

These statistics may be old.

1. **Learn and follow street-crossing rules.**
2. **Learn and follow bike safety rules.**
3. **Wear a helmet every time you ride.**
4. **See and be seen.**



1. Learn and follow street-crossing rules.

Children learn bike and pedestrian safety by watching and imitating. Adults and adolescents should act as role models and set a positive example by practicing safe habits.

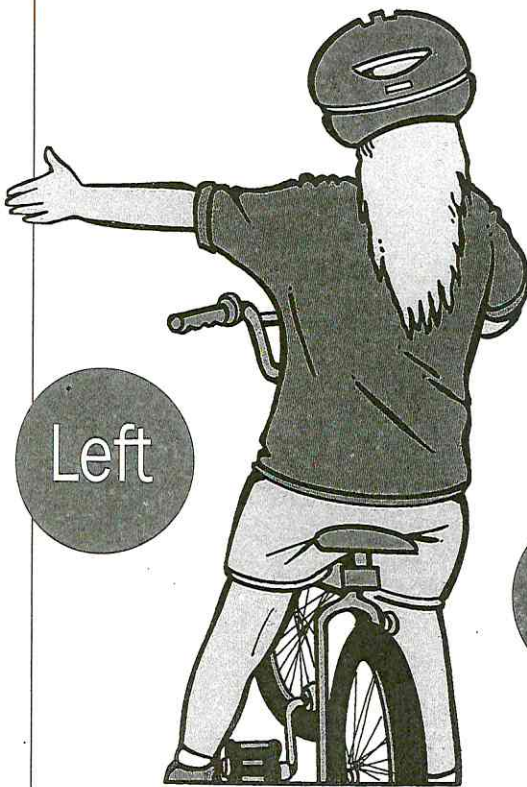
To safely cross a street:

- Stop at the curb or edge of the road. Never run into a street.
- Listen and look for traffic to the left, to the right, and to the left again.
- Wait until the street is clear. Keep looking until you have crossed the street safely.
- If a car is parked where you are crossing, look to make sure there is no driver and that the car is not running. Before crossing, be sure you can see beyond the parked car.

2. Learn and follow bike safety rules.

- Always wear an approved bicycle helmet. Look inside the helmet for a sticker indicating that the helmet has been certified and labeled by an independent testing laboratory.
- Ride on sidewalks or safe areas only.
- Children should never ride their bicycles at night.
- When entering a sidewalk, path, or driveway, make a complete stop, then look left, right, and back to the left. Be careful not to run into people who are walking on the sidewalk, path, or driveway.
- Walk your bicycle across intersections.
- When riding on the street, ride with, not against, the traffic flow.

Use the proper hand signals when turning.



- Obey the same traffic laws as motorists. This means stopping at all stop signs and using the proper hand signals when turning. It is important for both cyclists and motorists to always signal their intentions.

3. Wear a helmet every time you ride.

Bicycle helmets have been shown to reduce the risk of head and brain injury. Unfortunately, only 15 percent of children ages 14 and under use bicycle helmets. Many communities are enacting laws to require bicycle helmets for young riders. Check with your local police department for the status of bicycle helmet laws for your area.

A bicycle helmet should be worn every time you ride. This applies to everyone. Adults and teenagers should be encouraged to set a good example for younger children by always wearing a bicycle helmet when riding. A helmet needs to be worn correctly. It should fit comfortably and snugly, but not too tightly. It should sit on top of your head in a level position and should not rock forward and back or from side to side. The helmet

A helmet needs to be worn correctly. It should sit on top of your head in a level position and should not rock forward and back or from side to side.

straps must always be buckled. If you are wearing your bicycle helmet properly, you should not be able to fit the palm of your hand on your forehead.

