

LESSON 6: BEGINNING TRAFFIC SKILLS PRACTICE BEFORE YOU BEGIN...

This lesson introduces students to riding a bike on a road and teaches traffic rules.

WHY THIS LESSON IS IMPORTANT:

Bicycle users are legally vehicles, and they have the same rights and responsibilities as motorists. This means that bicycle users are responsible for obeying all the same traffic laws as motorists.

Bicycle users fare best when they act and are treated as drivers of vehicles. Making choices to enhance visibility and predictability helps other drivers negotiate with you on the road.

Lane positioning is an important way to communicate when riding on a road. Because bicycles are narrower than cars they can be to the right, center, or left of the lane. This communicates intended direction of travel (turn right, go straight, and turn left, respectively).

LESSON PLAN: BEGINNING TRAFFIC SKILLS PRACTICE

GOAL: To teach students how to ride safely and predictably on a street at school.

OBJECTIVES: STUDENTS WILL:

- Show safe and predictable left and right turns.
- Scan for traffic and pedestrians (look right, left, forward, and back).
- Stop and use proper signals and lane position when exiting a driveway or alley.
- Practice crossing streets safely as a pedestrian while walking their bikes.
- Practice riding safely and legally on the street.

EQUIPMENT/MATERIALS:

- Poster of Basic Traffic Skills Course adapted for your site
- Bikes and helmets
- Whistle
- Helmet tissue, surgical caps, large coffee filters, or other lice prevention measures
- Marked area for Basic Traffic Skills Course
- 2 “Stop” signs and 6 or more cones to hold up the signs
- 3 “Students on Bikes” signs on sawhorses or hurdles to warn drivers
- 3 adult volunteers (to monitor STOP signs and driveway)

PREPARATION:

- Schedule adult volunteers.
- Plan out and paint or set up basic traffic skills course.
- Create poster of basic traffic skills course.
- 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 the Basic Traffic Skills Course and tell the 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.

10 MINUTES

4. Demonstrate the skills and movement of the course:
 - a. Start with the **RIDING LEFT TURN**, the hardest skill.
 - i. Well before the intersection, use SASS to move out into the left side of the lane, near the center line.
 - ii. Come to a complete stop.
 - iii. Look left, right, and left again.
 - iv. Signal intention.
 - v. Complete turn, keeping both hands on the handlebars and finishing on the right side of the road.
 - vi. Loop around and return for right turn.
 - b. For the **RIGHT TURN**:
 - i. Come to a stop on the right side of lane.
 - ii. Come to a complete stop.
 - iii. Look left, right, and left again.
 - iv. Signal intention.
 - v. Complete turn, keeping both hands on the handlebars and finishing on the right side of the road.
 - vi. Loop around and go into the left turn again.
 - c. Practice pedestrian-style left turn at very busy intersections.
 - d. Practice riding out of a driveway as if there's an invisible stop sign at the end.

Concepts:

All stops mean one foot on ground, signaling, and looking all ways. Looking all ways: Turn head left, right, left, behind on the right, and look forward for left turning traffic. Explain that looking all ways is also important for pedestrians.

Refer to eyeballs game – use the eye contact skills practiced earlier.

Stop at stop signs, red signals, driveways, and alleys. If a parked car is blocking the view, stop, then creep out to look again.

20 MINUTES

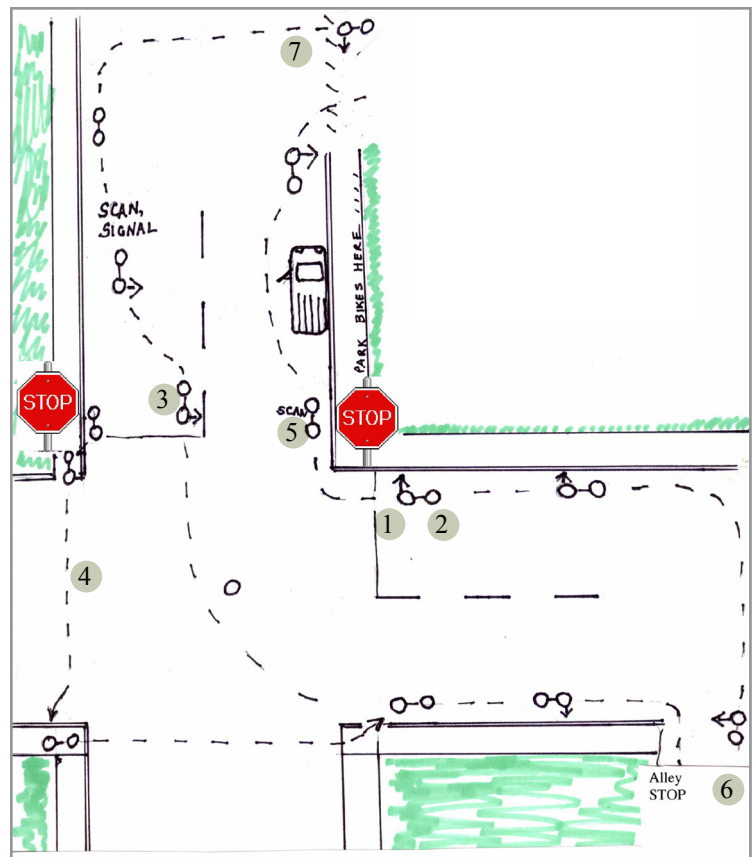
5. After demonstrating, send 6 students out to ride the course. When they are performing correctly, send the remainder of the class out to cooperate using the traffic scene.
6. Station a volunteer at each stop sign and at the driveway/alley stop to monitor students.
7. Use the whistle stop to regroup students for instruction.
8. As time allows, practice additional handling skills as listed in earlier lessons.
9. Students walk bikes into the gym to put bikes and helmets away as in earlier lessons.

BASIC TRAFFIC SKILLS COURSE

Paint this course on a playground or side street.

INSTRUCTIONS:

1. Start with a left turn (number 3). Begin far enough back to use SASS to move from the right side of the road out to the left side of the lane at the intersection. Signal well before the turn.
2. Come to a complete stop, scan left, right, left, and signal again (number 1).
3. Turn left, keeping hands on the handlebars the whole time. Avoid cutting the corner. End up on the right-hand side of the road.
4. Loop around, optionally pulling into a driveway and practicing riding out of the driveway safely (number 6) along the way.
5. Position bicycle on the right-hand side of the lane for the right turn (number 2).
6. Come to a complete stop, scan left, right, left, and signal again (number 1).
7. Turn right, keeping hands on the handlebars the whole time.
8. Loop around, optionally pulling into a driveway and practicing riding out of the driveway safely (number 6) along the way.
9. Practice left turn as a pedestrian (number 4). Get off bike well before the intersection, walk across the two crosswalks, scan for traffic, and get back on road in the correct position.
10. Optionally, practice avoiding a parked car with SASS (number 5).



SKILLS TO PRACTICE

1. STOP - foot down - look all ways
2. Right turn
3. Left turn as a vehicle - position
4. Left turn as a pedestrian
5. Walk behind city bus
6. Scan and pass parked car
7. Driveway or Alley STOP