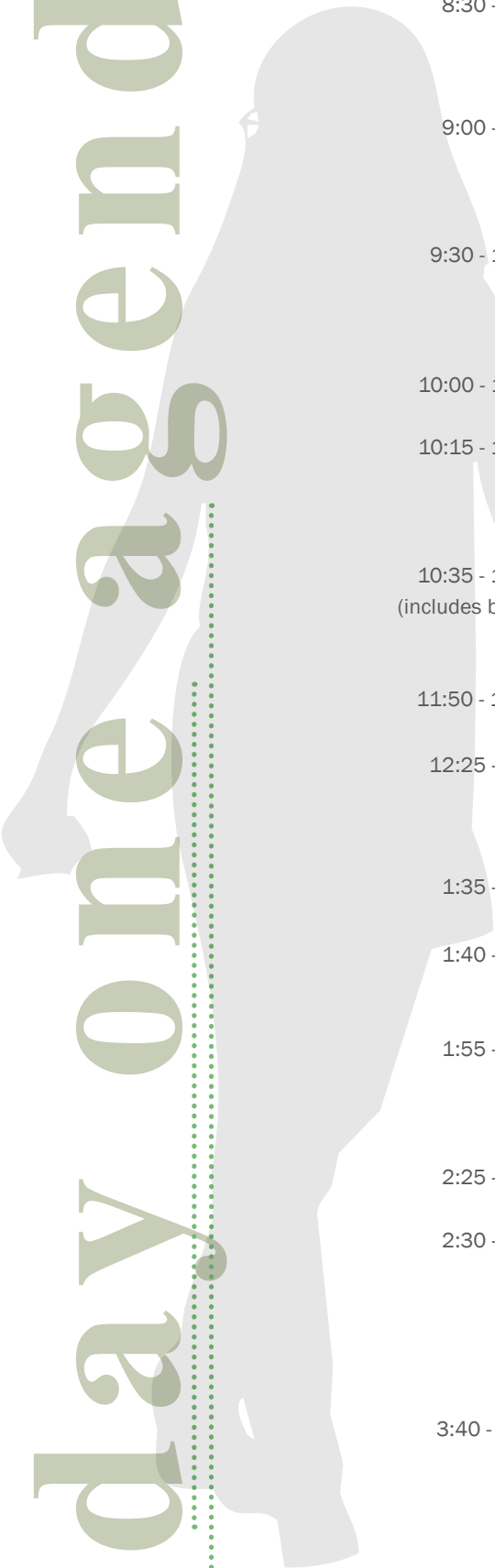


day one agenda



8:00 - 8:30	WELCOME & INTRODUCTIONS Goals and Objectives League of American Bicyclists registration
8:30 - 9:00	SECTION 1: SAFE ROUTES TO SCHOOL Trends in school travel and health since 1960 Teaching pedestrian safety in middle school
9:00 - 9:30	SECTION 2: PEDESTRIAN SAFETY RULES AND CONCEPTS “Captain Barclay” lesson activity Opportunities to practice pedestrian skills in PE classes
9:30 - 10:00	SECTION 3: UNDERSTANDING SIGHTLINES Defining Sightlines and the importance of Eye Contact “Eyeballs” lesson activity
10:00 - 10:15	BREAK
10:15 - 10:35	SECTION 4: WHY CRASHES HAPPEN AND CRASH AVOIDANCE Crash types and statistics Crash prevention
10:35 - 11:50 (includes break)	SECTION 5: BICYCLING IN TRAFFIC & PRINCIPLES OF TRAFFIC LAW “Enjoy the Ride” video Rights and Responsibilities of Bicyclists
11:50 - 12:25	LUNCH BREAK
12:25 - 1:35	SECTION 6: THE WALKING FIELD TRIP Time to Practice Pedestrian Safety Skills Outside
1:35 - 1:40	ACTION BREAK
1:40 - 1:55	SECTION 7: BICYCLING ACCESSORIES FOR SAFETY AND COMFORT Bike Clothes and Accessories
1:55 - 2:25	SECTION 8: GETTING READY TO RIDE Helmet Fit ABC Quick Check
2:25 - 2:30	BREAK
2:30 - 3:40	SECTION 9: PARKING LOT DRILLS Starting, Stopping, and Shifting Quick Stop Straight-Line Riding, Scanning and Shifting Rock Dodge, Avoidance Weave, Instant Turn
3:40 - 3:50	SECTION 10: HOMEWORK Please complete for Day 2
4:00	END

