

Bike Safe DVD Follow-up Activities and Talking Points

FOLLOW-UP ACTIVITIES FOR THE CLASSROOM

1. Demonstrate hand signals.
2. Fit a bicycle helmet properly.
3. Check the pressure on a bicycle tire (have two tires, one full, one not).
4. Identify appropriate and inappropriate clothing for riding a bike.
5. To encourage students to practice skills when bicycling on their own refer to page 2 for more training information.

BIKE SAFE, KINDERGARTEN TO GRADE 3 TALKING POINTS

1. Getting Ready

When planning to ride a bicycle, what does the rider need?

- a) A bicycle helmet that fits properly.
- b) Appropriate clothing:
 - Bright colours in the day
 - Reflective material at night
 - Closed shoes (no open toes or bare feet)
 - Shoe laces tucked in
 - Pants rolled up or secured so nothing can get caught in the chain.

What does the bicycle need? A quick five-point bicycle safety check:

- a) Firm brakes
- b) Correct seat height
- c) Air pressure in tires
- d) Secure tire wheel nuts
- e) Tight handlebars

2. Bike Handling Skills

Before setting out for a bicycle ride, what does the rider need to know?

- a) How to use the bicycle brakes for slowing down and stopping.
- b) How to ride smoothly in a straight line.
- c) How to shoulder check to see what is beside and behind you.
- d) How to communicate with hand signals, voice or a bell.
- e) How to turn: shoulder check, signal, shoulder check, look left, right and then towards where you are riding.

3. Riding For Real

- a) Ride on bike paths or the road.
- b) Think for yourself even when riding with a friend or adult.
- c) Pay attention: be prepared for the unexpected.
- d) Stay on the right side of the road and ride in a straight line: be predictable.
- e) Communicate with hand signals, voice or bike bell. Identify the direction you are taking: e.g. "Passing on your left."

BIKE SAFE, GRADES 4 TO 7 TALKING POINTS

1. Equipment

Every cyclist needs:

- a) Proper equipment in good working condition.
- b) A helmet (it's the law) designed for biking, that fits properly.
- c) Appropriate clothes:
 - bright colours or reflective materials and closed shoes (no flip flops).
 - Secure pants legs or shoe laces which might get caught in the chain.

Bikes need a five-point safety check:

- a) Firm brakes
- b) Correct seat height
- c) Air pressure in tires
- d) Secure tire wheel nuts
- e) Tight handlebars

Make sure your bike is the right size for you.

2. Getting Ready to Ride

Ride according to the rules of the road. Know how to...

- a) Use the brakes.
- b) Ride with your fingers over the brakes prepared to stop at any time.
- c) Ride smoothly and in a relaxed way.
- d) Shoulder check to see where traffic is beside and behind you.
- e) Communicate to others by using hand signals when stopping or turning.
- f) Shoulder check, signal and check all ways to make sure it is safe to turn.
- g) Plan your route: choose quiet roads. Cross major streets at traffic lights, pedestrian controlled crossings, or at a crosswalk. Avoid traffic during rush hour.

3. Riding For Real

The rules of the road are the same for bicycles and car drivers:

- a) Think for yourself, ride single file and in a straight line.
- b) Ride in a predictable way and be aware of what is going on around you.
- c) On the road, ride one metre from the curb to avoid storm drains and parked cars.
- d) Be aware of car doors that might open into your path.
- e) Ride with your fingers over the brakes prepared to stop at any time.
- f) Keep both hands on the handle bars unless signaling; do not do tricks or curb-hop.
- g) Make eye contact with drivers at intersections before you cross to ensure they see you.
- h) Ensure cars have stopped in all lanes before proceeding.

For more in-depth bicycle safety skills education resources:

Download BikeSmarts from ICBC www.icbc.com/youth in the For Educators section. Consult websites hosted by bicycle educators who contributed to this project:

- LifeCycle Bike Safety and Adventure www.lifecycle.ca
- Cycling Solutions www.CyclingSolutions.ca