
Sidewalk Safety

LEVEL: K-1-2-3-4-5-6

SUBJECT AREA(S): Health, Language Arts, Art, Science

OBJECTIVE: 1) Students will understand the basic rules for bicycle safety. 2) Students will be able to ride tricycles, bicycles, and other sidewalk vehicles safely on city sidewalks and paths.

TIME: 30 to 40 minutes

MATERIALS

Figures 8-1 through 8-6: Bicycle Rules
Figure 8-7: Riding on the Sidewalk
Figure 8-8: Sidewalk Safety Rules
Figure 8-9: Saving Heads with Helmets
Overhead projector and screen

SUGGESTED ACTIVITIES

For Your Information

- None of the lessons about crossing streets fully address traffic signals because of their complexity.
 - Most safety authorities recommend that children nine and under ride bicycles only on the sidewalk unless under the close supervision of parents or guardians, but many children ride in the street at a younger age.
 - This lesson coordinates well with a guest speaker and/or a demonstration bicycle.
 - Everyone should wear an approved bike helmet.
1. How many students own bicycles? How many more are planning to get one? Have students explain what Figures 8-1 through 8-6 illustrate about bicycle safety. Students may have their own stories to relate to the illustrations, and they may have additional ideas about bicycle safety.

For Your Information

- **Figure 8-1: Check Before You Ride**
Always check the tires, chain, brakes, seat, and handlebars to be sure everything will work right.
- **Figure 8-2: Always Wear a Helmet**
A helmet protects your head if you have a crash, which can happen even on sidewalks, especially at driveways and alleys.
- **Figure 8-3: Slow Down and Look Both Ways at Driveways and Alleys**
More children are injured or killed in driveways and alleys than any other place. Bicyclists need to constantly scan for cars.
- **Figure 8-4: Watch Out for Pedestrians**
Pedestrians have the right-of-way on the sidewalk and in marked crosswalks. Bicyclists need to make sure they let pedestrians know they are coming.
- **Figure 8-5: Never Carry a Passenger on Your Bicycle**
Most bicycles are built for only one person; a second rider will throw the bike off balance and a crash is more likely to occur.
- **Figure 8-6: Do Not Ride After Dark**
Bicyclists are invisible in the dark unless they have and use lights on their bikes. Sidewalk bicycles for younger riders should only be ridden in the daytime.

2. Discuss the following questions:

- Do you ride your tricycle, bicycle, or sidewalk vehicle on the sidewalks in your neighborhood?
- Have you ever had a crash while riding one of these vehicles? What happened?
- Do you know that drivers of tricycles, bicycles, and other sidewalk vehicles have to follow rules, just like car drivers do?

Use Figure 8-7 (best for Grades K-1) or Figure 8-8 (best for Grades 2-3) on your overhead projector.

For Your Information

- **Stay on the Sidewalk.**
Cars must stay on the street; trikes, bikes, and other small kids' vehicles must stay on the sidewalk. Older children and adults may ride bicycles on the street, but only if they follow all the same rules that motor-vehicle drivers do. Any bicyclist heading into a street should enter it very carefully and should never dart out into it.
- **Look Carefully for Cars at Alleys and Driveways.**
Some children are hit by cars when they cross alleys and driveways. The edges of alleys and driveways are like street edges. (Refer back to "Use Your Head Before Your Feet" in Lesson 7 for more information on this safety rule.)
- **Be Courteous to Pedestrians.**
A pedestrian is a walker, or someone who walks to his/her destination. Pedestrians have the right-of-way on sidewalks, which means they may go first, before sidewalk vehicles. So children on sidewalk vehicles must watch out for pedestrians. Bicycle bells, a polite "Excuse me" or "On your left" are courteous ways riders can let pedestrians know they are coming up behind or around them.
- **Don't Ride Too Fast or Recklessly.**

Riding too fast or recklessly can result in injury for the rider and/or pedestrians. Even if you are a very good rider, you can't predict what others may do.

ASSESSMENT

Sidewalk Safety Day (see Lesson 9) is the best opportunity to assess this lesson. If you are unable to arrange this, review the rules and ask students to illustrate one or more with a story or drawing.

EXTENSIONS

1. Ask students how riding a bicycle is good for the environment and good for one's personal health.
2. Ask students to enlist the help of their parents/guardians to collect more ideas about how riding a bicycle is good for the environment and one's health.
3. Distribute Figure 8-9: Saving Heads with Helmets for students to take home to share with their parents/guardians and other household members.

