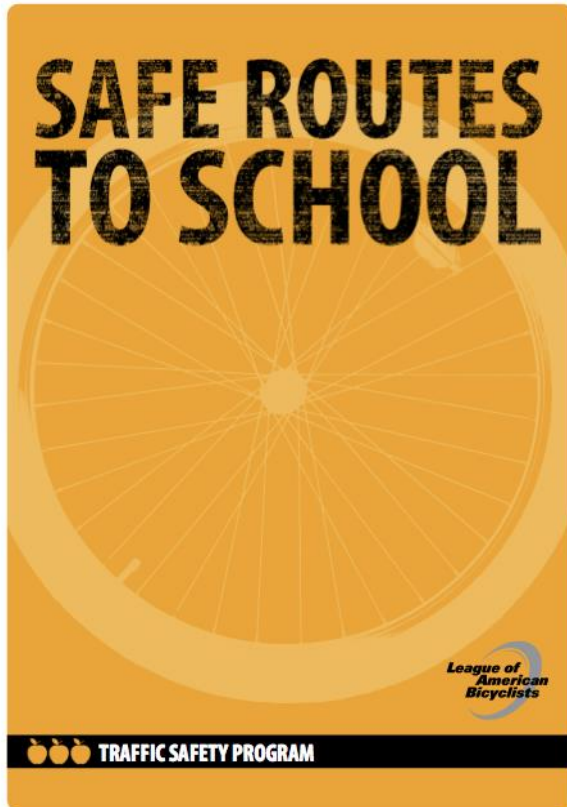




ADVOCACY ADVANCE | BICYCLE FRIENDLY AMERICA | NATIONAL BIKE SUMMIT
NATIONAL BIKE MONTH | NATIONAL BIKE CHALLENGE | SMART CYCLING | WOMEN BIKE



SAFE ROUTES TO SCHOOL CURRICULUM



10-hour traffic safety
education curriculum
developed by the League

Geared for older elementary
and middle school aged
students



GOALS OF THE CURRICULUM

The primary goals of the League's Safe Routes to School Traffic Safety Program are:

1. Increase the safety of youth bicyclists and walkers.
2. Increase the number and frequency of children bicycling and walking.
3. Improve the lives of children





SAFE ROUTES TO SCHOOL CURRICULUM

TEACHING LEVELS

- 1** **Level 1** – classroom learning including helmets, equipment, traffic rules, and laws;
- 2** **Level 2** – walkabout and on-bike learning including playground bicycle riding and skill building on and near the school grounds
- 3** **Level 3** – on-street bicycle riding that culminates in adult-supported on-street community bicycle rides.

Divided into three teaching levels with activities ranging from in-class activities to on-street walking trips and bicycle rides.

Each successive teaching level covers bicycle and walking safety in greater depth, teaches more advanced concepts, and offers increased hands-on experiential learning.



TEACHING LEVELS

TEACHING LEVELS

Teaching Level	Time Required	Class Location	Content Outline
Level 1	3 hours	Classroom	Essentials: Basic traffic safety concepts
Level 2	3 hours	Classroom, walkabout and bicycling on or adjacent to school grounds	Midlevel: Bicycle handling skills; walking excursion; basic street skills and intersection types
Level 3	4 hours	on-street bicycling	Advanced: Refined bicycle skills and on-street community practice rides



USING YOUR LOCAL LCI



Education

SMART CYCLING

Smart Cycling is the only national certification for bike education, providing materials and training to help people feel safe and comfortable on bikes.

Using a local League Cycling Instructor can be the best way to tailor your curriculum to your specific community



CONNECT LOCALLY

CONNECT LOCALLY

Find local events, classes, bike shops and more.

enter 'city, state' or zip code | >>

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LEAGUE CYCLING INSTRUCTORS

Andree Sanders

New York, NY

Andrew J. Besold

North Brunswick, NJ

Bill Feeney

Cedar Knolls, NJ

Blue Young

New York, NY

Cecelia Casey

New York, NY

LCIs are trained in working with children in the certification seminar, though each LCI specifically chooses what curriculum to use



“NEED TO KNOWS”

Smart Cycling – Need to Know: Teenager / Adult



What the League considers the most important points to cover



FOLLOW THE LAW

Whether you're on a bike or in the car, you have to follow the law.

