

# WALKSMART / BIKESMART VERMONT!

Critical Content, Concepts and Skills for Pedestrian & Bicycle Safety



Developed by  
The Center for Health & Learning



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Critical Content, Concepts and Skills for Pedestrian & Bicycle Safety

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## Distribution Information

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# WALKSMART / BIKESMART VERMONT!



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# INTRODUCTION

**W**elcome to WalkSmart / BikeSmart Vermont! Thank you for helping children and youth in Vermont obtain important knowledge and skills to improve their health and engage in safe walking and bicycling practices. This curriculum contains essential concepts and skills related to pedestrian and bicycle safety delivered through hands-on lessons. It aims to promote healthy habits, prevent injuries, and increase the number of children walking and biking safely. Additional lesson plans for on-bike traffic safety and bicycle handling skills are available in the supplemental curriculum, *BikeSmart On-Bike*, published as a companion piece to this curriculum in 2008.

## Benefits and Value of Pedestrian and Bicycle Safety Education

There are many benefits to teaching children and youth about pedestrian and bicycle safety. For one, it promotes wellness and prevents injury. Currently in the United States the medical and financial consequences of obesity are threatening the country's public and private capacities. In 2001 the U.S. Department of Health and Human Services recommended that communities work to reduce the prevalence of overweight children and adolescents by providing a safe environment for them and their friends to play actively and by encouraging walking, swimming, biking, skating, ball sports and other fun activities.

Pedestrian and bicycle safety promotes physical activity and lifelong habits that help curtail the increasing prevalence of overweight and obesity among children and youth. It encourages activity that improves motor skills, coordination, and balance. Pedestrian and bicycle travel produces no exhaust and air pollution that can cause chronic lung problems, and it also results in less traffic congestion and contributes to an overall healthier population. In addition, it creates future drivers who are knowledgeable about traffic rules and more aware of pedestrian and bicycle safety issues.

## Walking and Biking in Vermont is Much Safer Than You Think!

For many people the perception is that it is unsafe to walk and bike in Vermont. On the contrary, Vermont is a safe place for pedestrians and bicyclists. This is borne out by the following data: In Vermont in 2006, no pedestrians were killed in a traffic crash and there was one fatality involving bicyclists. In the previous five years, an average of less than 1 cyclist and six pedestrians died in traffic crashes per year.

<b>Vermont Fatalities</b>	<b>01</b>	<b>02</b>	<b>03</b>	<b>04</b>	<b>05</b>	<b>06</b>
Pedestrians	5	4	7	7	3	0
Bicyclists	0	1	1	1	0	1

*National Highway Traffic Safety Administration 2005*

Walking and bicycling are safe ways for children and adults to get around and increase their fitness levels.

## Getting to Know Your School Community

The following information will be useful as you prepare to teach the children in your school.

*What percent of children walk or bike to school?*

*What percent of children live close enough to walk or bike to school but don't?*

*What percent of children ride the bus to school?*

*What percent of children are driven to school in a vehicle by a parent?*

This will help familiarize you with the particular issues facing your community in encouraging walking and biking to school.

# CURRICULUM OVERVIEW

Our *WalkSmart* and *BikeSmart* programs teach safety and provide the opportunity to meet many of the educational goals in Vermont's Framework of Learning. For more information about resources to support the *WalkSmart / BikeSmart Vermont!* curriculum, please visit: [healthandlearning.org](http://healthandlearning.org) - Pedestrian and Bicycle Safety Resources.

This curriculum is geared to children in grades K-6 who will be navigating roads in small-town, village, and rural situations. In an attempt to keep the content manageable for one annual lesson on pedestrian safety and one on bicycle safety, many choices had to be made about the key concepts and skills to feature in the curriculum. Vermont's small town and rural character was taken into account in these decisions. In the course of discussion with students, safety situations that occur more frequently in urban and suburban settings may arise and be addressed in discussion. The section entitled: Basic Concepts in Pedestrian and Bicycle Safety provides additional information to assist with those discussions.

The curriculum is divided into two sections: a pedestrian safety program for kindergarten through second grade students and a bicycle safety program for students in grades 2-6. We suggest teaching one lesson on pedestrian safety in the fall to grades K-2, and one lesson on bicycle safety in the spring to grades 2-6 at each school in Vermont. See Table 1: Lessons-Key Concepts and Skills for a summary of the key concepts and skills covered in the *WalkSmart / BikeSmart Vermont!* curriculum.

