

INTRODUCTION

M S I N T

Introduction

Middle school students are growing into teenagers. As they are walking the line between childhood and teens, they want and hope for more freedom. As adults, we recognize the many hazards that this growing independence can bring. We want to teach our children to take on these challenges in a safe and responsible way. We want them to be smart decision makers. A bicycle can represent a fair amount of freedom for a young person. This curriculum is designed to give our young people the skills to take on the challenges that independence brings.

The bike safety curriculum material is designed to be taught as an integral part of normal instruction. The curriculum is a mix of classroom discussions and activities, handouts, outdoor games, a bike skills course and a bike ride field trip. How you choose to interact with the materials and which components you choose to enact will make this curriculum unique to the needs of your school and classroom.



How to use this curriculum.

Each component has been designed to stand alone. The curriculum has been broken down into specific skills. Within each skill set, there are a variety of materials for you to choose from. Each lesson can take between 15 minutes and an hour. Our recommendation is that you review the materials and spend 5-6 hours of classroom time at your, or the teacher's, discretion. An ideal breakdown would be:

- 2 hours (or periods) of classroom instruction (MS 1, 2A, 2B) and supplemental lessons (MS 6-9), if there is time
- 2 hours (or periods) of on-bike instructional time. (MS 3, 4)
- 1 hour (or period) of an on-bike instructional field trip, or community bike ride. (MS 5)

Recommendations will be given throughout the curriculum for discussions, activities and extensions. If on-bike curriculum or field trips are not a viable option, look to classroom instruction extensions and supplemental lessons.

On-Bike Curriculum

The on-bike curriculum is an important component of this program. We understand that not all students have access to a bicycle; however, on-bike instruction is invaluable to the students becoming safe and successful riders. Here are some hints to make your on-bike instruction a success:

- Give students and parents plenty of advance notice by way of classroom announcements and newsletters so they bring their bikes to school.
- Pass out permission slips early and give frequent reminders to insure full participation.
- Contact your SRTS program coordinator about our fleet of loaner bikes. It is not large enough yet for every student to borrow a bike but students can share.
- Teach this curriculum in tandem with another teacher. Students can share bikes between classrooms or periods so there are enough bikes for everybody.
- Students must have a helmet to participate in on-bike activities. If they do not have one, SRTS does have loaner helmets or students can buy them from SRTS for \$5.



STANDARDS

This curriculum has been linked to CA State standards for PE, Health, Language Arts and Math. It has been piloted in Sebastopol, CA and is adapted from the Alameda CA SRTS program, the Texas Super Cyclist Project with additional information from the League of American Bicyclists, Street Skills for the Cyclist Safety Course and the Portland OR BTA SRTS instructional materials.

OBJECTIVES

The Sonoma County SRTS Program is designed to make cycling accessible and safe for young people. By the end of this unit, students should be able to:

- Share the road with cars and pedestrians as a safe and courteous rider.
- Develop safe street riding skills.
- Understand bicycle law.

OBJECTIVES (CONT).

- Use appropriate non verbal & verbal road communication.
- Recognize bicycling hazards and make safe choices.
- Know their bicycle and bicycle gear.
- Do an ABCD check.
- Understand the importance of wearing a helmet and adjust it correctly.

Bicycle Safety Certification Test
Reminder -- The Pre-Test is not for a grade.

Name: _____ **Date:** _____
School: _____ **Grade:** _____

1. Did You Have The Bike Safety Unit Last Year? **Yes or No**

2. What is great about bicycling?

- a. You don't need a helmet or license.
- b. You can ride anywhere on the road legally.
- c. You can make fun of people who are walking.
- d. Traffic will always stop for you.
- e. Its healthy for you and the environment

