



Lesson developed by North Carolina Dept of Transportation and adapted for use in CA by the Sonoma County Bicycle Coalition Safe Routes to School program

## Getting Ready to Ride



**Time:** 30-40 minutes

*Studies have demonstrated that skill-building activities are the most effective way to promote student retention of bicycling safety skills. Lesson objectives set the stage for building safety skills, which are emphasized through students' participation in class activities. This curriculum does not cover every possible scenario that a child may encounter as a bicyclist but instead addresses the basic skills needed to be a safe bicyclist. Teachers should use their discretion to break material to accommodate their daily schedule. The Skill Building Activity is an essential component to this curriculum and all lessons should be complemented with the reinforcement of safe bicycling behavior. More time can be spent on practicing skills if children are already familiar with the core material.*

### Lesson Objectives

The objective of this lesson is to learn the basics about bicycling equipment and rules of the road.

The children will be able to:

- Explain how bicycling contributes to a healthy lifestyle.
- Identify appropriate, safe bicycling equipment:
  - Bike type, size, fit,
  - Bike mechanical condition and maintenance,
  - Helmet fit and positioning,
  - Highly visible clothing, and
  - Lights for visibility in darkness.
- Identify basic traffic signs and signals and their meaning for bicyclists.
- Identify the correct direction for on-road travel.

### Why This Lesson is Important:

Bicycling is a fun and healthy activity for children. Yet, cyclists must obey the same traffic laws and markings as motor vehicles. This lesson introduces children to equipment and skills that will help keep them healthy and safe while they enjoy cycling.

## Applicable Standards of Learning

The Essential and Guidance Standards listed below were prepared for the state of North Carolina. Correlations to California State Content Standards are not available at this time, with the exception of Common Core as listed below.



### Essential Standards

4.PCH.4.2: Identify personal protection equipment needed for sports or recreational activities.	5.NPA.3.2: Explain the benefits of regular physical activity on physical, mental, emotional, and social health.
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### Common Core

CCSS.ELA-Literacy.W.4.1: Write opinion pieces on topics or texts, supporting a point of view with reasons and information. CCSS.ELA-Literacy.W.4.4: Produce clear and coherent writing in which the development and organization are appropriate to task, purpose, and audience. CCSS.ELA-Literacy.4.6 : Acquire and use accurately grade-appropriate general academic and domain specific words and phrases, [...] including those that are basic to a particular topic. CCSS.Math.Content.4.OA.A.2: Multiply or divide to solve word problems involving multiplicative comparison.	CCSS.ELA-Literacy.W.5.1: Write opinion pieces on topics or texts, supporting a point of view with reasons and information. CCSS.ELA-Literacy.W.5.4: Produce clear and coherent writing in which the development and organization are appropriate to task, purpose, and audience. CCSS.ELA-Literacy. 5.6 : Acquire and use accurately grade-appropriate and domain-specific words and phrases, including those that signal contrast, addition, and other logical relationships. CCSS.Math.Content.5.NBT.B.5: Fluently multiply multi-digit whole numbers using the standard algorithm.
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### Guidance

RED.C.2.1: Identify situations from your daily life in terms of problems and solution strategies. EEE.SE.1.2: Illustrate personal responsibility in a variety of settings and situations. P.SE.1.2: Use self determination to build independence. I.SE.1.2: Integrate personal responsibility into the way you live your life on a daily basis.
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## Getting Ready to Ride

Grades

**4-5**

Lesson 1

Getting Ready  
to Ride

### Materials

- Computer and projector to view “*Getting Ready to Ride*”
- “*Getting Ready to Ride*” video download
- Sign and Signal Cards
- Sample helmets for Skill Building Activity
- Parent/Caregiver Tip Sheet
- ABC Quick Check Handout (Printed on the Back of the Tip Sheet)
- Fitting Your Bike Helmet Handout
- Child Assessment – Worksheet (Pre-Test)
- Child Assessment – Instructor’s Answer Key

### Preparation

It may be helpful to review the ***Let’s Go Biking! Getting Started*** video which can be found in the *For Instructors* portion of the *Let’s Go NC! Interface website*. This video will help you prepare for teaching the in-class lessons and can be found in the “For Instructors” section of the Let’s Go NC curriculum website:

<http://www.ncdot.gov/bikeped/safetyeducation/letsgonc/>

Review the ***Let’s Go Biking!*** lesson video “***Getting Ready to Ride***” to understand how the video will supplement the classroom discussion and see a demonstration of how the skills taught in this set of lessons are performed by children in realistic settings. Reviewing this material will assist you in leading the Skill Building Activities in Lessons 3-5.

