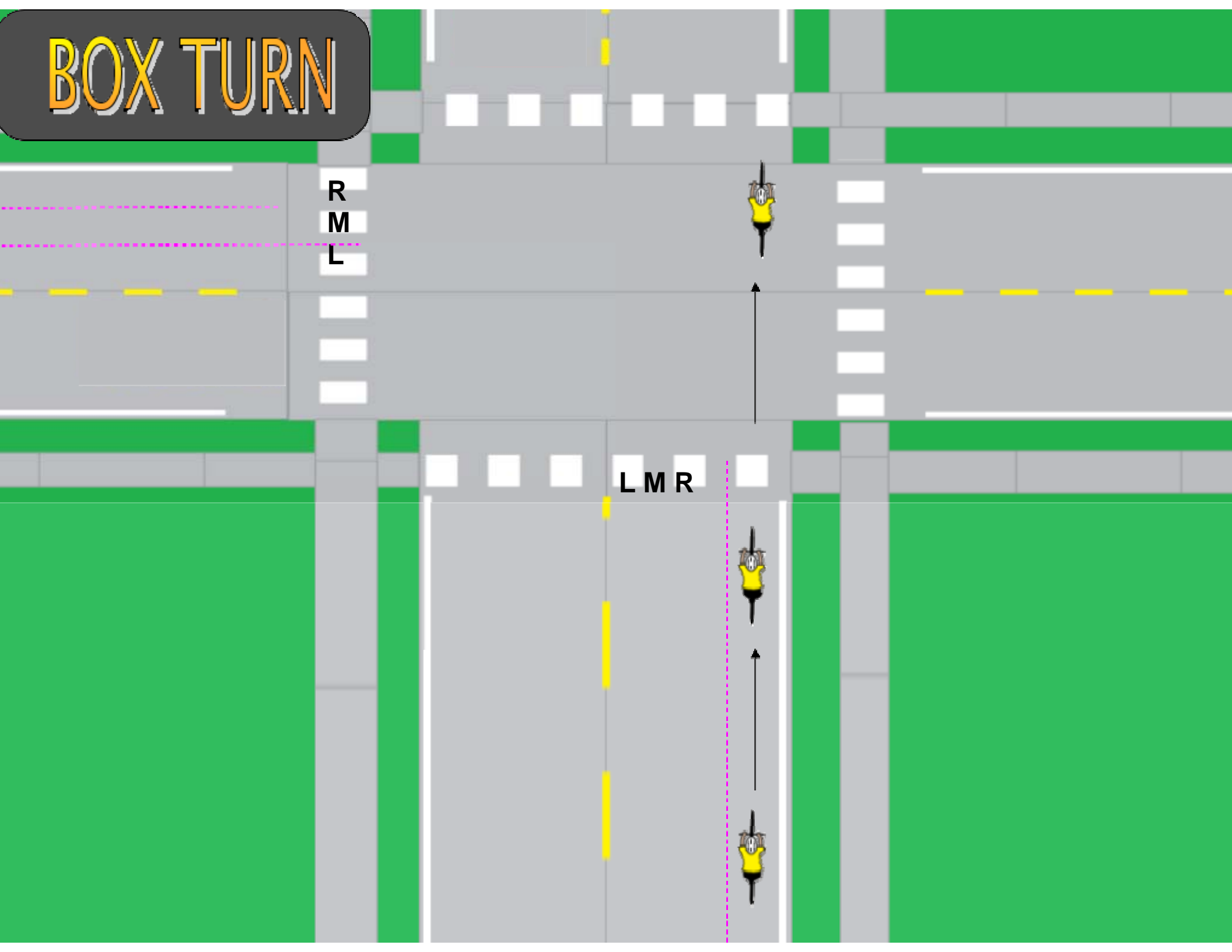
R  
M  
L

