

Ride Smart!

Bicycle Safety
Presentation Manual





Program Script

This program has been developed by the Injury Prevention Program at Northwestern Medicine for use by teachers, student teachers, school nurses, parents, scout leaders and any other community members interested in teaching children about the importance of safe riding habits.

Additional kits may be ordered for mail delivery by emailing Northwestern Medicine at kitsforkids@cadencehealth.org.

Thank you for sharing the Bicycle Safety Presentation with your students. Your efforts in safety education help our young people develop good safety habits that will help protect them throughout their active lives.

Coloring Page 1

Introduction—name, title and introduce other helpers.

Today we're going to talk about bike safety.

How many of you ride a bicycle or tricycle?

Do any of you ride in a bike seat on the back of one of your parent's bikes?

Have you ever thought about how important it is to be safe on a bike?

When you are safe, riding is a lot of fun, isn't it?

If you're not safe, what could happen?

You could fall off and hit your head, you could be hit by a car, you could run into someone else and hurt them or you could be hurt and have to go to the hospital.

We don't want any of those things to happen.

We want everyone here to be safe and have fun when they ride, so we all need to learn how to Ride Smart!

We need to do things the smart way so no one gets hurt.





Coloring Page 2

The most important thing to do is WEAR YOUR HELMET.

What does your helmet protect? Your head!

It's very important to protect your head, because your brain is inside your head.

Your brain controls everything you do, so you don't want to damage your brain.

When you want to do something, your brain sends a message down your spinal cord to different parts of your body.

Let's say you want to move your foot. Your brain has to send a message to your foot to make it move.

Or maybe you want to talk. Your brain has to send a message to make you talk.

Anything you do, your brain has to send a message for you to do it.

These messages happen in less than a second and they happen without us even thinking about it.

But if your brain was seriously injured, it wouldn't be able to send those messages. You wouldn't be able to do everything you wanted to do.

So it's very important that you always protect your brain.

How do you protect your brain when you're on a bike? Wear a helmet!

That means every time you're on a bike.

Gelatin Brain Model

Located in the appendix of this manual are the instructions and recipe for the gelatin brain model activity.

Egg Experiment

Let's see how a helmet protects your brain. Pretend this egg is your brain, Styrofoam cup #1 is your skull and Styrofoam cup #2 is your helmet.

I'm going to put your "brain" into your "skull" and your "skull" into your "helmet." Using this piece of tape, I'll strap your helmet and skull together. Now, you can go on a pretend bike ride.

Imagine you accidentally fall off your bike and hit your head. Let's see if the helmet protects your brain. *(Drop from about four feet. Remove bag from the cups and show to the group.)*

The helmet protected it, didn't it? Now let's see what could happen if you fell off your bike without a helmet.

Pretend that this is your brain without a helmet. *(Remove bottom cup #2 and place tape on cup #1; drop egg in tape-sealed top cup; remove bag from the cups and show the group)*

A helmet makes a big difference, doesn't it? Some people think they won't hit their heads. Accidents happen very, very fast, and no matter how well you ride your bike, anyone, even parents, can hit their heads.

So always wear your helmet, even for short rides.

Performing the Egg Experiment

What you will need:

- 1 raw egg "brain"
- 1 clear sandwich bag
- 2 8-ounce foam cups—cup #1 "skull" and cup #2 "helmet"
- 1 strip of duct tape

The Egg Experiment may be given during the presentation, as written in the script.

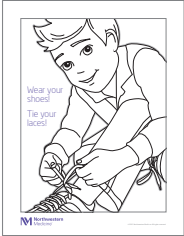
First, put the egg in a clear sandwich bag and close. Always keep the egg in a sealed bag and dispose of immediately to avoid touching any raw egg.

Use a tiled surface or a board, rather than carpeting. Drop the two stacked cups, bottom side down, from about four feet above the ground with the egg inside the bag, tape-sealed inside the cups.

Explain to the children as written in the script.

Loosen tape and remove the bottom cup from the stack. Re-tape the single cup and drop the egg in the sealed cup onto the floor from about four feet. (Give it a little force to assure breakage, without being obvious!)

Dispose of broken egg immediately after experiment and wash your hands.



Coloring Page 3

What else can you wear to be safe on your bike? Shoes!

Don't go barefoot or wear sandals on a bike—your feet can slip off your pedals if you're not wearing shoes.

Make sure your shoelaces are tied well so they don't get caught in the chain.

After you're dressed safe and you have your helmet on, what should you check? Your bike!

Make sure your bike is the right size for you—it's dangerous to ride a bike that's too big.

When you sit on the seat you should be able to touch both feet on the ground at the same time.



Coloring Page 4

When you're all ready to ride, you need to think about how you ride to be a safe bike rider.

Always look and listen and think about riding smart.

Look and listen for cars pulling out of driveways.

Watch out for people walking or riding near you.

Always stop when you come to a street.

Right now you should never ride in the street unless your parents are with you.

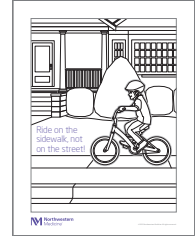
Cars move very fast and you wouldn't want to be hit by one.

