

LESSON 5: BICYCLE HANDLING PRACTICE BEFORE YOU BEGIN...

This lesson provides students with practice handling, coordinating, and communicating to help them become more skilled and comfortable on the bike.

WHY THIS LESSON IS IMPORTANT:

All road users must cooperate with one another to share the roads safely. In order to be predictable road users, bicycle users must communicate what they intend to do next. Much of this is done non-verbally, such as nodding your head, signaling with your arm, or positioning yourself in a certain spot. Additionally, the act of scanning and assessing the environment before making a move is an important life skill that students will use when they become motorists.

The skills in this lesson begin with improving the comfort on the bicycle and ability to assess what is around the rider. The later skills begin to teach the non-verbal communication necessary for safe riding.

LESSON PLAN: BICYCLE HANDLING PRACTICE

GOAL: To teach students basic bicycle handling skills.

OBJECTIVES: STUDENTS WILL:

- Demonstrate predictable straight line riding, whistle stop, scanning for traffic behind, and right and left hand signals.

EQUIPMENT/MATERIALS:

- Posters of the following skills course: Straight Line Riding, You Go First, and Squeeze Box
- Bikes and helmets
- Whistle
- Helmet tissue, surgical caps, large coffee filters, or other lice prevention measures
- Cones or dots
- Marked area for skill practice.
- 4 Adult volunteers (2 to monitor scanning exercise/You Go First, 2 to monitor Squeeze Box)

PREPARATION:

- Schedule adult volunteers.
- Plan out and paint or set up courses.
- Create poster of skills courses.
- Set up all bikes and helmets in the space so they are organized by number (1 to 30+).

INSTRUCTIONS:

10 MINUTES

1. Gather students in a group. Show a poster of outside skill courses (Straight Line Handling, Squeeze Box, and You Go First) and tell expected behaviors and why they are important with traffic. Use this opportunity to train adult volunteers on the course and their responsibilities.
2. Students get their helmets and bikes. Students tie and tuck, check helmet fit, and demonstrate ABC Quick Check as teacher monitors.
3. Students walk bicycles outside. Park bikes and put toes to the curb to watch the demonstration.

5 MINUTES

6. Teach control and handling skills: Scanning and Signaling, Squeeze Box, You Go First. Explain the drills first, then demonstrate by yourself, then incorporate 6 to 8 students, then line up entire group to go through the skills.

SAFE ROUTES TO SCHOOL BIKE AND PEDESTRIAN SAFETY EDUCATION PROGRAM

When all the students have practiced Scanning and Signaling at least twice, take half the group and start them on Squeeze Box. Once that's going smoothly, start the other half on You Go First. Partway through, switch groups so all students practice all drills at least twice.

8 MINUTES

7. **SCANNING and SIGNALING:** Demonstrate scanning over left shoulder for traffic behind. Call out "Look" as student passes. Hold up varying number of fingers or arms and have the student count and yell back number they see with scan while continuing to ride straight. Students then signal before going around the turn in the course, making sure to signal well before the turn and keeping both hands on the handlebars in the turn.
 - a. Teach scanning with SASS: Scan behind; Assess situation; Signal your intentions; Scan again.
 - b. Use two volunteers positioned on as marked on the straight line riding course diagram in Lesson 4 to call out "Look" and give scanning feedback as students pass.

12 MINUTES - 6 MINUTES ON EACH DRILL

8. SQUEEZE BOX:

Concepts: This drill reinforces the concept that using the road is a cooperative enterprise. Road users aren't racing; they're working together to get to their destinations safely.

Instructions: Line up four students parallel to each other at the start of the course. All four students start and finish at the same time while avoiding the painted obstacles and not bumping into each other. This requires them to yield, communicate, control their bikes at slow speed, and judge the movement of others. Students finish at the end with a complete stop (foot down; look left, right, left; and correctly signal), then return to the start. Each student should go at least twice.

Have a volunteer at the beginning to line up and regulate riders and a volunteer at the end to remind students to do a complete stop.

9. YOU GO FIRST:

Concepts: This drill practices cooperation and nonverbal communication between two students. When using the road, you can't talk to motorists, so you have to use nonverbal communication to let them know what you're doing.

Instructions: Line up two students parallel to each other at the start of the course. Both students start students at the same time. Before encountering the painted obstacle, the rider on the left nods head yes (you may go first) or shakes head no (I will go first) around a painted obstacle. Students finish at the end with a complete stop (foot down, look L/R/L, and signal), then return to start. Each student should go at least twice.