L M R

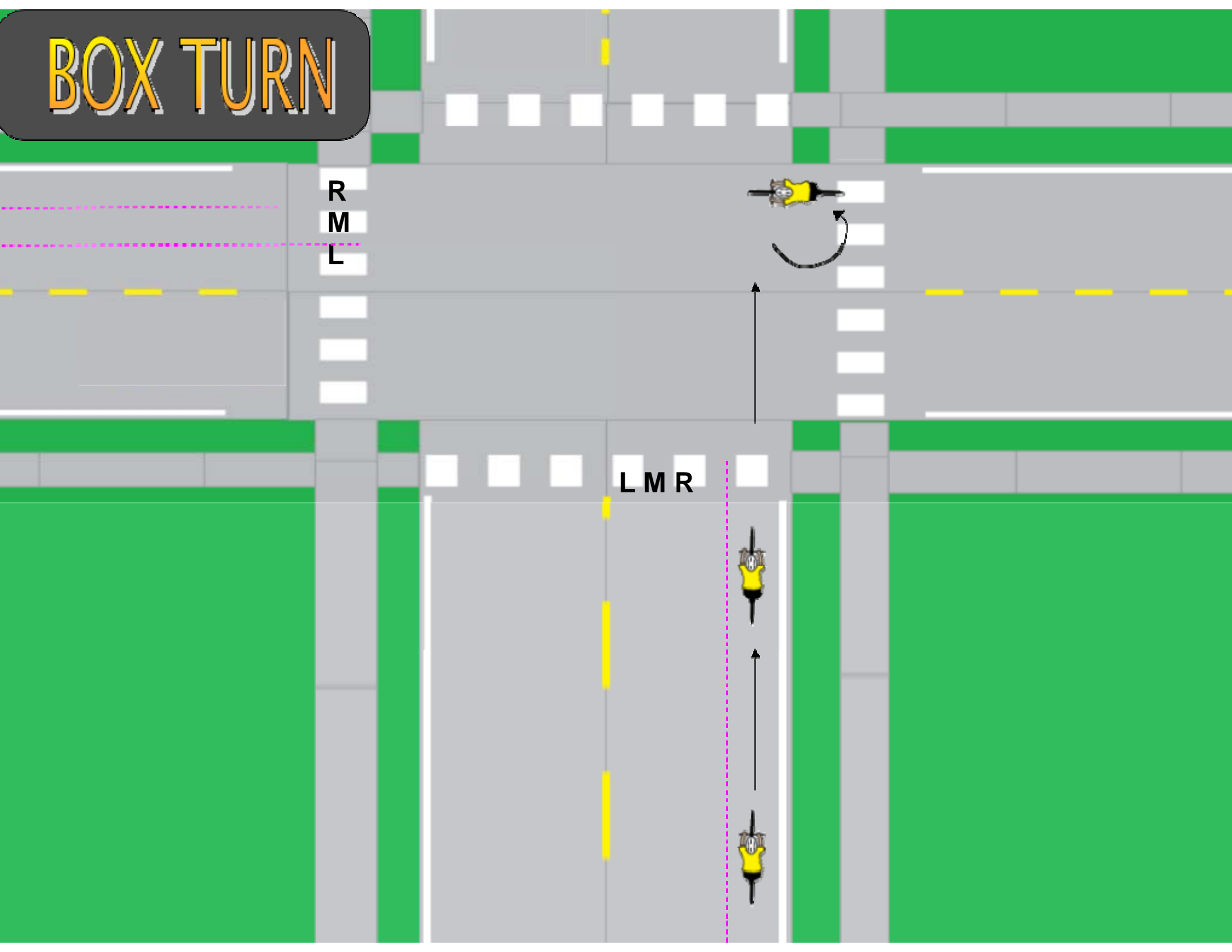
CLEAR!