Set up AV equipment in advance, and be prepared to ask children the questions indicated during the video pauses. Use the explanations in the lesson plans, as needed, to help children understand the key concepts.

Send reminders to volunteers who will help to set up and assist with the skills-based lessons (Lesson 3-5).

Remind children to bring their Consent Form back to school before conducting on-bicycle skill drills.

Have children bring their own bicycle helmets to school (if they have them) for use in the Skill-Building Activity.

## Part 1 - Discussion and Demonstration

► **Time:** 30 minutes

1. Pre-Test
2. Before You Ride
3. ABC Quick Check
4. Protection When Riding
5. Know the Rules of the Road
6. Obey Signs and Signals

## Introduction

During the lesson the instructor will...

- Discuss bicycling as a form of transportation and how it contributes to a healthy lifestyle.
- Emphasize that bicycles are vehicles that must follow the same rules of the road as motor vehicles. Go over signs and signals that are important for bicyclists to recognize.
- Ask children to complete the Child Assessment. Correct the assessment at the end of class and discuss the answers with children. Note child scores.[Children will do a Post-Test at the end of the course.]
- Show “Getting Ready to Ride” video that coordinates with Lesson 1. Pause where indicated by the video and discuss the points raised. The main points and explanations are given below.

*Riding a bike as a means to get to where you’re going is really good for your body. There are many ways that bicycling contributes to a healthy body by including riding a bike in your everyday life. Below is a list of several ways that bicycling contributes to a healthy lifestyle:*

- *Bicycling provides good cardiovascular exercise to improve heart and lung function as well as overall physical conditioning.*
- *Bicycling is a “green” form of transportation that produces no pollution and helps reduce motor vehicle congestion.*
- *Bicycling is an economical way to get to school, parks and other places.*
- *Bicycling can make children more independent and prepare them to be car drivers.*
- *Bicycling is a great way to relieve stress and furthermore, it’s fun!*

### Discussion Opportunity Bicycling and a Healthy Lifestyle

Introduce the lesson before starting the video.

Talk to children about going places by bicycle.

Ask children how bicycling contributes to a healthy lifestyle.

Use the list here to help them brainstorm.

*We’re going to assess what you already know about bicycling, and then watch a video that shows you what you need to know to “get ready to ride!” Later in the course, you will practice the same types of skills you see children performing in the video, so watch carefully. You will need to pay attention because I am going to be asking questions during the video to make sure you understand all of the important points.*

### 1. Pre-Test

***[Distribute the Child Assessment – “What Do You Know About Bicycling?” Pre-Test. Allow children a few minutes to complete and collect completed assessments.]***

***[After assessments are completed, start the video “Getting Ready to Ride.” Be prepared at the various pauses in the video that allow opportunities to discuss key concepts with your class.]***

### 2. Before You Ride

There are several things that you should do before you take your bicycle out on a ride. You need to have permission to ride, a safe place to ride, and a bicycle that is working properly.

**Ask an Adult**

You should always ask an adult for permission. An adult will make the decision about whether you should ride on the sidewalk or if you are ready to ride on neighborhood streets. Until you master the skills to handle your bike, you should always ride on the sidewalk or a pathway.

**Plan a Safe Route**

When you ask an adult, be mindful of where they tell you that you can ride. Work with an adult to find a safe route to your destination. If you are riding to a place in your neighborhood such as the school or a friend's house, always follow the safe route that an adult gives you.

**Have a Bike That Fits**

Before you get on a bike to ride, it should fit properly. You should know about its basic parts and safety equipment. Knowing these things can help build your confidence about riding a bike. Typical bike size and fit is described below.

***Bike size and fit***

Check to make sure your bike fits. Have an adult help you adjust the seat so you can have a safe and comfortable ride.

Here are some basic tips for proper fit based on frame style:

- **Diamond Frame:** Adjust to stand over the frame with 1 to 3 inches of clearance between you and the bike.
- **Step-through Frame:** This frame is more versatile and can be adjusted to fit most kids.

Here are some basic tips for adjusting the seat of the bicycle to fit:

- **Beginners:** When you sit on the seat, you should be able to touch both feet on the ground.
- **Advanced:** When you sit on the seat with your foot on the pedal in its lowest position, your leg should be slightly bent.