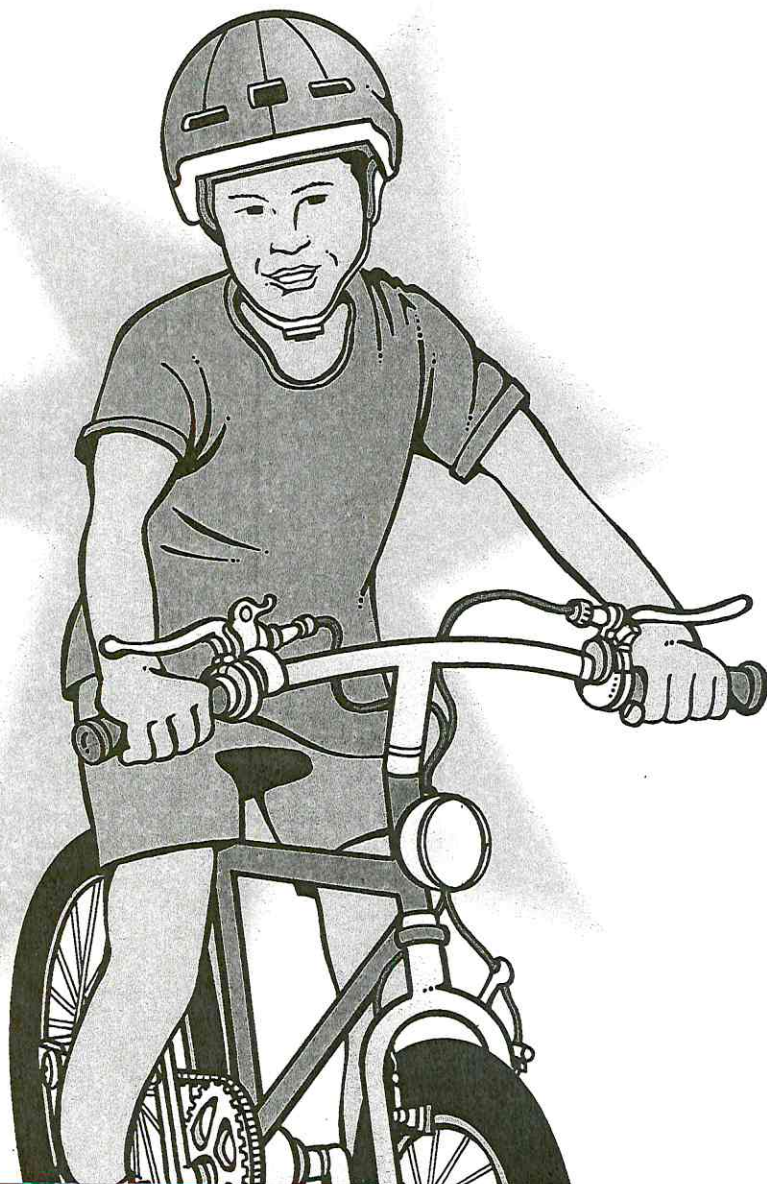
Wear a helmet, elbow and knee pads, and wrist guards when you use in-line skates and skateboards.

4. See and be seen.

Streets and driveways are designed for vehicles. Many times, drivers may not be on the lookout for children in their path. There have been cases where children playing in a driveway have been run over by a vehicle pulling into or out of the driveway.

Be safe — stay on sidewalks and paths and play in a yard or playground. Always be on the lookout for moving vehicles. When walking along a roadway, always walk on the sidewalk. If there are no sidewalks, keep to the left and walk facing traffic.

Reduced visibility at dusk increases the risks for cyclists. Inclement weather compounds that risk by increasing stopping distances for both cyclists and motorists. Wear brightly colored or retroreflective clothing when riding your bicycle. Clothing can be trimmed with materials that reflect light. Retroreflective tape is an excellent choice and is available at fabric, sporting goods, and hardware stores.



Bike and Pedestrian Safety

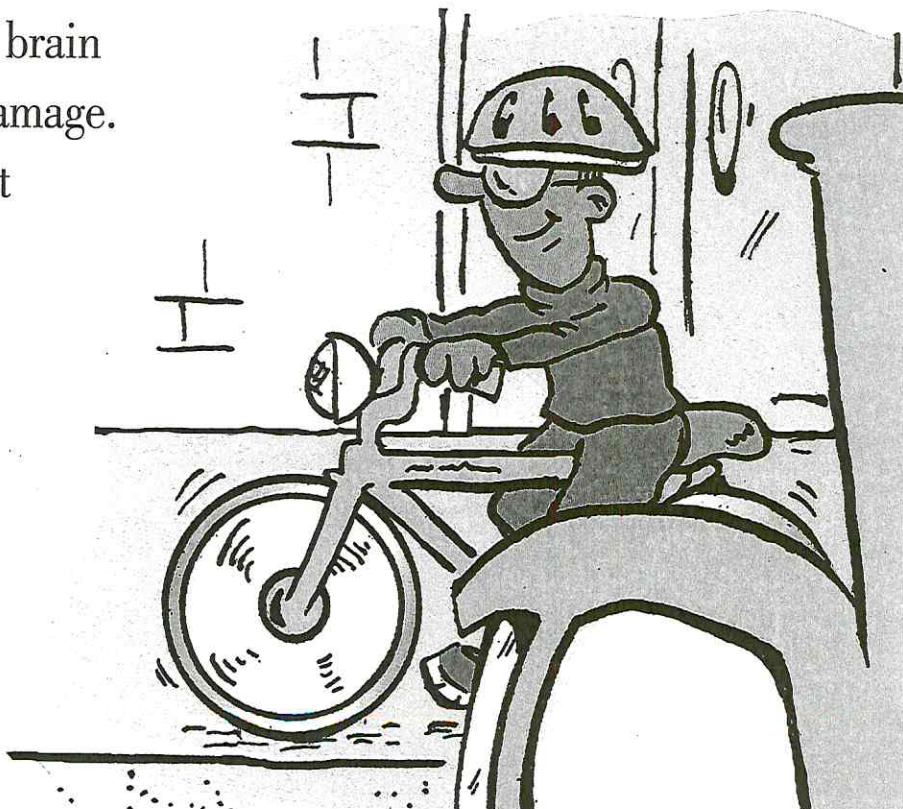
Bicycles are associated with more childhood injuries than any other consumer product other than the automobile. Each year, approximately 300 children ages 14 and under are killed in bicycle-related incidents and 400,000 more are injured. Ninety percent of bicycle-related deaths are the result of collisions with motor vehicles. Approximately 1,000 children are killed each year in pedestrian-related incidents.