# BOX TURN



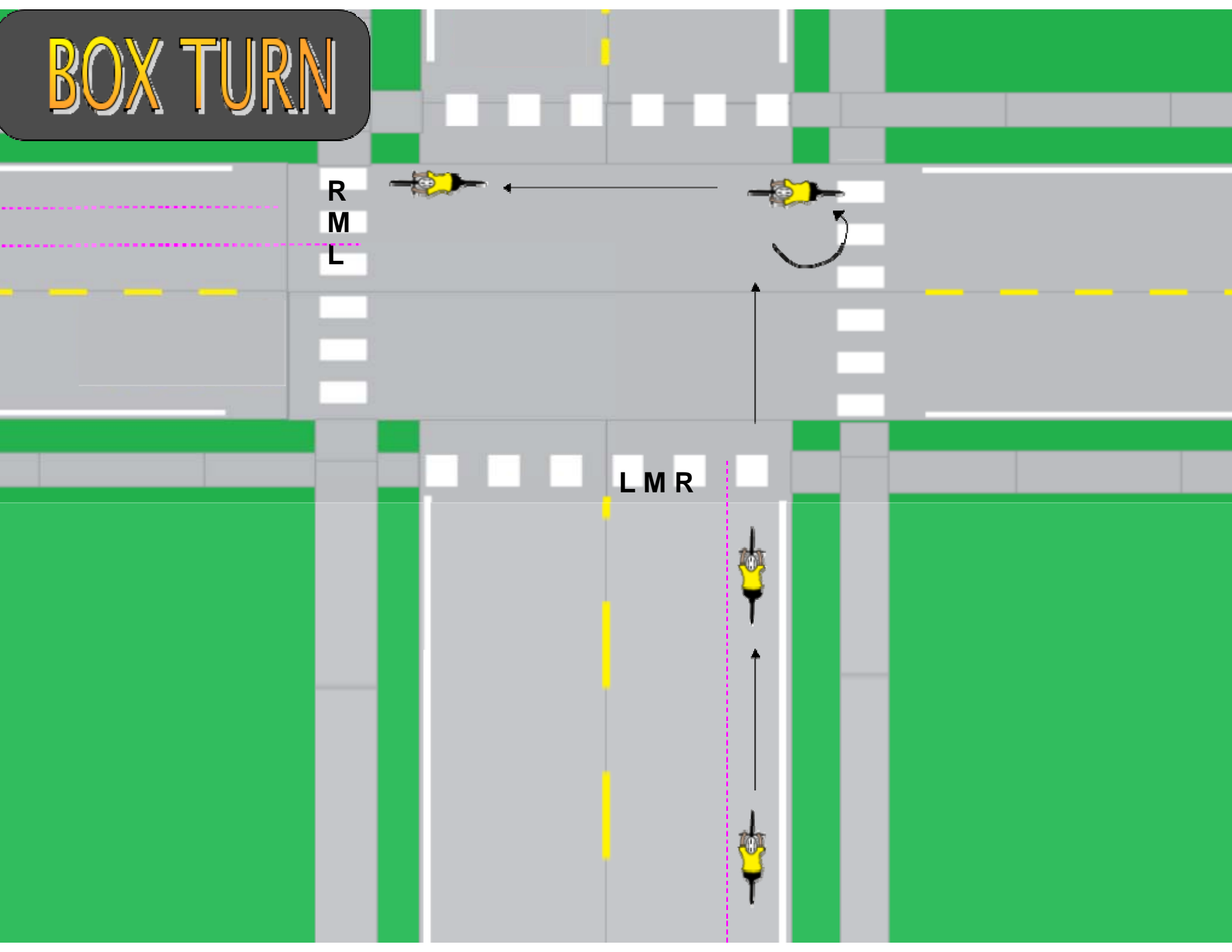
# BOX TURN



R  
M  
L

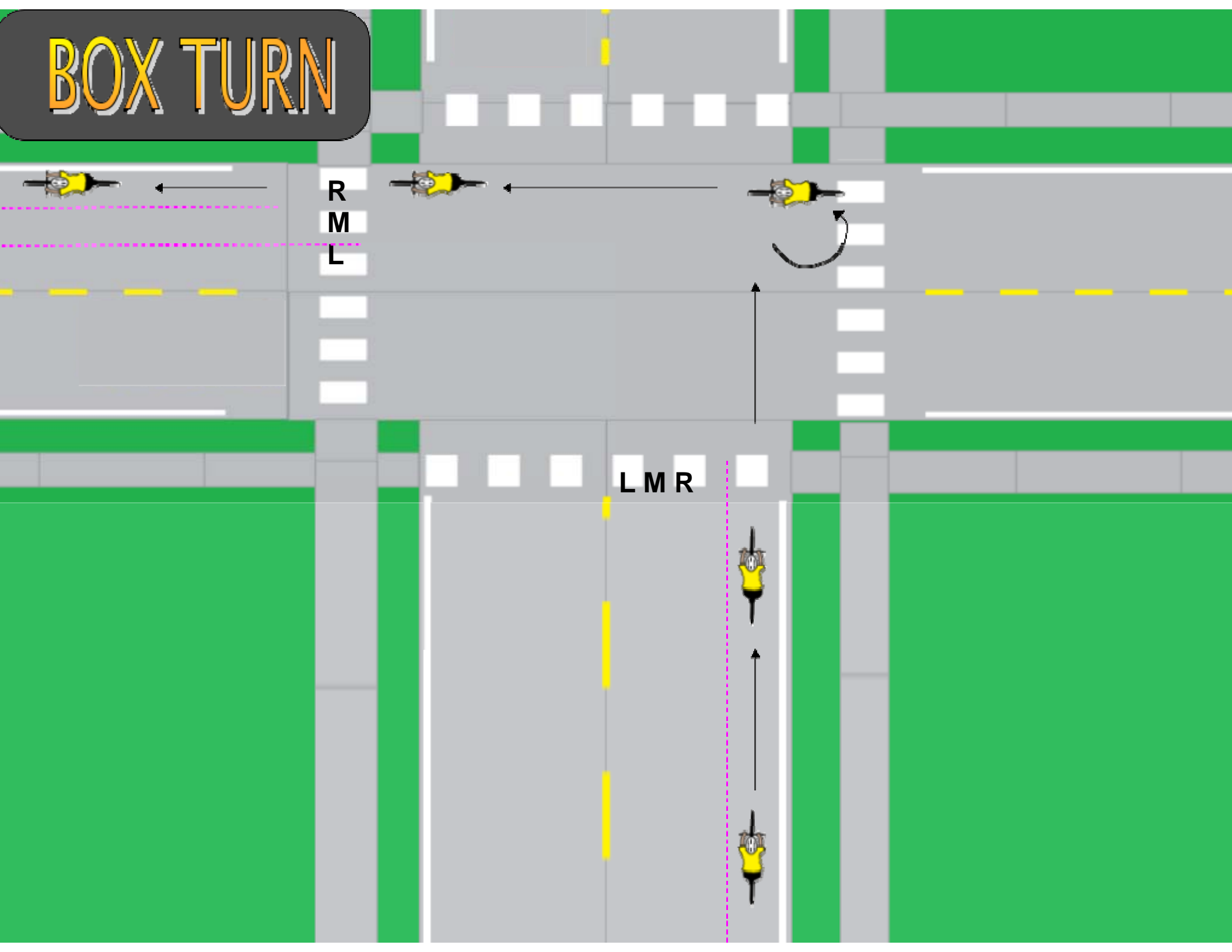
L M R

# BOX TURN





# BOX TURN

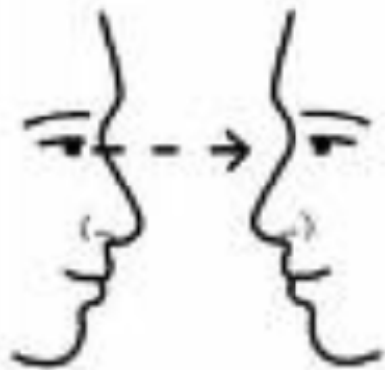


# Multi-use/bike path etiquette

- Ride on the right, pass on the left
- Use audible warning (bell or voice) before passing
- Listen up! Headphones prevent you from hearing warnings
- If you have to stop, pull over off the trail
- Ride single file when trails are busy so that others can pass safely
- Watch for the unexpected, especially with kids or dogs
- Slow down when trail is crowded



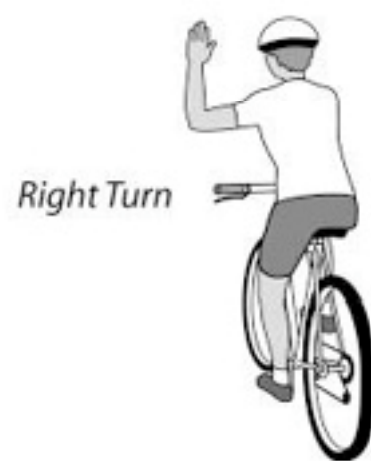
# Bicycle Communication



STOPPING

GO AHEAD

# Bicycle Communication





# CREDITS

Created By Amy Jolly, For the Sonoma County

Bicycle Coalition & Safe Routes to Schools 2010

Thanks to Cycles of Change

and The Iowa Bicycle Coalition For Use of Images and text

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We'd like to hear about how you used this!  
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Santa Rosa, CA 95402