Note: Recumbent bicycles have their own fit system, which puts the rider in a laid back, reclining position. People of varying abilities choose to ride recumbents because this type of bicycle supports and distributes a rider's weight differently than a typical bicycle. See the **Instructor's Guide** in the "For Instructors" section of the Let's Go NC! website for a more detailed discussion of the different types of bicycles available. <http://www.ncdot.gov/bikeped/safetyeducation/letsgonc/>

**3. ABC Quick Check – Bike Check and Maintenance**

Have an adult check your bike before you ride, especially if the bike has been sitting unused for a while. They can help you perform the following Quick Check to make sure your tires have air, brakes work, and the chain turns freely. Use the **ABC Quick Check Handout** to get your bicycle ready to ride.

- **A is for Air:** Check the air pressure, spin the wheels and make sure the tires are not worn out. Be prepared to pump up the tires because they naturally lose air pressure over time. The correct pressure is marked on the side of the tire and it only takes a few minutes.



### Discussion Opportunity

#### Before You Ride

Use the pauses in the video to review the information:

- Ask an Adult
- Plan a Safe Route
- Have a Bike That Fits

Have children discuss their own experiences with getting ready to ride their bicycles.

- **B is for Brakes:** Check to make sure coaster brakes will stop the bike by spinning the back wheel and then pedaling backwards. If the bike has hand brakes, check to see that the levers don't hit the handlebars when squeezed and that levers initiate the brakes. Make sure the brake pads are clean, straight and contact the rim of the wheel properly.
- **C is for Cranks, Chain and Cogs:** Grab the crank arms and try to wiggle side to side. There should be no movement. Spin the cranks backwards to see if the chain runs smoothly over the cassette. The chain should look like metal, not rust or black gunk. If the bike has gears, check to make sure the gear levers and derailleurs (gear-changing mechanism) work properly to shift the chain between gears.
- **Quick is for Quick Release:** Some bikes have quick releases on the wheels or seat post. Check to make sure they are tight and closed properly.
- **Check:** After making sure the seat and handlebars are tight and the proper height, have the child ride the bicycle around in a safe place to check that everything works well.

### Discussion Opportunity

#### ABC Quick Check

Review the ABC Quick Check:

- Air
- Brakes
- Cranks, Chain, and Cogs

Ask children, why it is important to check bikes before riding. Have the children had a problem because their bikes didn't work properly?

## 4. Protection When Riding

There are two basic things to do be protected while riding your bike.

### Wear a Helmet!

Bicycle helmets can help prevent serious head injuries that can permanently damage your brain or kill you. They do this by absorbing most of the blow of a fall or crash. The helmet should have a label inside stating that it meets standards of the Consumer Product Safety Commission (CPSC).

- Your helmet should fit your head snugly, but comfortably. Most brands come in a variety of sizes to fit all heads. Use the straps and sizing pads to get it to fit just right. The helmet should sit level on your head and cover the top of your forehead, so that you can put 2 fingers between your eyebrows and the helmet.
- Straps should be adjusted to fit snugly, but not tightly, forming a V under each ear. With your helmet buckled, you should not be able to take it off, rock it from side to side or back and forth.
- A helmet that has been in a crash has done its job by self-destructing. Even if you can't see the damage, it's time to replace the helmet with a new one.

### Discussion Opportunity

#### Protection When Riding

Review the things that children must do to be safe when riding their bicycles:

- Wear a Helmet
- Be Visible

Ask children to raise their hands if they have a bike helmet. Ask how many always wear their bike helmet when riding.

Remind them that it is the law for a youth under the age of 18 to wear a helmet when riding a bicycle in California.

Discuss what children should wear to be visible. Why do you need to be visible?

In California, the law requires that every child under 18 years old wear a helmet when operating a bicycle on any public road, path or right-of-way. (Note: in the corresponding North Carolina produced "Get Ready to Ride" video, the North Carolina helmet law (required for ages 16 & under) is stated. Be sure to pause the video and clarify the California law.)

**Be Visible!**

During daytime, wear white or bright colors that can be most easily seen. It is not a good idea to ride your bike after dark, but if you have to, wear reflective clothing, especially on your lower body. If you must ride at night, use lights. Night time is the most risky time to ride. The most serious crashes happen then. For this reason, you should not ride after dark. If you find you must ride a bike at night, the law in California requires you to use a bright headlight on the front of your bike and red reflector or red tail light on the back.

*(Note: in the corresponding "Get Ready to Ride" video, the North Carolina law is stated. The law in CA is the same, but you may wish to pause the video and let students know this is the case so they are not confused by the reference to North Carolina.)*

It is also a good idea to have clean reflectors on your pedals, wheels, and on the front and back of your bike. Reflective strips on clothing, your bike and your helmet also help make you even more visible.