Have a volunteer at the beginning to line up and regulate riders and a volunteer at the end to remind students to do a complete stop.

5 MINUTES

10. RIDING OVER BUMPS: Practice crossing railroad tracks and speed bumps at a 90° angle (paint tracks to simulate). Unweight saddle and let bent knees act as springs to absorb shock.

11. Additional skills may be practiced as time allows:

- a. Rock Dodge
- b. Snail Race
- c. Small Circle Riding
- d. Figure 8 Riding
- e. Slalom

12. Students walk bikes back and put away bikes and helmets in numbered order.

SQUEEZE BOX SKILLS COURSE

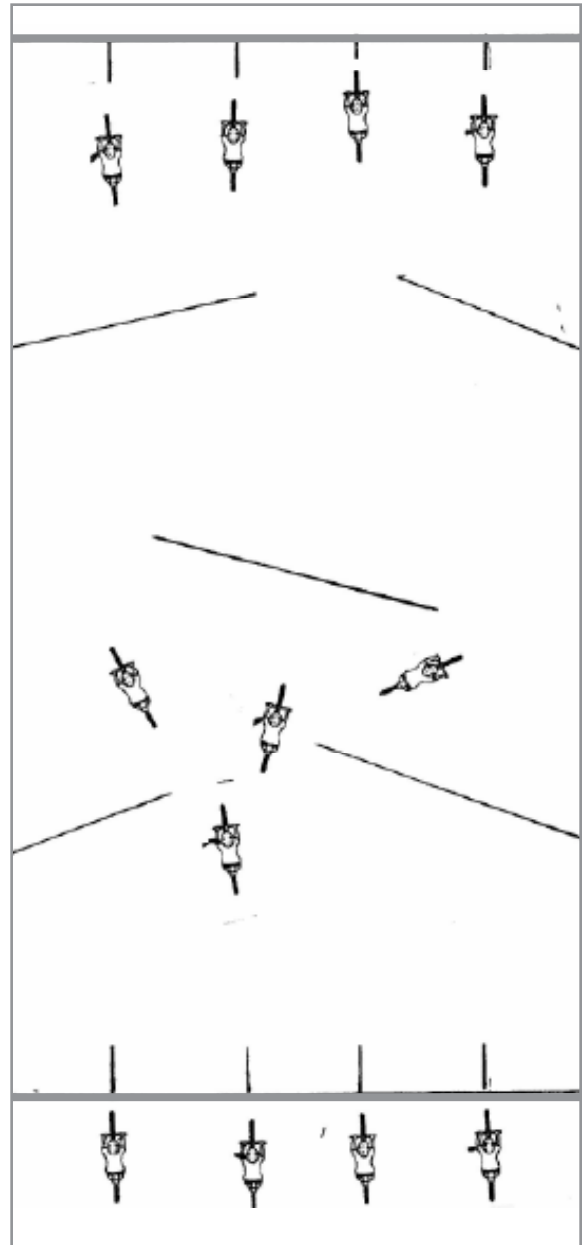
Paint this course on a playground or side street.

INSTRUCTIONS:

1. Line a team of four students up at the start.
2. All four begin riding at the same time.
3. Avoid the obstacles (painted lines), by yielding and communicating, not bumping into each other.
4. Finish together at the same time as a team.
5. Return to the starting positions at the end.
6. At the end, demonstrate a complete stop: Foot down, look left, right, left, and signal.
7. Turn with both hands on the handlebars.
8. Return to the start.

SKILLS TO PRACTICE:

1. Nonverbal communication
2. Working with other road users
3. Complete Stops
4. Signaling



You Go First Skills Course

Paint this course on a playground or side street.

INSTRUCTIONS:

1. Begin riding two across.
2. While riding, make eye contact and the person on the left nods yes or no.
3. The person on the right either yields or rides ahead as instructed.
4. Return to two across before the end.
5. Signal their intention to go either left or right before the end.
6. At the end, demonstrate a complete stop: Foot down, look left, right, left, and signal again.
7. Turn with both hands on the handlebars.
8. Return to the start.

SKILLS TO PRACTICE:

1. Nonverbal communication
2. Regulating Speed
3. Yielding
4. Complete Stops
5. Signaling