Safe Routes to School

1

SECTION OVERVIEW:

Safe Routes to School is a phrase referring to a growing movement to make it safer and easier for children to walk or bike to school. To better understand the importance of Safe Routes to School, this section will cover:

- generational changes in the practice of walking and biking to school
- public health trends over the same period of time

While encouraging daily moderate activity is important for the health of our youth, crash statistics show that the rate of bicycle and pedestrian injury and death for 12-to-14-year-olds is higher than in other age groups. To better prepare students for this increased vulnerability and attempt to reduce the risk this section will also examine:

- possible risk factors for young adolescents
- effective methods for teaching pedestrian safety to students this age
- ways to prepare young teens for increased independence

NOTES:



Safe Routes to School



NOTES:

Pedestrian Safety Training with Feet First

Goal: Teachers will gain the knowledge and skills to successfully engage their students in pedestrian safety lessons.

Objective 1: Highlight pertinent research about trends in student travel and risk factors for young teens

Objective 2: Provide overview of general pedestrian safety rules and concepts

Objective 3: Demonstrate how to identify built-environment issues for pedestrians and determine the best place to cross

Objective 4: Familiarize educators with lesson plans and materials to teach pedestrian safety in the PE classroom

30 years ago over 66% of America's children walked to school. Today, only 16% of America's children walk or bike to school. (US Centers for Disease Control and Prevention).



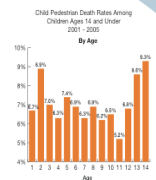
WalkBoston Photo



Safe Routes to Schools National Training

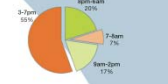


Young teens are among the highest risk for death from pedestrian/car crashes



When and Where?

After-school hours and dusk remains the most dangerous times for child pedestrians, with 55 percent of fatal accidents occurring between 3 and 7 p.m.



Source: Safe Kids USA, 2007

Pedestrian Safety Rules and Concepts

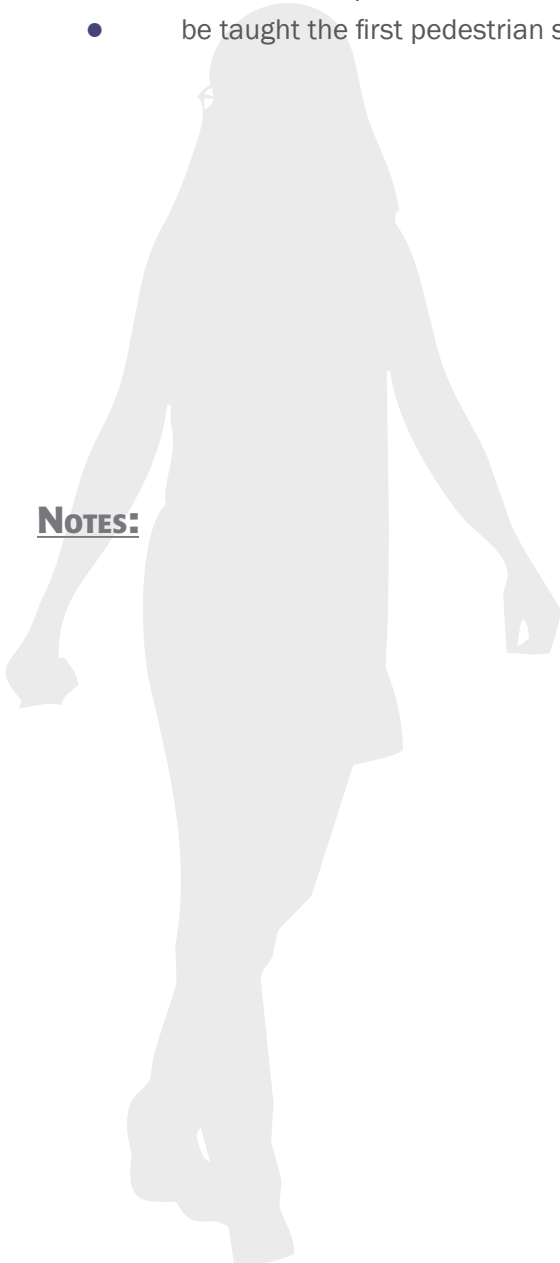
2

SECTION OVERVIEW:

The first step in teaching pedestrian safety is to teach basic behavior rules for pedestrians. In this section, we will:

- review basic pedestrian safety rules
- receive a comprehensive, though not exhaustive, list of rules for students
- be taught the first pedestrian safety lesson in this curriculum: “Captain Barclay”

NOTES:



Understanding Sightlines

3

SECTION OVERVIEW:

This section will introduce the concept of “sightlines” to students, and the importance of having a clear line of vision between pedestrians, bicyclists and drivers when crossing or sharing the road. In this section, we will:

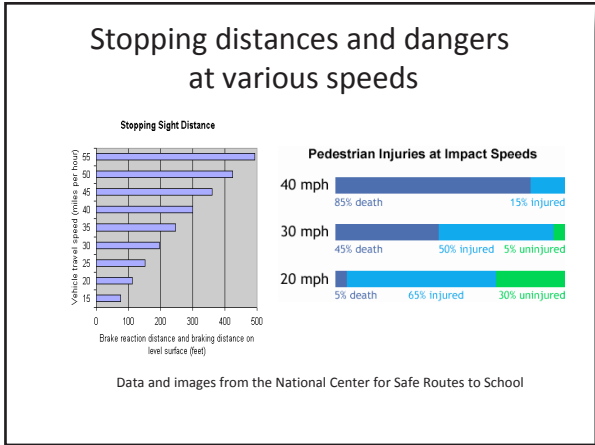
- get information about stopping times and distances for vehicles at different speeds
- see photos with examples of things that commonly impede sightlines
- be taught the second pedestrian safety lesson in this curriculum: “Eyeballs”
- consider ways in which other school activities can be adapted to reinforce pedestrian safety rules and concepts throughout the year

NOTES:



Understanding Sightlines

3



Why Crashes Happen and Crash Avoidance

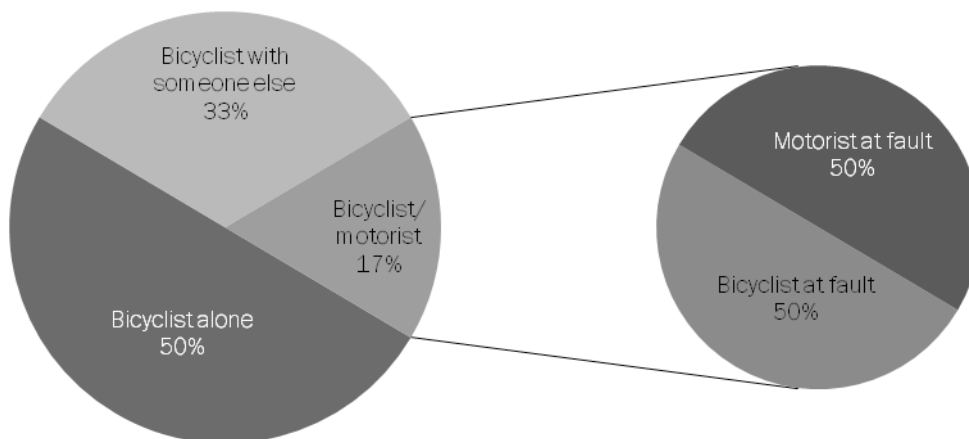
4

Traffic Skills 101 is designed to help people feel more comfortable riding bikes on the road. It does this by providing bicyclists with information about how to ride safely and legally on the road; how to prepare for a bike ride; and how to handle a bike in emergencies. It includes an in-classroom portion, on-bike parking lot practice session, and an on-road bicycle ride that is the culmination of all the previous information.