**5. Obey the Rules of the Road**

Until you know and understand the rules of the road, you shouldn't ride on the streets. You should always follow these rules when riding. Even then, it is up to a parent or guardian to tell you in what areas you are permitted to ride.

*[This is not a comprehensive list, but a good starting point for children in this age group.]*

**Stop at the End of Driveways**

Before entering or crossing the road, stop, look for traffic, and wait if necessary. Failure to do this causes one of the most common types of child bicyclist-car crashes. Always stop at the end of driveways.

**Ride on the Right, With Traffic**

Riding against traffic is a leading cause of car-bike crashes, especially at intersections, and it is illegal. Bicyclists going against traffic endanger other bicyclists riding with traffic. Always ride with traffic.

**Yield to Pedestrians**

Stop and let them cross. When approaching pedestrians from the rear, slow down to pass and let them know you are coming by calling out, "Passing on your left." Always yield to pedestrians.

**Pull Over For Sirens**

Sirens from ambulances, fire trucks and police cars mean you must pull off to the right side of the road and stop just like car drivers. Always stop for emergency vehicles.

**6. Know the Traffic Signs and Signals**

Traffic signs and signals tell drivers when to stop and when to go. They warn of railroad crossings and other hazards and tell you where you may ride your bike. Bicycle riders, as well as drivers, must obey all traffic signs and signals. A child should be able to read and understand basic signs and signals.

*[Cards are included at the end of the lesson to go over what each sign means to an approaching bicyclist.]*

**Stop Sign** - Come to a complete stop and wait until it's clear to go.

**Yield Sign** - Slow down, check for traffic and wait (if necessary) until it's clear to go. Some Yield signs indicate where to stop to let pedestrians cross safely.

**Discussion Opportunity****Rules of the Road**

Review the Rules of the Road for this age group that is covered in the video. Can you think of others?

- Stop at the End of Driveways
- Ride With Traffic
- Yield to Pedestrians
- Pull Over For Sirens

Did you know all of these rules? Do you follow these Rules when riding your bicycle? Why do we have rules?



**One Way Sign** - All traffic must only go in the direction of the arrow and not the other way. Remember, bicyclists should always ride in the same direction as traffic in the roadway.

**Do Not Enter Sign** - This sign tells you that you may not go this way. They are usually used on one-way streets to tell you that you should not enter the road.

**Traffic Lights** - Green means proceed, with caution. Be on the lookout. Yellow means the light is about to turn red. For bicyclists, this means you should stop if possible. Often there isn't enough time to get through the intersection before the light changes. Be on the lookout for vehicles that may be clearing the intersection. Red means stop—and that includes bicyclists, too.

**Flashing Traffic Lights** - Red means come to a complete stop, and then go when it is clear. Yellow means slow down, look for pedestrians and other vehicles, and proceed with caution.

**Railroad Crossing Signs and Lights** - The railroad crossing sign indicates that the road crosses train tracks. Not only must you watch and listen for a train, but you must cross the tracks at a right angle to avoid having your wheels get caught in the tracks. Some railroad crossings will also have flashing red lights that require all vehicles, including cyclists, to stop for the approaching train. Some crossings will also have a gate to keep vehicles off the tracks. Never go around a gate.

### Discussion Opportunity

#### Know the Traffic Signs and Signals

Pause for each example and talk about the sign with your class:

- Stop Sign
- Yield Sign
- One Way Sign
- Do Not Enter Sign
- Railroad Crossing Sign
- Traffic Signal
- Flashing Traffic Signal

Did you know what to do at each of these signs and signals? If you were riding the wrong way down a street or on the wrong side of the street, would you see these signs and signals?

There are lots of signs and signals related to bicycling that are not covered here. If you have time, or if the children ask about other signs, go over these Signs and Markings. Additionally, there are pavement markings such as Bicycle Lanes and Shared Lane Markings that are not covered in this lesson.



SHARE  
THE  
ROAD



**Bicyclists Use Pedestrian Signal** - At some busy or dangerous intersections, bicyclists may be instructed to cross the street like a pedestrian, using the pedestrian signal and walking the bike across the street. It is always OK to get off your bike and cross the street as a pedestrian.



**Bicycle Routes** - Signed bicycle routes are typically roadways that have less traffic and are good for cycling. They may go to specific destinations. Signage sometimes uses an arrow that can indicate which way the route travels at an intersection. The images at right show U.S. Bicycling Route 1 and a local bicycle route sign.