3. True or False: If there are no signs of damage, you can keep using a bicycle helmet that's been crashed.

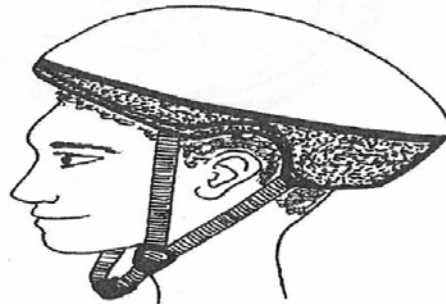
- a. False
- b. True

4. Is Alex wearing his helmet correctly? Choose the best answer.

a. Alex **is not** wearing his helmet correctly because the chin strap is too loose.

b. Alex **is** wearing the helmet correctly.

c. Alex **is not** wearing his helmet correctly because there should be no more than two fingers of space between the eyebrow and helmet rim, no more than two fingers of space between the chin strap and the chin, and the side strap buckles should be under the ear.



d. Alex **is not** wearing it correctly, but its better to wear it incorrectly than not at all.

5. What **specifically** do you need to check on your bike each time before you ride?

- a. Handlebars, rims, and derailleurs.
- b. Air pressure, brakes, chain, and quick releases.
- c. Hubs, crank arms, and spokes.
- d. Gears, shifters, and pedals.

6. What is the correct way to check the air pressure in your tire?

- a. Get on the bike and see if the tires looks flat
- b. Push down on the top of the tire
- c. Gently kick your tire
- d. Squeeze the sides of the tire

7. Where should bikes be on the road?

- a. Bikes mostly belong on the sidewalk.
- b. Bike should stay 2 "bike widths" to the left of parked cars.
- c. Bikes should go against the flow of traffic to be seen.
- d. Bikes should be right next to parked cars and move into open parking spaces to allow cars to pass.

8. The best time to shift gears is when:

- a. You are pedaling
- b. You are stopped
- c. Its too difficult to pedal any more
- d. You're off your bike

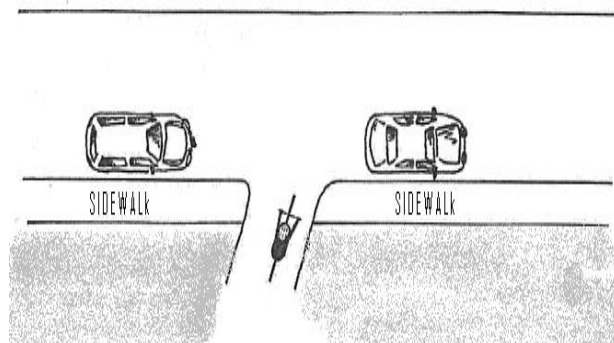
9. What is the best way to check your front brake?

- a. Ride fast then try to stop
- b. Squeeze the left brake lever and push forward until the back wheel comes off the ground.
- c. Pull on the brake cables and check for tension
- d. Squeeze the left brake lever repeatedly to pump up the pressure.

10. What's the first thing you should do before going around a parked car or pot hole?

- a. Ring your bell
- b. Look back for approaching traffic.
- c. Make a hand signal announcing your move.
- d. Get on the sidewalk and pass the car on the right side.

11. To exit a driveway safely, you must:



- a. Ride fast to merge with traffic
- b. Walk your bike
- c. Ride onto the sidewalk
- d. Behave as if there is a stop sign.