SECTION OVERVIEW:

Although most bicyclists fear being hit by a car, particularly from behind, the majority (50%) of crashes involve only the bicyclist. A mere 3% of bicycle crashes involve a motorist who didn't see a bicyclist. Motor vehicle-bicycle collisions comprise a mere 17% of all bicycle crashes, and of those, half are the bicyclist's fault – usually due to the bicyclist not obeying a traffic law. You can prevent up to 88% of bicycle crashes by taking some basic precautions and by mastering a few bicycle handling skills.

BICYCLE CRASH STATISTICS



Please refer to the League of American Bicyclists Smart Cycling Traffic Skills 101 Student Manual **pages: 22 and 23**

Bicycling in Traffic

Principles of Traffic Law

5

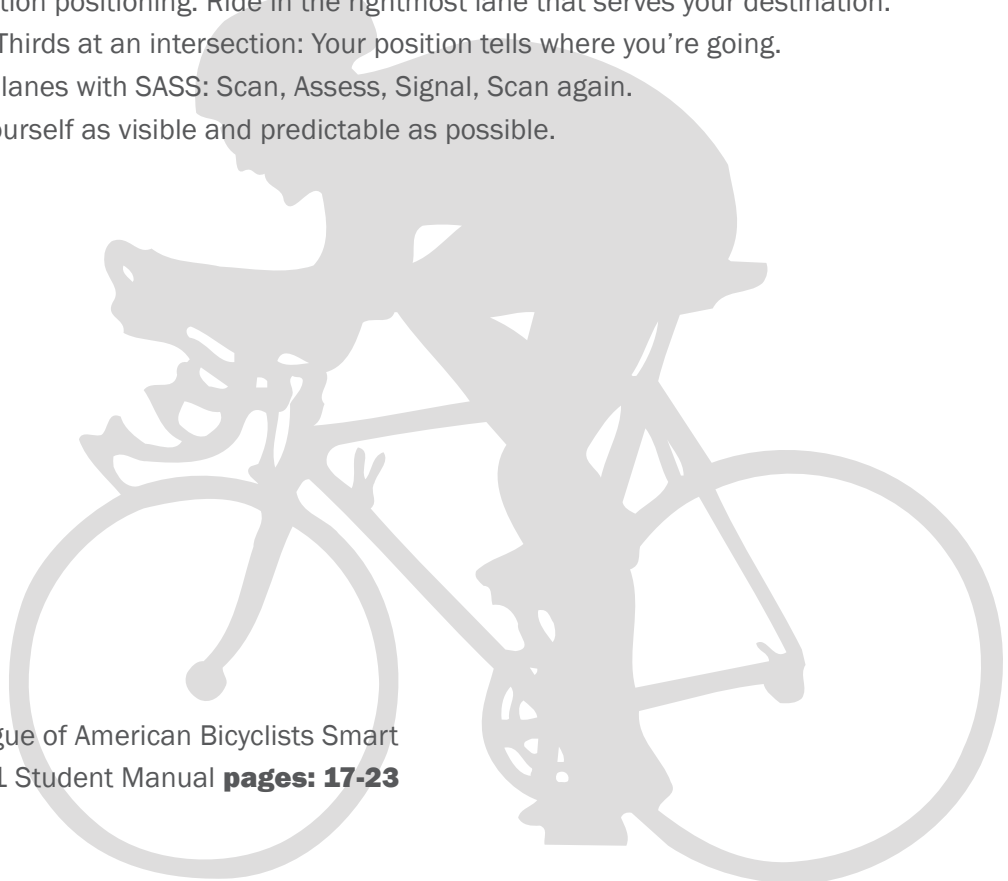
SECTION OVERVIEW:

Bicyclists are legally vehicles, and they have the same rights and responsibilities as motorists. This means that, as a bicyclist, you are responsible for obeying all the same traffic laws you do when driving a car. Key points to remember:

- Cyclists fare best when they act and are treated as drivers of vehicles.
- First come, first served: Yield to crossing traffic and when changing lanes.
- Speed positioning: Slower vehicles travel to the right and faster vehicles to the left.
Ride as far right as is safe.
 - Watch out for the door zone, lanes too narrow to share, and turning traffic.
- On sidewalks and multi-use paths, follow the speed positioning rules:
Bikes (faster vehicles) to the left and walkers (slower vehicles) to the right.
 - Ride at a speed appropriate for the infrastructure
 - Use audible warning whenever passing
- Intersection positioning: Ride in the rightmost lane that serves your destination.
- Rule of Thirds at an intersection: Your position tells where you're going.
- Change lanes with SASS: Scan, Assess, Signal, Scan again.
- Make yourself as visible and predictable as possible.