DOWNTOWN



## Part 2 : Activity



► **Time:** 10 minutes

The Helmet Fitting Activity will make it much easier for you and your volunteers to assist kids with getting ready at the beginning of each on-bicycle portion of the course in Lessons 3-5. Go through this example to give kids practice wearing a bike helmet and a better understanding of how to fit a bike helmet. Use the ***Fitting Your Bike Helmet*** handout found in the Materials section.

- Using the sample helmets or helmets that kids brought to school today or those that you have in the classroom for the activity, have children work in pairs to practice fitting helmets in preparation for the on-bike lessons to follow.

### Review Child Assessment

► **Time:** 5 minutes

The instructor will review the answers from the Child Assessment given at the beginning of class. Lead a focused discussion on questions that were answered incorrectly by the majority of children.

***[Review and discuss the Child Assessment using the Instructor's Answer Key.]***



## Suggestions for a Balanced Curriculum

Grades  
**4-5**  
Lesson 1

Getting Ready  
to Ride

*These optional activities are included to extend the lesson into other areas of learning. Most activities presented may be completed within a 20-minute time period or may be assigned as homework opportunities.*

### Mathematics

Discuss with kids what it means to “commute.” A commute is a regular journey of some distance that a person travels on a regular basis. For example, your parents commute to and from work every day.

Using the following formula, have children estimate the miles that they commute each month to school. Then estimate for last month how much it cost to commute by car versus if they used a bicycle.

1. For a child’s school trip, estimate **Daily round-trip commute miles:** \_\_\_\_\_
2. Count **Number of school days last month:** \_\_\_\_\_
3. Multiply daily round-trip commute miles by number of school days in a month to determine **Monthly commute miles:** \_\_\_\_\_
4. In California AAA estimates in 2011 it cost \$0.20/mile (gas, maintenance, tires) to operate and \$0.46/mile to cover ownership costs (insurance, license, register) for an average car. Use current AAA Driving Costs for CA which can be found at [calstate.aaa.com](http://calstate.aaa.com). Add current operating and ownership costs together to determine **Cost per mile to own and operate a car in CA:** \_\_\_\_\_
5. Multiply the figures from #3 and #4 together to find **Monthly cost to commute to school:**  
\_\_\_\_\_

Answer the following questions related to the activity:

How much would it have cost to commute to school by bicycle instead of going by car? Which is more economical? Make an estimate using the data — how many times more expensive is commuting by car than by bicycle?

### English Language Arts

This exercise is about writing a persuasive letter for increasing options for environmentally-friendly travel in your community. Start with having children define and discuss each topic below in small groups as it relates to cycling and walking in California.

- Motor Vehicle Pollution
- Obesity in California
- Traffic Congestion in My Community
- Energy Efficiency
- Environmental Stewardship
- Sustainability
- Freedom and Mobility
- Resource Conservation
- Transportation Choices

Have children explore persuasive writing to answer the questions and create a letter to promote environmentally-friendly travel in your community. In this exercise, children should try to get the reader to understand, accept, and take an action on creating more environmentally friendly travel. Give children a specific audience for their letter such as a member of local government. This exercise can be done in small groups or individually.

Have children brainstorm and write clearly in paragraph form. They should provide logically ordered reasons supported by details and opinions. Here are some examples of questions that can be answered to help the persuasive argument for bicycle travel:

- How can riding bicycles impact our community?
- How is bicycle riding environmentally friendly?
- What are the barriers to bicycling in our community?
- How can we make it easier to ride to go places in our community using bicycles to travel?



## Signs & Signals



## Signs & Signals



## Signs & Signals



## Signs & Signals



## Signs & Signals





## Parent/Caregiver Tip Sheet

### Getting Ready to Ride

Bicycle riding is a fun, healthy activity that people can enjoy all their lives. It is important to remember that a bicycle is not a toy—it's a vehicle! These basic safety tips can help your child have fun AND be safe.

- **Wear a properly fitted bicycle helmet when bicycling** to prevent serious head injuries! Use a helmet that meets standards of the Consumer Product Safety Commission (CPSC). The helmet and straps should fit your child snugly, but comfortably. It should sit level on the head and cover the top of the forehead. Adjust straps to form a 'V' under each ear.
- **Make sure the bike fits your child.** There should be 1 to 3 inches between the child and the top tube (bar) if using a road bike and 3 to 4 inches if riding a mountain bicycle. The seat should be level front to back. Adjust seat height to allow a slight bend at the knee when the leg is fully extended. Handlebar height should be at the same level with the seat.
- **Perform the ABC Quick Check on the bike every time** using the guide on the back of this sheet.
- **See and Be Seen.** Always wear neon, fluorescent, or other bright colors when riding. Wear clothing that reflects light or has reflective tape. Avoid riding at night but if you must, use bright lights so others can see you.



