

Longview Safety City Teacher Resource Guide Bicycle Safety



Educating children and families about safety in a creative, fun, interactive environment, to reduce the number of preventable injuries.

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BICYCLE SAFETY

It's a beautiful day – the sun is shining, the birds are singing. What could be more perfect than a bike ride? But wait! Before you pull your bike out of the garage, let's find out how to stay safe on two (or four) wheels.

WHY IS BICYCLE SAFETY SO IMPORTANT?

Every year, over 400,000 children go to the emergency room because of bike accidents. Some are very serious and most of the serious accidents are from head injuries because a helmet wasn't worn.



HELMET HOW-TO

First of all, **ALWAYS** wear a helmet. Bike helmets are so important!

Always wear a helmet that fits your head. You don't want it too big or too small. Never wear a hat under your helmet.

Once you have the right helmet, you need to wear it the right way – flat on your head, covering your forehead with the strap always fastened.



HELMET ON, NOW WHAT?

1. Riding a bike that is the right size for you helps keep you safe.
 - When you are on your bicycle, stand straddling the top bar of your bike so that both feet are flat on the ground.
 - There should be 1 to 3 inches of space between you and the top bar.
2. Here's a safety checklist to go over with your mom and dad:
 - Make sure your seat, handlebars, and wheels fit tightly.
 - Check your brakes to be sure they work well and aren't sticking.
 - Check your tires to make sure they have enough air in them.

3. It makes sense to wear very bright colors when you're biking. Choose a color that makes you easy to see.
4. Make sure you don't have anything that will get caught in your bike chain or wheels, such as loose pants legs, backpack straps, or shoelaces.
5. Wear the right shoes – sneakers – when you bike. Sandals, shoes with heels, slippers, and cleats won't help you grip the pedals. And NEVER go riding barefoot!
6. Do not wear headphones – you won't be able to hear what's going on around you.
7. Avoid riding at night. If you have to ride at night, use reflectors, lights and reflective clothing.



Riding a bike can be a lot of fun! But just like your parents who have to be careful and always obey the rules when they are driving a car, there are rules you need to follow when you ride your bike on the road. It's easy to fall off a bike and get hurt, especially if you don't know the rules of the road or if your bike isn't working right.

Basic Bike-Riding Rules

1. Ride on sidewalks or bike paths when they are available. If you have to ride in the street, always ride WITH traffic, as near to the right as possible.
2. When entering a sidewalk, path, or driveway, make a complete stop. Look left, right, and then back to the left. Be careful not to run into people who are walking on the sidewalk, path, or driveway. Pedestrians always have the right of way so be sure and give an audible warning (bell, horn, word) if you are going to pass them.
3. When crossing the street with a grownup, WALK, don't ride your bicycle. Look in all directions before crossing and cross at intersections using the crosswalk and following traffic signals.
4. Children should never ride their bicycles at night.

5. **Keep an eye on the road ahead and watch out for obstacles in the road such as:**

wet leaves
big puddles
cracks in the road
potholes

broken glass
people in your path
litter
gravel or rocks

- All of these can cause you to lose control.
6. **Stop at all stop signs and obey street lights just as cars do. Know your road signs and obey them. A smart biker follows the rules of the road.**
7. **Never ride out from behind parked cars and don't ride too close to parked cars. Someone could open their door unexpectedly and well, yikes!**
8. **Always be prepared to stop. Keep your hands on or close to the brakes, with both hands on the handlebars unless giving a hand signal.**
9. **Only one person should ride on a bike at a time unless there are seats for two. Keep one hand on the handlebars at all times.**



10. **Never hitch a ride by holding on to a car or truck.**
11. **When more than one bicyclist is riding, ride in a straight line, never two or more side by side.**

12. Use proper hand signals when turning.



13. Most important, be predictable. Ride in a straight line. Look behind you before changing lanes or turning, use your hand signals and drive carefully.

BICYCLE SAFETY ACTIVITY SHEET (AGES 8 TO 11)



ACTIVITY #3: WORD FIND

Find the words listed on the left in the group of letters on the right. Circle the word when you find it.

BICYCLE	N	T	I	Q	N	S	L	Y	A	L
SAFETY	A	O	B	C	R	I	D	T	F	I
HELMET	M	H	I	N	D	G	O	E	R	S
SIGNS	F	T	C	T	X	N	U	F	I	K
FUN	E	A	Y	T	C	S	H	A	E	L
FRIENDS	R	P	C	R	A	E	M	S	N	Z
CAUTION	Y	A	L	A	L	K	T	C	D	S
PATH	D	R	E	M	O	Y	C	O	S	M
PROTECTION	S	P	E	S	N	A	V	T	R	E
SMART	Y	T	C	A	U	T	I	O	N	P



