

BikeEd Saskatoon

Bicycle Safety Education for Elementary Students in Grade Three **Presented by P.O.W. City Kinsmen, Saskatoon**

Bicycle safety is no accident

A child's first vehicle is a bicycle. How we teach children to use this vehicle is an important step in ensuring that they develop safe and responsible cycling habits.

Children's early experiences shape how they view the responsibilities and rights that accompany their use of the bicycle. Early in their development, cyclists need to be introduced to the safe and legal ways that they can use their first vehicle. As children are introduced to the proper use of their first vehicles, the attitudes, knowledge and skills that they gain can be applied later in life when they are learning to use a motor vehicle.

This program presents a comprehensive approach to teach bicycle safety to elementary students in grade three.

Effective bicycle safety

This program is aimed at presenting effective skills to prevent cycling injuries in children aged eight and nine (grade three). It permits students to develop responsible habits and attitudes and to practice skills needed for later instruction on-road.

This program is based on principles of the Canadian Cycling Association CAN-BIKE program and is presented to students by trained and certified CAN-BIKE Instructors.

Learning tailored to student ability

The primary focus of this program is for children in grade three. Children under the age of nine generally do not have the ability to make good decisions in a consistent manner about their safety. They do not have the perceptual skills to be able to judge traffic speed, to imagine traffic from another road user's point of view, or to understand the reasons for traffic laws. Young cyclists should be supervised by an adult when they ride.

Cyclists in this age group can benefit from a combination of classroom instruction and on-bike experience in a controlled environment. On-street practice, essential for developing the attitude and desire to use new skills, is more effective as students get older.

Two-stage learning

Classroom instruction (one hour)

Classroom instruction allows young cyclists to learn the basics of bicycle operation and safety. This portion of the program provides introduces students to the principles of traffic flow and bicycle safety. The lessons are designed to be effective, as well as fun.

Controlled riding environment (one hour)

Students need to apply what they have learned in the classroom. They learn to make correct decisions in situations similar to those they will encounter on the street, yet they are able to learn from their mistakes without endangering themselves. This portion of the program sets the stage for on-street instruction that may be presented to students in later years.

What is special about this program

- It is targeted at an age group at high risk of being injured in cycling falls and collisions.
- It reaches children at an appropriate level of development for bicycle safety training.
- It addresses injury prevention priorities.
- It develops children's potential for on-road training with Kids CAN-BIKE in subsequent years.
- It uses trained instructors, certified under the recognized authority of the Canadian Cycling Association.
- It provides for flexible delivery of classroom and on-bike components.

The Objectives of BikeEd Saskatoon

Some children at a young age master the ability to balance a bicycle, but there is far more to riding than balance. Understanding traffic laws and patterns, being able to concentrate on more than one thing at a time, understanding the consequences of actions, performing physical skills in a safe and consistent manner are as relevant on neighbourhood streets as they are on bike paths and major thoroughfares.

This program is designed to be delivered in two one-hour sessions. These sessions can be conducted immediately back-to-back, or separated by a period of time (such as by conducting the classroom session in the morning and the outdoor session in the afternoon).

Program Outline

Classroom Instruction (one hour)

One instructor required

- Introduction (5 minutes)
- The bicycle and accessories (15 minutes)
- Rules of the road (15 minutes)
- Signs and signals (15 minutes)
- Quiz (10 minutes)

Outdoor Parking Lot Practice (one hour)

One instructor required for each group of eight students

- Introduction (5 minutes)
- Bike helmet and bike clothing check (10 minutes)
- Bike fit and bike check (10 minutes)
- Bike locking (5 minutes)
- Circle discussion about cycling safety (10 minutes)
- On-bike exercises (20 minutes)
- Optional bike decorating exercises (as time permits)

Lesson Plan

Classroom Instruction (one hour)

Introduction

- Welcome class, introduce instructor(s) and students, and explain goal of the program (injury prevention) (5 minutes)

The bicycle and accessories

- Types of bicycles and appropriate uses (5 minutes)
- Equipment and accessories (5 minutes)
 - Lights/reflectors
 - Bell or horn
 - Lock
 - Fenders
 - Carrying things
- Clothing (5 minutes)
 - Helmet
 - Clothes
 - Shoes
 - Reflective straps
- Optional homework assignment

Rules of the Road

- Rules of the road (5 minutes)
- Entering the roadway (5 minutes)
- Special rules for bicycles (5 minutes)
 - Be visible
 - Be predictable
- Optional homework assignment

Signs and signals

- The importance of traffic signs and signals (5 minutes)
- Traffic signs (5 minutes)
- Cyclist signals (5 minutes)
- Optional homework assignment

Quiz

- True/false quiz from Smart Cycling (14 questions, 10 minutes)
(may be given as homework assignment)

Outdoor Parking Lot Practice (one hour)

Introduction

- Introduce instructor and state purpose of outdoor session (5 minutes)
 - Instructional program - school rules apply
 - Not a race or competition

Bike helmet and bike clothing check

- The right helmet, the right fit, the right adjustment (5 minutes)
 - Approved stickers
 - Snug without pinching
 - Worn level
 - Correct adjustment
- Clothing check (5 minutes)
 - Shoe laces and pant legs
 - Sandals and open-toed shoes
 - Rack or back pack to carry things

Bike fit and bike check

- ABC Quick Check (5 minutes)
- Practice and assessment of ABC Quick Check (5 minutes)

Bike locking

- Importance of locking
- A good locking routine
- Police bicycle registration (optional, conducted after session)

Circle discussion about cycling safety

- Instructor-led discussion (covers leading causes of injury) (10 minutes)
 - Riding on the sidewalk
 - Riding out of driveways
 - Crossing the street
 - Making good decisions, such as obeying rules of the road and not following the leader

On-bike exercises (20 minutes)

- Mounting and dismounting
 - Start and coast
 - Start/Pedal/Stop
- For older students (age nine):
- Straight line riding
 - Shoulder checking
 - Signalling

Optional bike decorating exercises (as time permits)

- Allow students to mingle and cooperate
- Keep in mind safe operation of the bike