ADDITIONAL RESOURCES

Please refer to the Iowa Safe Routes to School Encouragement and Education Program Web site for additional resources (www.iowasaferoutes.org).

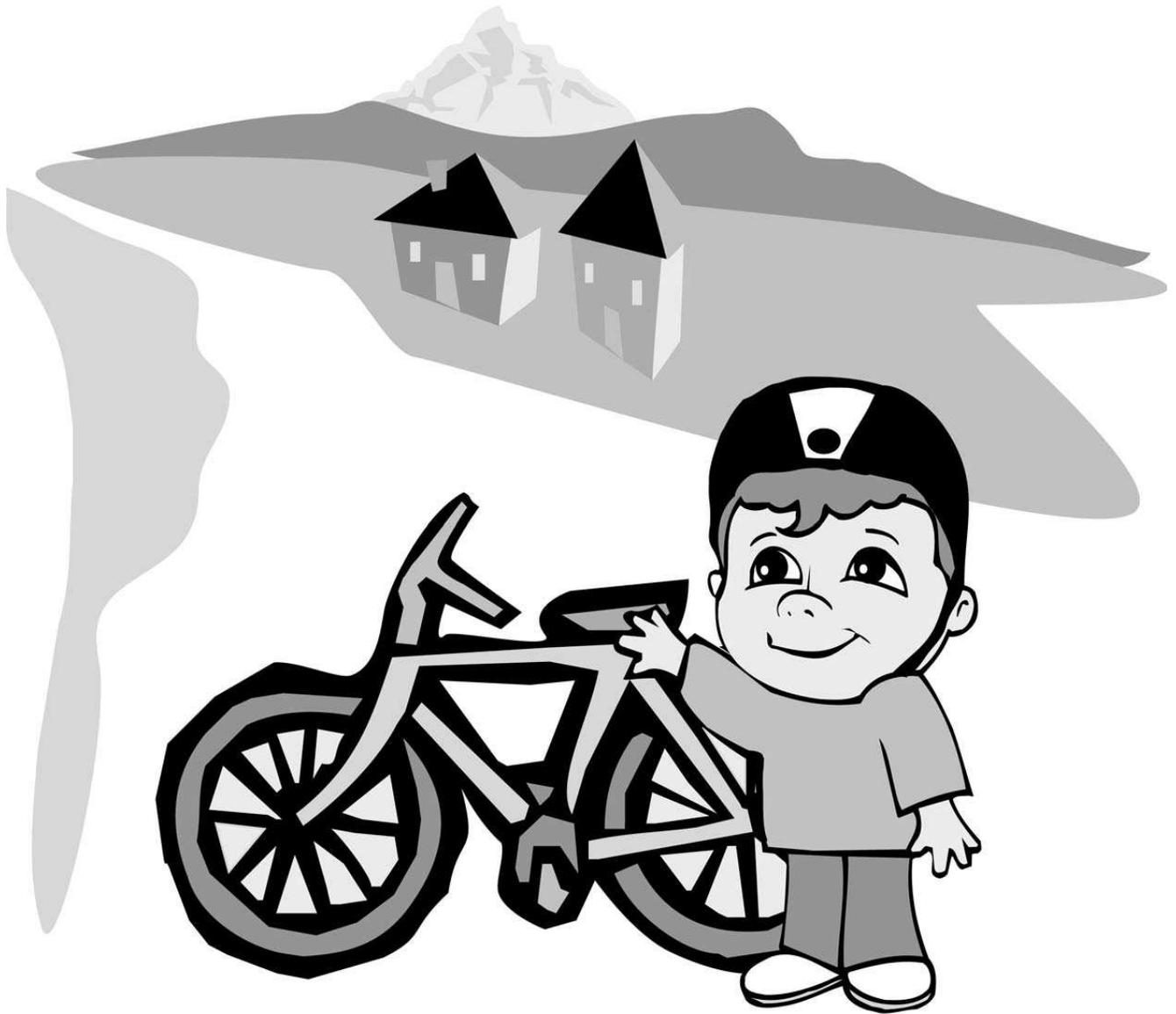


Figure 8-1



Figure 8-2



Figure 8-3

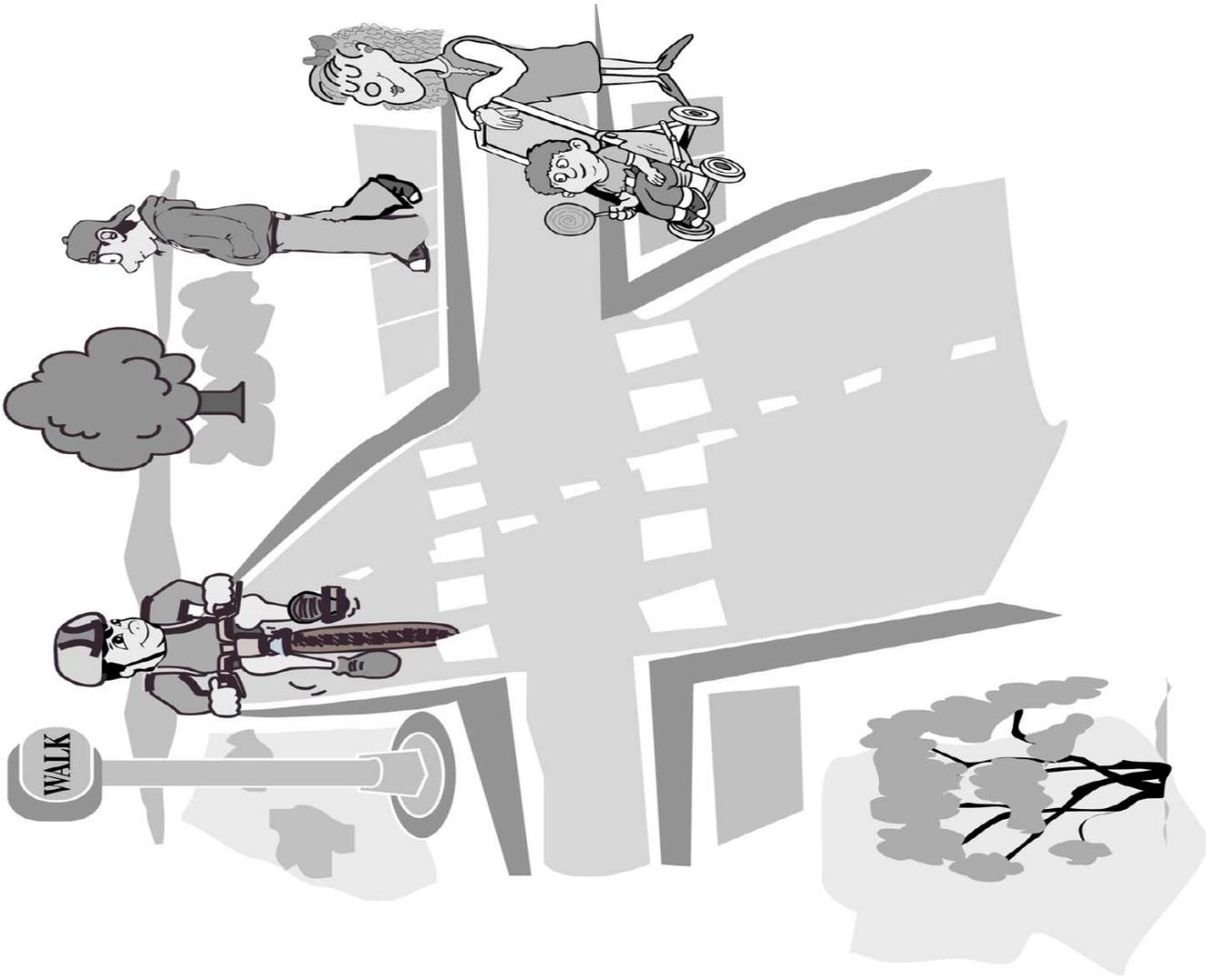


Figure 8-4



Figure 8-5



Figure 8-6

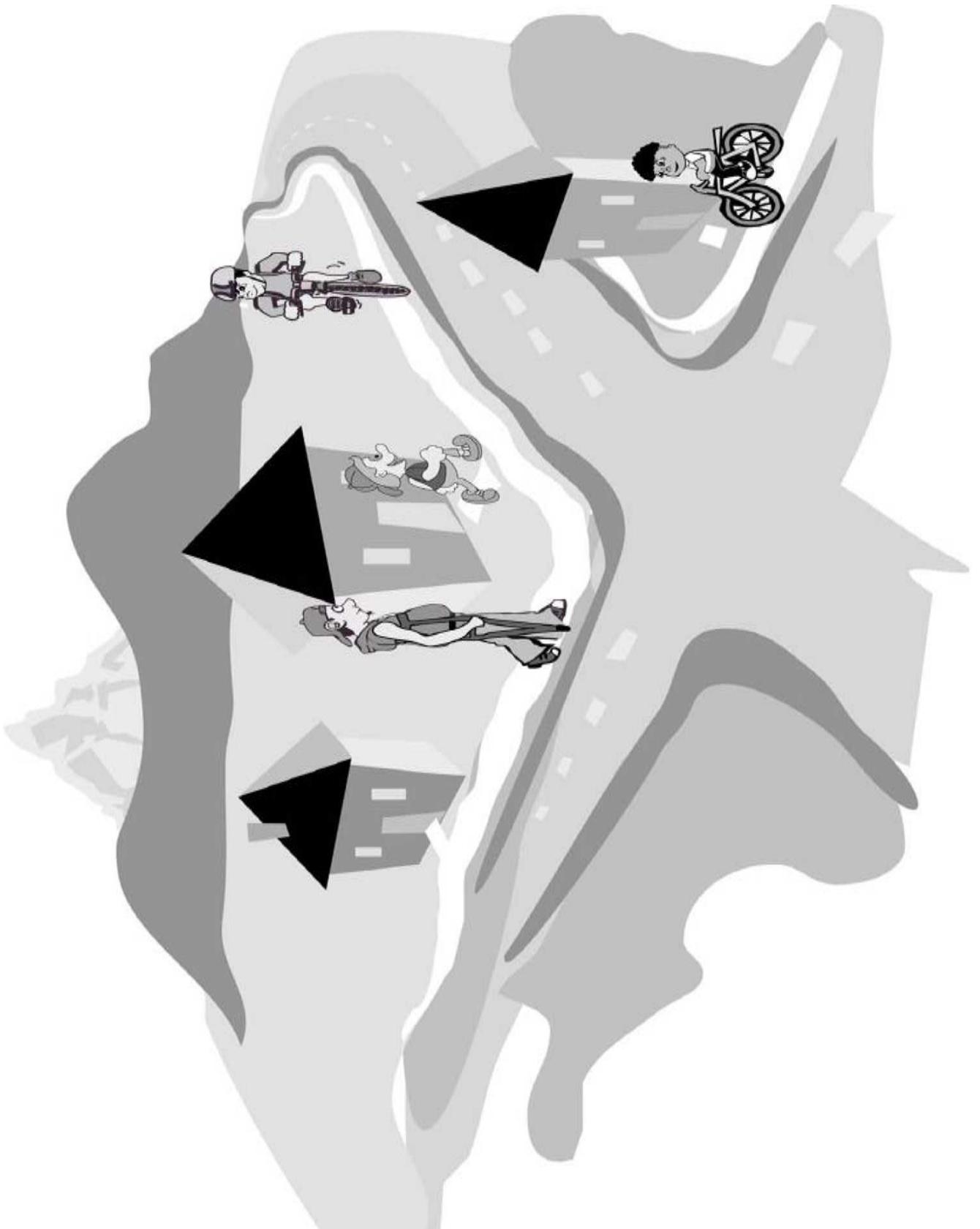


Figure 8-7

Sidewalk Safety Rules

Stay on the sidewalk.

Watch out for cars at alleys
and driveways.

Be courteous to pedestrians.

Don't carry other people as
passengers on your bike.

Wear a helmet.

Don't ride fast or recklessly.

Figure 8-8

Saving Heads with Helmets

Are Four Good Reasons Enough?

1. Each year 50,000 bicycle riders suffer serious head injuries.
2. Of all bicycle deaths, 80% are due to head injuries.
3. A bike helmet costs at least \$950 less than one trip to the hospital.
4. You have only one head, and you need it.

You need a bicycle helmet no matter what age you are, what kind of bicycle you ride, or where you ride.

A Good Helmet Has Five Characteristics

1. Approval stamp of Snell or ANSI
2. Stiff and smooth outer shell to distribute impact and protect against sharp objects
3. Impact-absorbing liner made of polystyrene at least 1/2-inch thick
4. Forehead protection
5. Comfortable fit

Figure 8-9