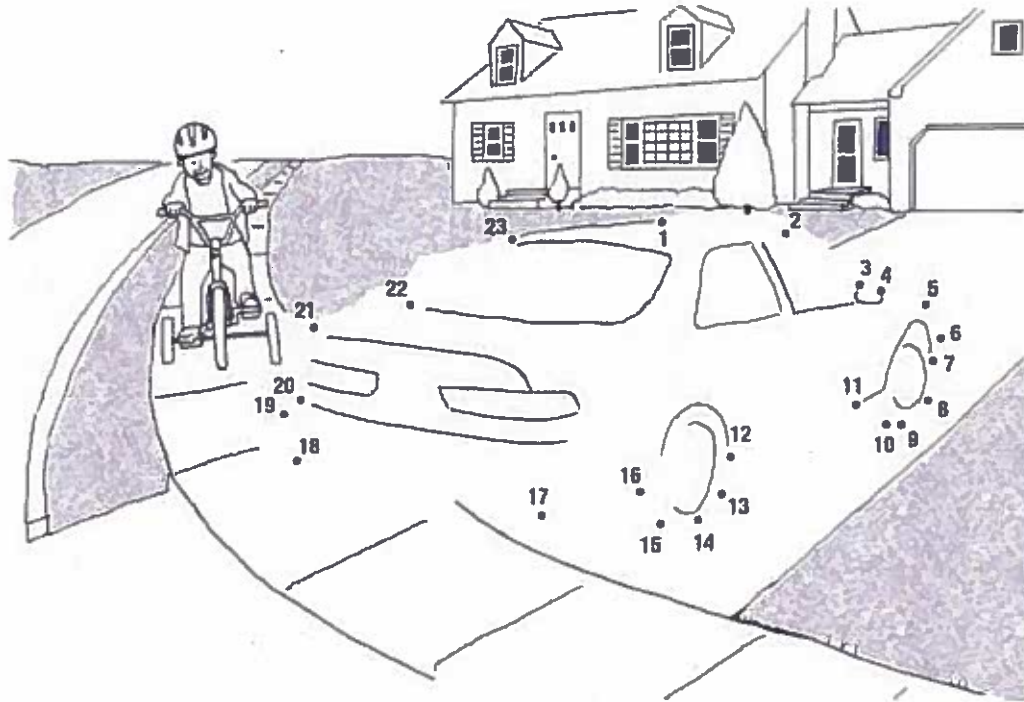
NAME: _____

AGE: _____

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Connect The Dots

Connect the dots to see what every bicycle rider needs to watch out for, then color the picture.



Let Safety Rule.

Before you ride your bike, always check it over to make sure it is safe to ride.

Bicycle Safety Check List

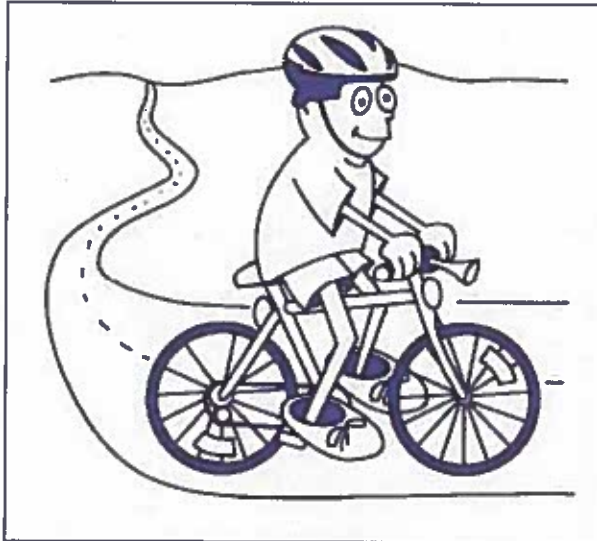
Brakes — do they work?	Yes	No
Tires — Is there enough air in them?	Yes	No
Steering — are the handlebars straight?	Yes	No
Reflectors — does your bike have them?	Yes	No
Chain — Is it on the sprockets?	Yes	No

If you checked "No" for any checkpoint, correct it before you ride.

What's Different?

Biker Number 1 is a safe biker. See if you can find 10 things that are different about Biker Number 2 that make him the unsafe biker.

Biker Number 1



Biker Number 2



Circle the things that make Biker Number 2 an unsafe cyclist, or list them here.

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Hint: Always ride on the sidewalk, or on the right hand side of the road riding in the same direction traffic is moving.

ANSWERS: No helmet, fat tire, shades untied, no fenders, riding on wrong side of road, about to hit a tree, no horn, no reflectors on wheels, no reflector on front of bike, broken spoke

Word Match

Draw a line between the words below and the correct pictures.

Stop

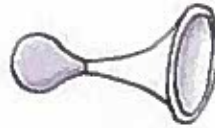
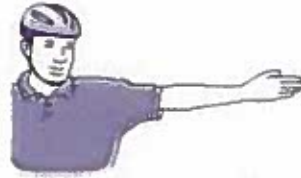
Left Turn