BE PREDICTABLE

Ride in a straight line and communicate where you are going.

BE VISIBLE

Wear bright clothes. Use lights and reflectors.
Make eye contact.

RIDE READY

Wear a helmet. Check your tires for air, see that brakes are working, chain runs smoothly, and quick release levers are closed.

THINK AHEAD

Pay attention to other driver, pedestrians, and people on bikes: What will they do? Where are they going? Look for hazards that are in your way.



NEED TO KNOW

Follow the law

Discussion defining traffic laws, why to follow them, consequences, and liability. Familiarizes students with the importance of specific traffic laws.

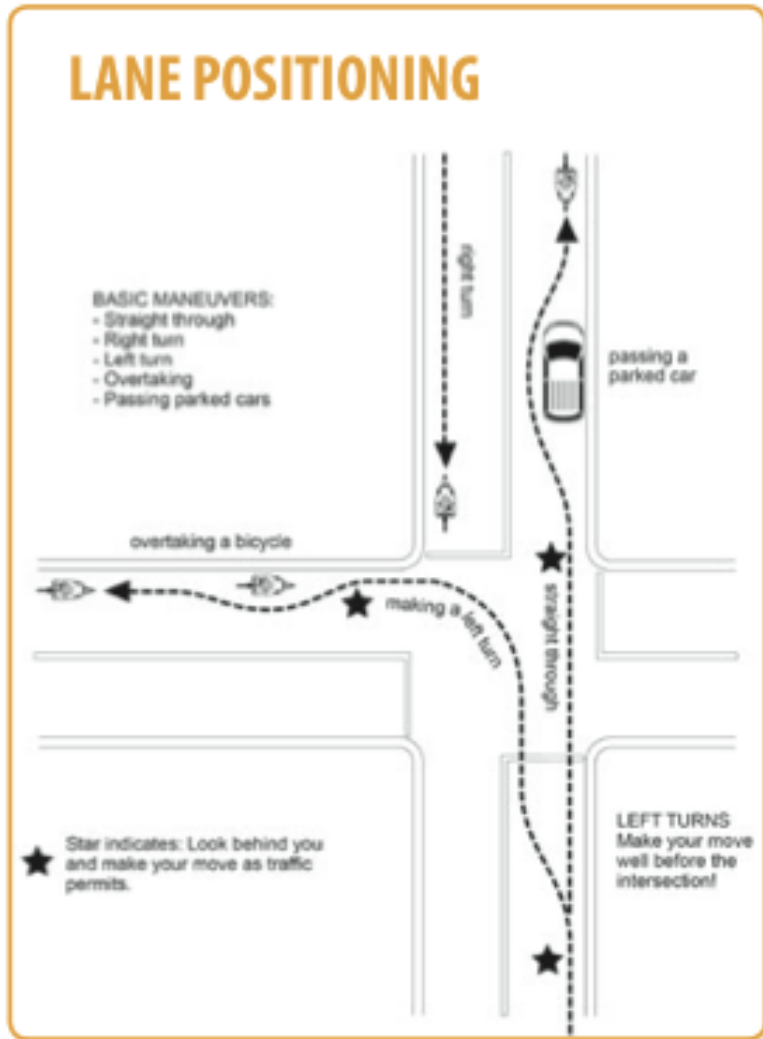
CRIME AND PUNISHMENT

Example of a Law	Reason	Potential consequences of breaking laws	Punishment
Mandatory use of bike helmet	Protect our heads	Could injure or kill us if head is hit	fine
Stop at red light	Avoid crashes at traffic lights	Could injure or kill ourselves or someone else	fine to prison
Driving while under influence of alcohol	Prevent crashes due to intoxication	High risk of injuring or killing someone	fine to prison
Jaywalking	Protect walkers from getting hit by cars	Walker may get hit and killed by a vehicle	fine



BE PREDICTABLE

The extensive road, and specifically on-the-bicycle lessons offered by this program are designed to increase bicycle ridership, physical activity, and safe and predictable riding among children.