Source: National SAFE KIDS Campaign®

Head injuries are the most serious injury type and are the most common cause of death among bicyclists. The most severe injuries are those to the brain that cause permanent damage. Studies have proven that bicycle helmet use can significantly reduce head injuries.

Source: National Highway Traffic Safety Administration

When riding on the street, ride with, not against, the traffic flow.



Bike and Pedestrian Safety

Lesson Plan

Example:

Objectives

1. Explain the proper procedure for crossing the street.
2. List a minimum of three bike safety rules.
3. Wear a helmet every time you ride a bike or skateboard or use in-line skates.
4. Identify the safest clothing to wear when riding a bike.

Preparation

Duplicate the Student Information found on the back of the Bike and Pedestrian Safety Icon Card.

Duplicate "Coach Your Team to Success Worksheet" found on page 2 of the "Getting Into Character" section.

Note: Risk Watch either can be presented one risk area at a time, or students can coach each other on the different safety messages. If Risk Watch is presented one risk area at a time, divide the class so that each small group develops a skit for one of the safety messages to avoid duplication. If all eight risk areas are presented at once, divide the students into eight risk area groups, asking them to present all safety messages.

Procedure

1. Divide the class into cooperative learning groups of three or four students.
2. Distribute the Student Information to students. Have each group read the safety messages from the Bike and Pedestrian Safety Icon Card and select one message to present. Try to ensure that all the messages are addressed.
3. Each group will have an opportunity to develop and present a 5- to 10-minute presentation to the class to teach the Student Information provided for their selected message. The Student Information could be presented in a variety of formats such as a skit, song, dance, public service announcement, talk show interview, etc.
4. One member of each group will become the Coach for the group. During the presentation, the Coach will lead his or her performers in presenting the Student Information.
5. Set the stage by explaining to the group that the Coach is the manager of the local bike shop. In addition to bikes, the shop sells skateboards and in-line skates. Other students in the group will be a team of sales associates. The presentation will have the manager coaching the team on how to deliver its selected message about bike and pedestrian safety while they demonstrate the proper procedure.
6. Observe each work group to ensure that the presentation reflects the information provided for the risk area. Remind students to be clear in the messages they are presenting. Students should summarize the key messages at the end of the presentation.
7. Have students plan and practice their presentations. If time allows, students can design their own props and background.
8. Have each group deliver its presentation to the class. You may want to videotape the presentations.

Activities

Journal Idea: Classmates can use their "Risk Watch Coach's Play Book" to record important messages learned through the presentations.

Extensions: Contact your local cable station about videotaping and broadcasting the presentations, or present them to other students, parents, a local senior center, etc.

Home Link: Practice the skit at home. If the presentations are videotaped, send the video home for students to share with their families. Students can quiz their caregivers to see if they understand the safety messages presented. Students can report the results to the class.

Wing Partners: Present the skits to younger or older students in the school. If your school has a lower elementary school, present the skits to a classroom at the school.

Community Link: Ask the local police department safety officer to visit your classroom. Teachers should provide the representative with a copy of the Bike and Pedestrian Safety Student Information card so that he or she is familiar with the information presented in the Risk Watch program. Ask the police department or another safety organization to help your class organize a Bike Rodeo. Students can work with the police department to check that children are wearing bike helmets correctly and using the proper hand signals while riding.

