

# BLACK TOP DRILLS-

## OVER THE SHOULDER CHECK

MS 3

### DISCUSSION

This is an on-bike activity. Students need to have a permission slip and helmet to participate. See the introduction for tips on how to organize for a successful on bike component.

Being able to do an over the shoulder check (OTSC) without swerving while riding is an important skill to have. When you have been doing it for a long time it becomes almost second nature. For some of us it is hard to remember it is a learned skill.

#### WHEN DO YOU USE AN OTSC?

Riders use the over the shoulder check whenever they move away from the right side of the road and into the middle of a lane. Remember the three different lane positions, L-M-R? Riders move into the middle of the lane when there is a hazard on the right: a parked car, glass, pothole, etc. They also move to the middle to stay out of a right turn lane if they are going straight. Riders move all the way to the

left lane when they get ready to make a left turn.

#### WHY IS IT IMPORTANT TO DO AN OTSC?

Any time you need to move out into the road, you need look behind you and see what is happening. If there is a car or another cyclist, you need to make sure you are safe before changing lane position. The trick is to be able to look over your shoulder without swerving.

### SET UP

You will need a long stretch of black top approximately 100 feet long by 25 feet wide. Use the diagram to help you design the drill. Use a chalk line tool (such as carpenters use to 'snap a line') or a piece of chalk and a tape measure, to outline the space you will be using and again to make out 3' lanes the width of the space. You should have between 6 and 10 lanes enough for 1/3 -1/4 of the students to participate in a drill at one time. More lanes means more students can practice at one time. It also means they get to

spend more time on their bikes. However, you want to insure that every student has a clear view and you can see and offer instruction to every student. Once you have outlined the space, go over it with thick chalk lines. Use cones to mark corners and lanes. Draw a chalk line and use a cone to mark the center of the course. At the starting line mark the **Left Middle and Right** of each lane with the appropriate initial. At the end of each lane indicate the appropriate direction for students to turn off with an arrow. Use chalk to draw in the "parked car" obstacle marked in dark blue on the diagram.



### STANDARDS

- CA.H.6.2.1. Analyze the role of self and others in causing or preventing injuries.
- CA.PE.7.4 Students demonstrate knowledge of physical fitness concepts, principles, and strategies to improve health and performance.
- CA.PE.8.3 Students assess and maintain a level of physical fitness to improve health and performance.

### OBJECTIVES

- Students will gain hands on experience with skills discussed in the classroom portion or the curriculum.
- Checking over their left shoulder to look for cars or other traffic.
- Hand turn signals
- ABCD safety check
- Bike size and seat position

### MATERIALS

- Bikes
  - Helmets
  - Permission slips (signed)
  - Chalk line tool or tape measure
  - Chalk
  - Cones
  - Laminated traffic posters
  - Toy car tent
- Loaner materials are available through Sonoma county STRS

# INSTRUCTIONS

Gather students with their bikes. Before you begin drills, do a helmet check (eyes, ears and chin). Students should have the same helmets they adjusted the day before but it is a good practice to check your helmet before every ride. Have students do an ABCD check (air pressure, brakes, chain and drop) on their bikes. If students are sharing bikes they can work as a team. Put air in any tires that need it.

Explain to students that there are multiple skills they will be practicing which will increase in complexity as the drill progresses. For each drill give students a verbal description and then demonstrate. There will be multiple students using each lane but only one student can go at a time.

## Drill 1

Students are to bike to the end of the lane. Stop at the STOP sign; look left, right, left; use a hand signal; turn and return to the beginning of the drill. The arrows will indicate the direction they will turn.

Students to the right of the STOP sign turn right and students to the left of the STOP sign turn left. Drills are cumulative so they will do this at the end of every exercise for the remainder of the activity.

## Drill 2

Students are going to do an over the shoulder check at the center cone. The trick is to look backwards without swerving into the middle lane. To do this, have students take the left hand off the handle bar and place it on their hip when they look over their shoulder. This helps them to not swerve. Repeat this as many times as necessary until every student can do an OTSC successfully. Once they have mastered this they can keep both hands on the handlebars.

## Drill 3

Have a volunteer hold up one of the laminated car posters as the students ride. This can be a parent or a student who is unable to participate. As students do their over the shoulder check they yell out what they see on the poster. The volunteer should

be standing on the left of the drill zone near the start.

## Drill 4

Moving around an obstacle. Point out the chalk obstacle in the road just beyond the cone. Students need to move into the middle lane to go around it. For this drill students need to look over their shoulder, signal left, move to the middle to go around the obstacle. As usual don't forget to have students stop, look, and signal before moving off the course.

## Drill 5

This time, instead of the posters, the volunteer is going to use the toy car tent. If the students see the car, they should stop at the cone before moving around the "parked car." Students need to wait until the car is gone before they continue to the end of the

drill. If there is no car, students continue on as in drill 4. Practice this drill multiple times with different scenarios.

## Closing

At the end of the class period, have students put their bikes and gear away. Loaner helmets and bikes should be kept in a secure location. Review the skills they practiced and get some student responses before students move on to their next class.