### Rules of the Road

Your child needs to practice safe riding behavior and understand the rules of the road before he or she is ready to bike on neighborhood streets. Until they fully comprehend these rules, they should bicycle on the sidewalk. You can help them prepare by going over the following with your child:

- **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.** When you ride in the street, obey all traffic signs and signals.
- **Yield to Traffic When Appropriate.** Drivers on a smaller road must generally yield for traffic on a 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.), slow down and look to see if the way is clear before proceeding. Yield to pedestrians.
- **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, wet leaves, storm grates, railroad tracks, or things that could make you lose control of the bike.
- **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).



## Hoja de Consejos para Padres/ Tutores

### Preparándose para andar en bici

Pasear en bicicleta es una actividad divertida y saludable de la que la gente pueda disfrutar toda su vida. Es importante recordar que una bicicleta no es un juguete — ¡es un vehículo! Estos consejos básicos de seguridad pueden ayudar a su hijo/a a divertirse Y a cuidar su seguridad.



- **¡Use un casco ajustado correctamente cuando ande en bicicleta para evitar lesiones graves en la cabeza!** Use un casco que cumpla con las normas de la Consumer Product Safety Commission (CPSC). El casco y las correas deben quedar ceñidos a su hijo/a, pero deben estar cómodas. Debe estar nivelado en la cabeza y cubrir la parte superior de la frente. Ajuste las correas para formar una "V" debajo de cada oreja.
- **Asegúrese de que la bici le quede a su hijo/a.** Debe haber entre 1 y 3 pulgadas entre el niño y el tubo superior (la barra) si se trata de una bicicleta urbana, y entre 3 y 4 pulgadas si se trata de una bicicleta de montaña. El asiento debe estar nivelado desde el frente hacia atrás. Ajuste la altura del asiento para permitir una ligera flexión en la rodilla cuando la pierna está totalmente extendida. La altura del manubrio debe estar al nivel del asiento.
- **Realice la revisión rápida ABC de la bici cada vez utilizando la guía en la parte de atrás de esta hoja.**
- **Vea y que lo vean.** Siempre use colores neón, fosforescentes, u otros colores brillantes al andar en bici. Use ropa que refleje la luz o tenga cinta reflectante. Evite andar en bici de noche, pero si debe hacerlo, utilice luces brillantes para que otros puedan verlo

### Reglas del camino

Su hijo/a necesita practicar un comportamiento seguro al andar en bici y debe entender las reglas de circulación antes de que esté listo/a para recorrer las calles del vecindario en bici. Hasta que no comprenda plenamente estas reglas, debe circular en la acera/banqueta. Usted puede ayudarlo/a a prepararse repasando lo siguiente con su hijo/a:

- **Vaya con el flujo del tráfico.** Viaje por la derecha, en la misma dirección que los demás vehículos. Vaya con el flujo – no en su contra.
- **Obedezca todas las leyes de tránsito.** Al viajar en bicicleta en la calle, obedezca todos los señalamientos y semáforos.
- **Ceda el paso al tráfico donde sea apropiado.** Los conductores que van por una calle más pequeña por lo general deben ceder el paso al tráfico de una calle más grande. Si no hay señal de alto ni semáforo, y usted viene de una calle más pequeña (desde una entrada o vía de acceso, acera, camino para bicicletas, etc.), debe disminuir la velocidad y ver si el camino está libre antes de proceder. Ceda el paso a los peatones.
- **Sea predecible.** Viaje en línea recta, no por uno y otro lado de los autos. Indique sus movimientos para los demás.
- **Esté alerta en todo momento.** Utilice sus ojos Y sus oídos. Esté atento de baches, hojas húmedas, coladeras, vías de tren o cualquier cosa que pudiera hacerle perder el control de su bicicleta.
- **Mire antes de dar vuelta.** Al dar vuelta a izquierda o derecha, siempre mire atrás para buscar una pausa en el tráfico, y luego haga una señal antes de dar la vuelta. Tenga cuidado con el tráfico que da vuelta a la izquierda o la derecha.
- **Esté atento de los autos estacionados.** Viaje lo suficientemente alejado del borde de la acera para evitar cosas inesperadas de parte de los autos estacionados (como puertas que se abren o autos que arrancan).