NOTES:

Please refer to the League of American Bicyclists Smart Cycling Traffic Skills 101 Student Manual **pages: 17-23**



The Walking Field Trip

6

SECTION OVERVIEW:

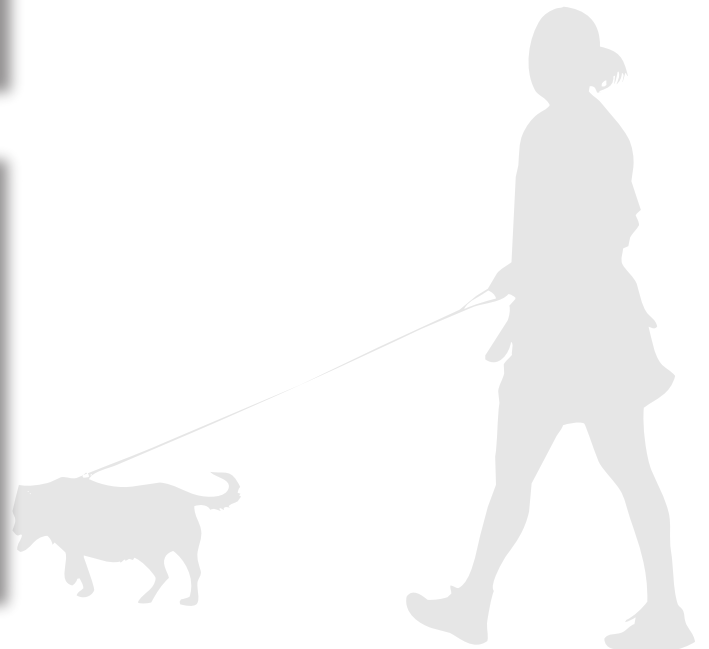
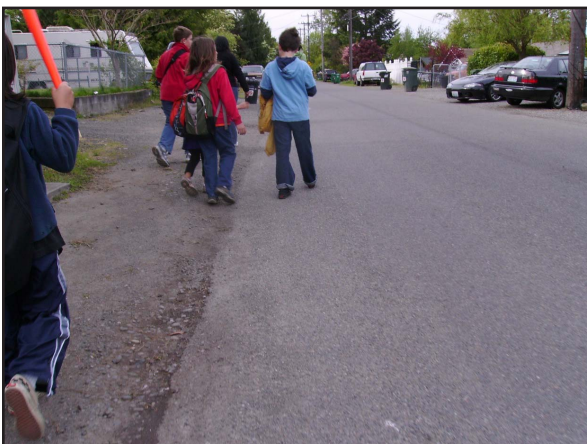
The Walking Field Trip is your time to practice pedestrian safety skills outside. Building on the safe crossing rules and concepts learned in “Captain Barclay” and “Eyeballs,” students will experience the lessons in the real world environment. In this section we will:

- Briefly overview engineering choices for pedestrians and how our infrastructure can affect pedestrian safety.
- Go outside as a group to examine demonstration stations near the training site.
- Return to the training to review the “Walking Field Trip” lesson plan and prepare to conduct it at each school site.



Much of the preparation for this lesson is built into the training. Prior to conducting the class, teachers will need to identify 3-5 suitable locations near their own schools, and fill out a “demonstration station” worksheet for parent volunteers.

Teachers should note that this lesson plan requires up to 6 adult volunteers.



Bicycling Accessories for Safety and Comfort

7

SECTION OVERVIEW:

Your goal on a bike is to be visible and predictable. Clothes choice contributes to visibility: Wear something bright-colored or reflective for better visibility. Lights contribute to visibility, too, as well as lighting the road for you. There are lots of ways to carry things on your bike, ranging from backpacks to trailers and panniers. Use what makes sense for you. Key points to remember:

- Wear a helmet.
- Always tuck in shoe laces and pant cuffs.
- When biking, wear clothing that is bright-colored and has reflective bits.
- You must have a white headlight and a red rear reflector when riding at night.
- Lights have two uses: To illuminate you for others, and to illuminate the road for you.
 - Legally must have a white front light visible from 500 feet away.
 - Legally must have a red rear reflector.
- Carry a lock and use it effectively: Lock through the frame to a solid object.