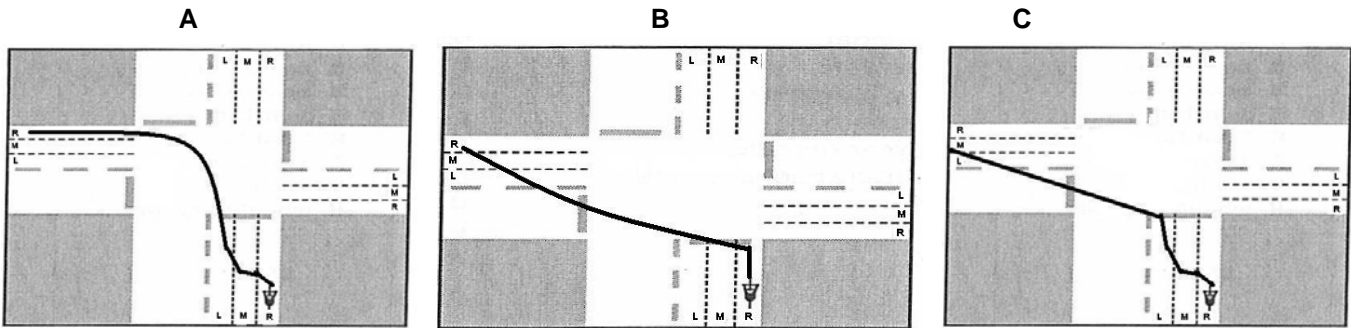
12. A bike rider reaches a four-way stop at the same time as a car. According to Right of Way rules, who goes first?

- a. Bikes have the right of way when approaching intersections at the same time as cars.
- b. Cars have the right of way when approaching the intersection at the same time as bikes.
- c. Either the Car or the Bike must wave the other person through.
- d. If a car is present, a bike rider should always walk their bike through an intersection

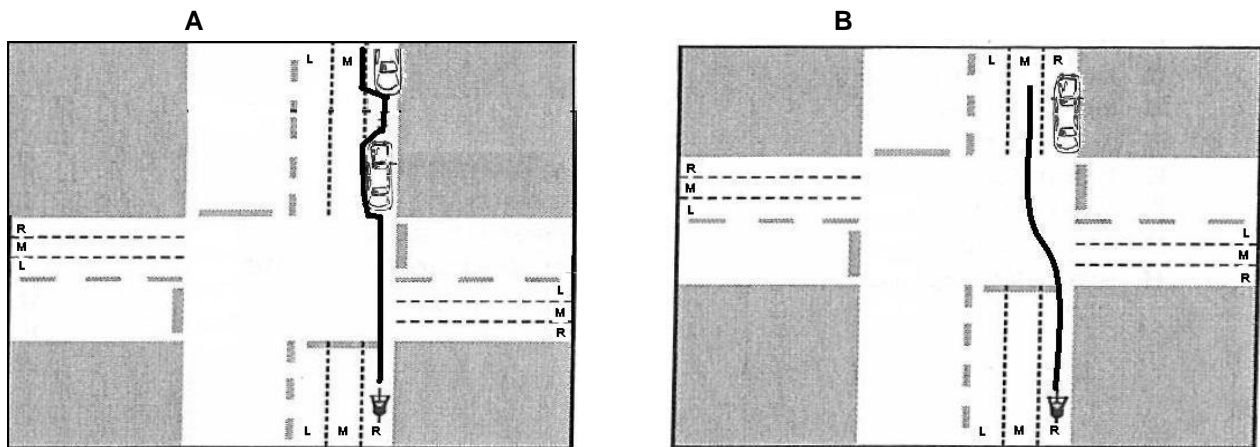
13. What is the best pedal-position to use when riding from a stand still?

- a. The Pedal is at the top (12 O'Clock Position)
- b. The Pedal is at the bottom (6 O'Clock Position)
- c. The Pedal is half way between the top and bottom, pointing forward.

14. Which option is the safest way to make a left turn on a quiet residential street?



15. Which option is the safest way to continue riding straight when there is a parked car on your right side?



Bicycle Safety Certification Introduction & Permission Slip

Dear Parent/Guardian,

Your child has the opportunity to be part of an exciting bicycle safety course! Students learn to: perform bike safety checks, adjust a helmet, use hand signals, read traffic signs, maneuver through intersections and navigate safely on the road. These important lessons will give your child confidence and the skills they need to bike to school safely. This program is brought to you by Sonoma County Safe Routes to Schools. It will be held on campus and on nearby neighborhood streets. This program will take place during _____. During this program, it is important for your child to attend everyday to learn all possible bicycle safety skills. Please remind your child to wear comfortable clothes, closed-toe shoes, and carry their necessary inhalers and/or medications with them at all times. Your child should bring their bike and helmet to school on days 3-5 of the program. If you do not have a bike some loaners are available. Loaner helmets are available or you can buy one for only \$5.00.