# The **A** **B** **C** Quick Check

## **A** is for air:

Check the air pressure, spin the wheels and make sure the tires are not worn out.



## **B** is for brakes:

Check to make sure coaster brakes will stop the bike by spinning the back wheel and applying the brake. If the bike has hand brakes check to see that the levers don't hit the handlebars when squeezed. Lift one tire up at a time and spin it; squeeze the levers to see if the tire stops. The brake pads should be clean, straight and contact the rims properly.



## **C** is for Cranks, Chain, and Cogs:

Grab the crank arms and try to wiggle side to side. There should be no movement. Spin the pedals and cranks to see if the chain drives the rear wheel. The chain should look like metal not rust or black gunk. If the bike has gears check to make sure the gear levers and derailleurs (gear-changing mechanism) work to shift the chain between gears.



## **Quick** Refers to **Quick Releases**:

Some bikes have quick releases on the wheels or the seat post. Check to make sure they are tight and closed properly.



## **Check Your bike!**

After making sure the seat and handlebars are tight and the proper height, have the child ride the bicycle around the parking lot and check that everything works well.

# Fitting Your Bike Helmet

Buy it. Fit it. Wear it.  
**EVERY RIDE!**

## The Proper Helmet Fit

Helmets come in various sizes, just like hats. Size can vary between manufacturers. Follow the steps to fit a helmet properly. It may take time to ensure a proper helmet fit, but your life is worth it. It's usually easier to look in the mirror or have someone else adjust the straps. For the most comprehensive list of helmet sizes according to manufacturers, go the Bicycle Helmet Safety Institute (BHSI) Web site at: [www.bhsi.org/](http://www.bhsi.org/).

### STEP 1

#### Size:

Measure your head to find your size. Try on several helmets in your size until one feels right. Now put the helmet level on your head and adjust the sizing pads or fit ring until the helmet is snug.

### STEP 2



#### Position:

The helmet should sit level on your head and low on your forehead—one or two finger-widths above your eyebrow.

### STEP 5



#### Chin Strap:

Buckle your chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.

### STEP 3



#### Side Straps:

Adjust the slider on both straps to form a "V" shape under, and slightly in front of, the ears. Lock the slider if possible.

### STEP 6



#### Final Fitting:

**A.** Does your helmet fit right? Open your mouth wide...big yawn! The helmet should pull down on your head. If not, refer back to step 5 and tighten the chin strap.

### STEP 4



#### Buckles:

Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. This task is easier if you take the helmet off to make these adjustments.

- B.** Does your helmet rock back more than two fingers above the eyebrows? If so, unbuckle and shorten the front strap by moving the slider forward. Buckle and retighten the chin strap, and test again.
- C.** Does your helmet rock forward into your eyes? If so, unbuckle and tighten the back strap by moving the slider back toward the ear. Buckle and retighten the chin strap, and test again.
- D.** Roll the rubber band down to the buckle. All four straps must go through the rubber band and be close to the buckle to prevent the buckle from slipping.

## Replace a Helmet.

Replace your helmet when it has been in a crash; damage is not always visible.

## Buy/Fit the Helmet For Now.

Buy a helmet that fits your head now, not a helmet to “grow into.”

## Ensure Helmet Comfort.

If you buy a helmet that you find comfortable and attractive, you are more likely to wear it. Readjust as necessary to ensure the helmet fits properly each ride.

## Cover Your Forehead.

Adjust the helmet fitting based on your helmet first being in the correct position, level on the head and low on your forehead.

## Adjust Straps Until Snug.

Both the side and chin straps need to be snug.

## Avoid Helmet Rocking.

Your helmet should not rock forward or backward, or side to side on your head.

If your helmet rocks more than an inch, go back to step 6, and readjust.

## Be a “Roll” Model for Safe Behavior

Everyone — adult and child — should wear a bicycle helmet each time they ride. Wearing a helmet each ride can encourage the same smart behavior in others.

## Helmet Certification

Bicycle helmets sold in the U.S. must meet the standards issued by the U.S. Consumer Product Safety Commission (CPSC). Look for the certification label inside the helmet.



## Helmet Laws

More children ages 5-14 go to emergency rooms for bicycle-related injuries than with any other sport; many are head injuries. As a result, many States and local jurisdictions have child bicycle helmet laws to increase and better ensure the safety of children when bicycling. See: [www.helmets.org/mandator.htm](http://www.helmets.org/mandator.htm).