NOTES:



Please refer to the League of American Bicyclists Smart
Cycling Traffic Skills 101 Student Manual **pages: 12-14**

Getting Ready to Ride

8

SECTION OVERVIEW

Bikes are excellent transportation tools, but they require some setup, just like when you get in a car and adjust the seat and mirrors. When you first get a bike, make sure it fits right. Then, before you go out for a ride, check that your helmet still fits and perform an ABC Quick Check. Key points to remember:

- It shouldn't hurt to ride your bike. A bike fits when:
 1. You can stand over it and have about 2 inches clearance between you and the bike.
 2. Your legs have a slight bend in the knee when the pedal is all the way down.
 3. Your arms have a slight bend in the elbow when you're holding the handlebars.
- Helmet fit: Eyes, Ears, Mouth
- ABC Quick Check:
 - A – Air
 - B – Brakes
 - C – Cassette, chainrings, chain, and cranks
 - Quick – Quick releases
 - Check – Lift and drop the bike gently, listening for rattles; then take it out for a quick check-out ride

NOTES:

Please refer to the League of American Bicyclists Smart Cycling Traffic Skills 101 Student Manual **pages: 3-8**

Parking Lot Drills



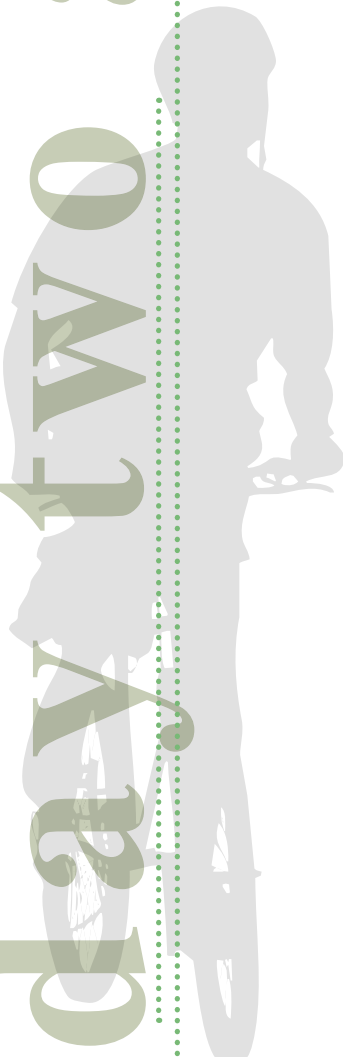
NOTES:



Please refer to the League of American Bicyclists Smart
Cycling Traffic Skills 101 Student Manual **pages: 24, 25, 27**

See also Elementary School Bicycle Curriculum Lesson Basic Traffic Skills Course diagram.

day two agenda



8:00 - 8:30

WELCOME, SETTLING IN

8:30 - 8:50

SECTION 11: PRE-RIDE PREPARATION AND REVIEW

Student's Bike Check
Review Route

8:50 - 11:00

SECTION 12: ROAD RIDE AND DISCUSSION

Road Skills Ride
Post - Ride Discussion

11:00 - 11:05

BREAK

11:05 - 11:35

SECTION 13: TRAFFIC SKILLS 101 TEST

League of American Bicyclists Traffic Skills Test 101

11:35 - 12:20

LUNCH BREAK

12:20 - 2:05

SECTION 14: REVIEW OF MIDDLE SCHOOL CURRICULUM

Review curriculum components

2:05 - 2:15

BREAK

2:15 - 2:45

SECTION 15: EVALUATION TOOLS AND REQUIREMENTS

Student Travel Mode Tally ("Hands - up")
Parent Surveys
Student Self-Reported Behavior Tally

2:45 - 3:00

SECTION 16: EVALUATION OF SEMINAR

3:00

END

Bicycle Concepts to Remember



NOTES

Use this space to note anything you want to remember from the road ride and discussion and middle school safety curriculum review