We emphasize safety in all of our programs to keep every child as safe as possible. Bicycle riding will occur on school grounds and on streets, and therefore, all activities are potentially dangerous. Participants must agree to follow all rules and agreements to ensure they stay as safe as possible. The purpose of the bicycle safety course is to teach safety and skills in an effort to reduce the risk of bicycle injuries.

(To be completed by parent/guardian) Please check appropriate box/s:

- I DO NOT GRANT PERMISSION** for _____ to attend the above field trip.
- I GRANT PERMISSION** for _____ to attend the above field trip.
- By granting permission for my child to attend the above field trip, I understand that under California law my child's participation in the field trip will be deemed a waiver of all claims against the District or the State of California, and their officers, trustees, agents, and employees for injury, accident, illness, or death occurring during or by reason of this field trip. (Education Code section 35330.) I release and hold harmless Sonoma County SRTS and any of their agents, employees and volunteers, and any other program participants from any and all liability or responsibility, causes of action, claims, demands, and damages of every kind, for negligence, gross negligence, strict liability, or any other kind of claim which may arise out of my child's participation in bicycle safety course. I hereby allow my child to be photographed during the bicycle safety course for promotional materials or news media purposes.
- I have medical insurance covering my child in case of illness, accident, injury (insurer's name and policy number). (E.C. 35331)

- I do not have medical coverage for my child.
Inability to provide proof of insurance for financial reasons, shall not prevent a student from participation in the field trip; however, the District shall have no responsibility or liability for any medical or other similar expenses of students or other persons incurred as a result of, or arising from, any field trip regardless of a student's proof of insurance.

In the event of any injury or other medical emergency, I authorize the movement and/or transportation required and authorize any qualified physician and/or surgeon to administer any treatment, medication, surgery, therapy, or radiology that he/she may deem necessary in such an emergency situation. I further authorize the transportation of my child by ambulance, if necessary, and agree to pay the expenses incurred.

Parent/Guardian Signature

Date

Home Telephone

Work Telephone

Cell/Pager #

Family Doctor

Doctor's Telephone

Check here if your child has no experience riding bicycles and/or needs special tutoring.

In order to run this program we DEPEND on the help of Parent Volunteers.

Check here if you can volunteer during one or more of the field trip days. We may be able to provide a bike for you if you let us know you need one. Please write your best contact phone number here: _____ to discuss scheduling.

My child does not have a helmet. We would like to purchase one for \$5.00. (Please attach \$)

My child does not have a bike or helmet and will need a loaner to complete this activity.

My child has a bike and helmet and will not need any additional materials to participate.

Formulario De Introducción Y Certificación De La Seguridad De Bicicletas

Estimado padre o guardián,

¡Su hijo tiene la oportunidad emocionante de ser parte de un curso de seguridad para bicicletas! Los estudiantes aprenden a: realizar los cheques de seguridad de bicicleta, ajustar un casco, usar señales de mano, leer las señales de tráfico, maniobrar a través de las intersecciones y navegar con seguridad en la carretera. Estas lecciones importantes le darán a su hijo la confianza y las habilidades que necesitan para ir a la escuela en bicicleta con seguridad. Este programa es traído a usted por el programa de Rutas Escolares Seguras del Condado de Sonoma. Se llevará a cabo en su escuela y en las calles de barrio cercano. Este programa se llevará a cabo durante _____. Durante este programa, es importante que su hijo asista todos los días para aprender todas las habilidades de la bicicleta de seguridad posibles. Por favor, recuerde a su hijo a llevar puesta ropa cómoda, zapatos cerrados, y llevar sus inhaladores y o medicamentos necesarios con ellos en todo momento. Su hijo debe llevar su bicicleta y casco a la escuela en los días 3-5 del programa. Si usted no tiene una bicicleta, hay algunas bicicletas de préstamo disponibles. Cascos de préstamo están disponibles, o usted puede comprar uno por sólo \$ 5.00.