Don't Walk

Right Turn

Helmet

Horn



Bike Word Search 1

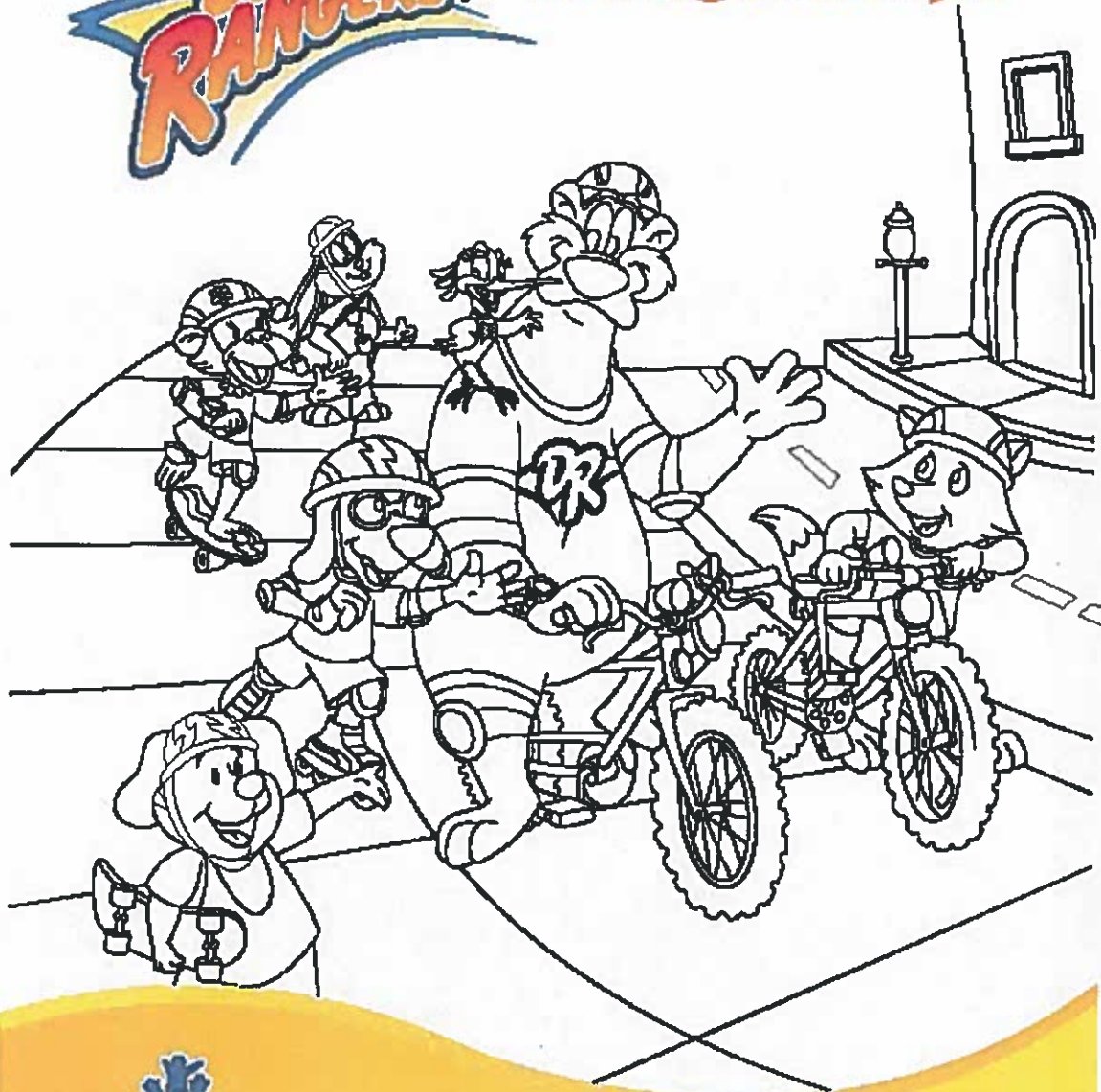
HELMET
PADS
SAFETY
STOP
GEAR
RIDE
GRIPS
SIGNAL
BIKE
HORN
BRAKES
TRAIL

S	P	F	N	R	O	H	A
S	P	M	I	J	C	N	M
X	A	G	Y	Y	X	S	F
E	D	Z	L	B	T	P	K
E	S	N	T	I	R	I	E
P	I	S	E	K	A	R	B
O	G	P	M	E	I	G	R
T	N	L	L	H	L	E	I
S	A	F	E	T	Y	A	D
Q	L	K	H	A	Z	R	E





Keeping Kids Safe!



www.safekids.org

Helmets are cool! Make sure you wear yours every time you go biking, rollerblading or skating!

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Name _____



Date _____



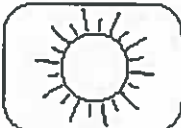




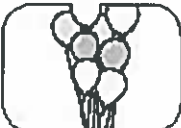
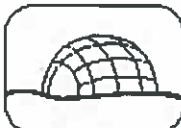








BICYCLE SAFETY ACTIVITY SHEET (AGES 8 TO 11)



ACTIVITY #5: FIND THE SAFETY MESSAGE

First name each picture. Then write the first letter of each word in the space provided. A safety message will appear.

 _____ _____	 _____ _____			
 _____ _____	 _____ _____	 _____ _____	 _____ _____	 _____ _____
 _____ _____	 _____ _____	 _____ _____	 _____ _____	
 _____ _____	 _____ _____	 _____ _____	 _____ _____	



NAME: _____

AGE: _____

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