Like car crashes, bicycle crashes can happen at any time, involving not only children, but adults, many of whom are skilled riders. In fact, middle-age adults represent the average age of bicycle riders killed and injured.

Helmets are the single most effective piece of safety equipment for riders of all ages, if you crash. Everyone should choose to wear a helmet; it just makes sense!

For more information on  
bicycle safety, visit the National  
Highway Traffic Safety  
Administration Web site at:  
[www.nhtsa.dot.gov/bicycles](http://www.nhtsa.dot.gov/bicycles)



# ROLL MODEL





Name \_\_\_\_\_

## Child Assessment

### “What Do You Know About Bicycling?” Pre-Test

TRUE or FALSE

1. I should ride my bike facing traffic so I can see what's coming. \_\_\_\_\_
2. All bicycle riders must stop at all stop signs and red lights just like car drivers do. \_\_\_\_\_
3. I have to stop my bike when I hear a siren coming from an ambulance, police car or fire truck. \_\_\_\_\_
4. I don't need lights on my bike to ride at night because I already have reflectors. \_\_\_\_\_
5. Bicycle riders can safely carry packages in one hand because they can steer with the other. \_\_\_\_\_
6. Bicycle riders must give hand signals before making turns. \_\_\_\_\_
7. On my bike I only have to look for cars straight ahead when crossing a road or riding out of a driveway. \_\_\_\_\_
8. It's OK for two people to ride on a bike if one sits on the seat, and the other sits on the handlebars. \_\_\_\_\_
9. I don't need to wear a bike helmet because I never ride my bike around cars. \_\_\_\_\_
10. It's okay to ride a bike that's a little too big for me now so that I can grow into it next year. \_\_\_\_\_
11. Cyclists don't have to worry about the color of the clothing they wear. \_\_\_\_\_
12. Bicyclists should always stop at the end of driveways to check for pedestrians and other vehicles before entering the street. \_\_\_\_\_

# Instructor's Question and Answer Key



- 1. False.**

Riding facing traffic (against traffic) is dangerous for many reasons:

  - The bicycle rider will not see stop signs and other traffic signs.
  - Car drivers are not used to looking for any type of vehicle coming at them from the opposite direction.
  - The impact is much greater when a bike and a car hit each other head on.
  - Wrong way riding is dangerous and confusing to other bicyclists who are riding the right way.

For these reasons it's illegal to ride against traffic. Ride on the right side of the road, with traffic.
- 2. True.**

When you ride your bike, the law says you must obey the traffic laws and rules just like car drivers and other vehicle operators.
- 3. True.**

Like car drivers, bicyclists must stop for emergency vehicles.
- 4. False.**

Reflectors alone are not enough for night riding. The law requires bicycle riders to use a headlight at night to see better and to be seen by others. Bicyclists should also use a bright red taillight in addition to rear reflectors, which are also required by law. Even with lights, night riding is dangerous and is not a good idea.
- 5. False.**

Bicycle riders should never carry anything in their hands. Instead, they should use backpacks or saddlebags. They need both hands for stability, for steering and for signaling turns.
- 6. True.**

Since bicycles are vehicles, riders are required to signal all turns just like car drivers. Through hand signals bicycle riders communicate with other pedestrians, bicyclists and other vehicles. This helps prevent crashes.
- 7. False.**

Bicyclists should check for cars not only straight ahead, but also approaching from either side or behind them.
- 8. False.**

The rule is one person per seat on a bicycle. Riding double changes the way the bicycle handles, puts weight where it doesn't belong, and makes it harder to steer and use the brakes. Very young children can be carried on a bicycle, hut only in a separate seat specifically designed for that purpose.
- 9. False.**

No other injury can be as serious as a head injury, which can cause death or permanent damage to your brain. No other injury is as easy to prevent. Helmets save lives and prevent injuries. Every bicycle rider needs the protection of a bicycle helmet on every ride.
- 10. False.**

All bicycle riders need bikes that fit them now. A bike that is too big is difficult to control and stop. Children need to be able to stand over the bar comfortably (if it's a diamond frame) and be able to touch at least one foot on the ground while sitting on the seat.
- 11. False.**

A cyclist's clothing is important in helping motorists to see him or her. Brightly colored clothing is recommended during daylight riding and highly reflective clothing is essential for riding in low light or at night.
- 12. True.**

Bicyclists should always yield right of way to pedestrians and other vehicles whenever they enter a street from a driveway.