Enfatizamos seguridad en todos nuestros programas para mantener a todos los niños lo más seguro posible. Andar en bicicleta tomara lugar en la pista escolar y en las calles, y por lo tanto, todas las actividades son potencialmente peligrosos. Los participantes deben estar de acuerdo para seguir todas las reglas y acuerdos para asegurar que sea lo más segura posible. El propósito del curso de seguridad de la bicicleta es enseñar a la seguridad y habilidades en un esfuerzo por reducir el riesgo de lesiones de la bicicleta.

(Para ser completado por el padre o guardián) Por favor, marque los cuadros correspondientes:

NO CONCEDO PERMISO para mi hijo _____ para asistir al excursión descrito arriba

DOY PERMISO para mi hijo _____ para asistir al excursión descrito arriba.

Al conceder permiso para que mi hijo asista al viaje descrito arriba, yo entiendo que bajo la ley de California la participación de mi hijo en el viaje se considerará una renuncia a todo reclamo contra el distrito o el Estado de California, y sus funcionarios, administradores, agentes, y empleados por lesión, accidente, enfermedad o muerte ocurrida durante o por razón de este viaje. (Código de Educación sección 35330.) Yo mantengo libre de responsabilidad al Condado de Sonoma RES y cualquiera de sus agentes, empleados y voluntarios, y cualquier otros participantes del programa de cualquier y toda responsabilidad o responsabilidad, causas de acción, reclamos, demandas, daños y perjuicios de toda tipo, por negligencia, negligencia grave, la responsabilidad estricta o cualquier otro tipo de reclamación que pueda surgir de la participación de mi hijo en su bicicleta en el curso de seguridad. Por la presente autorizo que mi hijo sea fotografiado durante el curso de seguridad de la bicicleta para material promocional o para otros medios de comunicación.

Tengo seguro médico que cubra mi hijo en caso de enfermedad, accidentes, lesiones (nombre del asegurador y número de póliza). (CE 35331)

No tengo cobertura médica para mi hijo.

Incapacidad para proporcionar comprobación de seguro por razones económicas, no impedirá que un estudiante de la participación en la excursión, sin embargo, el Distrito no tendrá ninguna responsabilidad por cualquier gasto médico o de otro similar de estudiantes u otras personas que se incurra como resultado de, o derivados de, cualquier viaje independientemente de la comprobación de seguro de un estudiante.

En el caso de cualquier lesión u otra emergencia médica, autorizo al movimiento y/o de transporte necesarios y autorizar a un médico calificado y/o cirujano para administrar cualquier tratamiento, medicina, cirugía, terapia, o de radiología que se le juzgue necesaria como una situación de emergencia. Además, autorizo transporte de mi hijo en una ambulancia, en caso necesario, y se comprometo a pagar los gastos incurridos.

Firma de Padre o Guardián

Fecha

Teléfono de la casa

Teléfono del trabajo

Celular

Médico de Familia

Teléfono de Médico

Marque aquí si su hijo no tiene experiencia de conducción de bicicletas y / o necesita tutoría especial

Para ejecutar este programa DEPENDEMOS de la ayuda de padres voluntarios.

Marque aquí si usted puede ser voluntario en una o más de los días de excursiones. Podemos ser capaces de proporcionar una bicicleta para usted si usted nos deja saber si lo necesita. Por favor escriba su mejor número de teléfono de contacto aquí: _____ para discutir el horario.

Mi hijo no tiene un casco. Nos gustaría comprar uno por \$ 5.00. (Por favor incluya \$)

Mi hijo no tiene una bicicleta o un casco y se necesita un prestado para completar esta actividad.

Mi niño tiene una bicicleta y un casco y no se necesita ningún material adicional para participar