BE VISIBLE



Discussion and demonstration of proper gear for safe and easy bicycling and walking. This discussion provides students with ideas on how to increase their safety, comfort, and visibility as they bike and walk.

Discussion of reasons for poor visibility around cars for pedestrians and bicyclists, how to increase visibility in practice drills



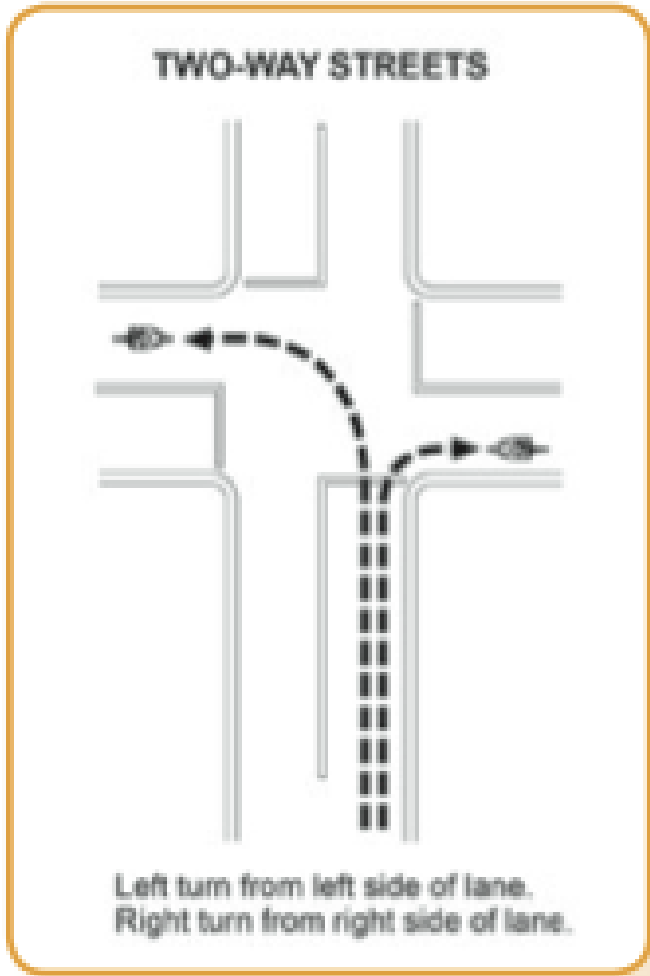
RIDE READY

ABC quick check- The ABC Quick Check is an activity that provides students with an easy way to remember the basics of checking a bicycle for road-worthiness.





THINK AHEAD



Discuss the top causes for bicycle and pedestrian crashes with vehicles, often causing severe injury or death. This discussion will increase the awareness of the hazardous situations and intersection types of collisions that most regularly affect students.



SAMPLE TIMEFRAMES

Length	Topics
1 Hour	<ul style="list-style-type: none">• Helmet use and fit, purpose and importance• Brain function and injury introduction (Melon drop demonstration if time)



SAMPLE TIMEFRAMES

Length	Topics
5 Hour	<ul style="list-style-type: none">• Helmet use and fit, purpose and importance/guided practice• Brain function and injury introduction (Melon drop demonstration if time)• Bike parts with diagram, then bike parts race- label bike parts, review/reteach at end• ABC quick check• Guided practice of reading inflation and filling tires• Visibility practice- lights off, demonstrations of reflectivity with stickers and flashlights• Chaos Box



SAMPLE TIMEFRAMES

Length	Topics
10 Hour	<p>Above inclusion from 5 hour plus:</p> <ul style="list-style-type: none">• NHTSA Be safe Be Smart video with discussion• Walking and Crossing the Street lesson• Driveways, Turns and Paths (with intro of intersections/positioning)• Left Turns lesson• Parking lot skills drills (as age appropriate)• Possible community ride <p>• **Review and evaluation** must make time for meaningful collection of student feedback for pre-post/tests</p>



Best Practices



- Always consider students with special needs and different learning styles- know more than one way to deliver your instruction- it's not an option, it's a necessity
- Showing is always better than telling
- Use teachers and staff to help you, never let them disappear
- Technology will fail! Be prepared!



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