Coloring Page 5

Ride on the sidewalk, not on the street.

If you are with your parents and you have to ride in the street, stay way over to the right side and ride as straight as you can.

Always ride in a single file line, not side-by-side.



Coloring Page 6

People on bikes have to learn the same safety rules as people who drive cars.

You have to stop at a stop sign or stoplight, and wait for a green light to go.

This sign says YIELD—it means you have to wait until there are no cars coming before you can go.

It's important that you practice these signs with your parents so you know how to obey the signs.



Coloring Page 7

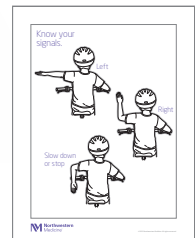
There are also signals you can use if you want to turn a corner.

Does anyone know how to signal that you are turning left?

What is the signal for turning right?

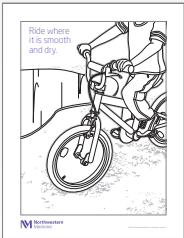
What do you signal if you want to slow down?

Practice these signals with your parents until you know them really well.



Another signal is used if you are going to pass someone.

Before you pass, call out “passing on your left” so the person you’re passing doesn’t swerve in front of you. Can you all say that?



Coloring Pages 8 & 9

The last thing you want to think about is where you are riding.

If you ride on sidewalks that are wet, bumpy or full of gravel you might fall.

Try to ride on smooth dry areas.

Also, don't ride at night or when it's beginning to get dark. You can't see if the sidewalk or road is smooth and dry, and cars can't see you in the dark.

So, those are a lot of safety tips to remember. I'm going to give your parents some papers with the same information we just talked about so they can help you practice riding safely.



Coloring Page 10

What's the most important thing to do every time you ride? Wear a helmet!

How many of you brought your helmet today?

We're going to check your helmets to see if they're fitting you correctly. We'll help adjust them so they're just right.

When your parents come today to pick you up, we'll show them how your helmets should be adjusted so they can help you at home.

The correct way for your helmet to fit is flat on your head; not tilted back.

The helmet should fit snug—you can use pads inside to adjust it.

The straps on each side form a V. The bottom point of the V should be right under your ear.

When you buckle the strap under your chin, you should only be able to fit one finger between your chin and your strap.

Either: Everyone who has his or her helmet with them today form a line so we can check the fit of your helmet.

Or: If your parent is here and you have your helmet with you today, form a line and we will check the fit of your helmet. Anyone else with a helmet can have it checked when your parent comes to pick you up.





Appendix

Children spend much of their day at school. They will form safe habits if there is consistency at home and at school. Encourage bike safety on school property and consider making helmets mandatory.

Additional Activities

Set up a bike safety bulletin board for your classroom called "The Helmet Hall of Fame." Have each child bring in a picture of themselves with their bikes and proper safety equipment (minimally, helmet and proper shoes). Encourage group photos with the helmeted family and friends.

Plan a bike rodeo at your school.

Have a coloring contest design and color a helmet.

Use instructions on the next page to make the gelatin brain model and show kids how fragile a brain is.

Make bike safety and helmet fitting an annual program.

Optional Demonstration: Gelatin Brain Model

Important: Wash entire cavity of the plastic mold using a soft sponge, dish soap and warm water before and after every use. Be sure to wash especially well before first use. Take care not to puncture holes in the thin areas of the plastic mold during wash. The recipe should be combined under adult supervision.

Recipe and Instructions For Flesh-Toned Brain

Ingredients:

- 2 large boxes (net weight 6 ounces each box) peach or watermelon flavored gelatin (use any flavored gelatin of your choice if flesh tone is not desired)
- 9 ounces lite evaporated skimmed milk (99.5% fat free). No other milk will work!
- 2 teaspoons of vegetable oil or non-stick cooking spray
- Green food coloring
- 2 ½ cups water total (1 ¾ cups boiled, ¾ cup cold)

1. Spray non-stick cooking spray or smear a small amount of vegetable oil inside the entire cavity of the plastic mold. Wipe out excess oil from cavity and set mold aside. Make sure cavity of mold is completely clean and dry before applying the oil.
 2. Put flavored gelatin in a large bowl. Add 1 ¾ cups of boiling water. Stir until completely dissolved, about 3 minutes. Use whisk or large fork for stirring.
 3. Stir in ¾ cup cold water.
 4. Stir in skimmed milk for 2 minutes.*
 5. Add a few drops of green food coloring to darken (for flesh tone).
 6. Pour gelatin mixture into the plastic mold. Do not fill past ledge (approximately half an inch from top).
- * If clear brain is desired, leave out skimmed milk and add an additional 1 ¼ cups of cold water.

Stand Set-up

1. Fashion a towel into a circle in a large bowl, making a stand for the mold. Set the plastic mold into the middle of the towel. (Make sure the mold is stable.)
2. Refrigerate until brain is firm.

To Extract Gelatin Brain From Plastic Mold

1. Set mold gently in bowl of warm water, mold-side down for approximately 20 seconds. If needed, gently run a butter knife around edge of the mold to loosen gelatin.
2. Place a plate over the opening of plastic mold and turn over.
3. Gently shake until gelatin brain slides out onto the plate.



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