## The lessons are designed to:

- ✓ Keep children actively engaged;
- ✓ Integrate children's experience and skills into the activities;
- ✓ Practice decision-making skills for healthy and safe choices.

The pedestrian safety lessons are taught to K-2 students. The bicycle safety lessons are taught to grades 2-6. The objectives of each lesson are included in the lesson plans.

## Each lesson includes these components:

- Instructional time
- Objectives
- Materials
- Tips for preparation
- Activities
- Integration ideas

## Materials

The materials needed for each lesson are listed at the beginning of each lesson. Overheads, graphics, and handouts for each lesson are included after the lesson plan. In addition, Curriculum Prop Cards may be purchased separately. In some cases it suggests you draw a large graphic on a board or mark off an area with tape on the floor. You should also feel free to make and use your own props.

## Participation Records

Documenting the total number of classes and students receiving pedestrian and bicycle safety education is one way for us to measure progress toward the goal of statewide instruction. A form is provided in Appendix 1: *WalkSmart / BikeSmart Vermont! Participation Record* for instructors to keep track of the number of lessons taught, the number of students who participated and the time it took to teach the lessons. Please use this form to report to the Center for Health and Learning following your instruction.

## **Student Assessment**

The curriculum provides student pre-and post-lesson tests that can be used to assess what students learned. Instructors will be encouraged to administer the assessment before instruction, and then classroom teachers will be encouraged to administer the assessment a week or two later. This information can be used as a basis for evaluating effectiveness of instruction. If you are not participating in a formal evaluation or assessment effort, administering the assessment orally and asking students to respond with raised hands provides quick survey data on the base knowledge of students and the outcomes of instruction.

## **Student Certificates**

A certificate of completion is provided for any child who participates in the lessons and completes a post-test with a score of 80% or better. The certificate recognizes the participation of children in the lessons and the commitment of the school to providing pedestrian and bicycle safety instruction. The certificates list the key concepts of the lessons and therefore also serve as a means of parent education.

## **Pedestrian and Bicycle Safety Educators**

The lessons can be taught by classroom or physical education teachers, school administrators, volunteers from local bike clubs, police officers, or anyone who wants to encourage walking and biking. It is important for the teacher to be a good role model, someone who seeks to share a love of walking and bicycling with the next generation. Appendix 2: Vermont Pedestrian and Bicycle Safety Educator Competencies outlines the basic knowledge, skills and personal characteristics of a Safety Educator. This tool can be used to help the Safety Educator determine what areas of competency they may need to develop and/or what resources may be useful to them.

## **Parent and Community Involvement**

The curriculum provides parent education handouts to send home when the lessons are taught. Educating parents while we educate children increases the likelihood that the children will be provided the opportunities to walk and bike and that the concepts and skills taught will be discussed and reinforced. Parents can be asked to assist with the lessons and/or help set up a bicycle safety fair. Organizations such as the local PTA or the Safe Kids Coalition may be willing to donate money, volunteer time, provide materials and props, or assist in other ways with the promotion of walking and biking, and pedestrian and bicycle safety. See Appendix 3: Parent/Guardian Announcement for a flyer that can be sent home about WalkSmart / BikeSmart Vermont!

## **Program Announcement**

It is ideal to send an announcement home to parents and guardians about the program prior to, during, or just after the classroom lesson occurs so that parents can ask children about the lesson and hopefully reinforce some of the learning. Please see: Appendix 3: Program Announcement About *WalkSmart / BikeSmart Vermont!*

## **School Newsletter Inserts**

There are school newsletter inserts containing information about pedestrian and bicycle safety and seasonal safety messages available for download at [healthandlearning.org](http://healthandlearning.org) - Pedestrian and Bicycle Safety Resources.

## **Resources and Tools**

This curriculum will be greatly reinforced if schools find ways to reinforce the lessons before and after the presentations. When schools participate in other pedestrian and bicycle safety activities such as Walk to School Day, Bike Safety Fairs, or bike helmet sales, etc., they reinforce the concepts of the curriculum and make it more likely that students will remember and practice safe walking and bicycling. Communities

**Table 1: WalkSmart / BikeSmart Vermont! Lessons: Key Concepts and Skills**

*This table summarizes the key concepts and skills covered in the WalkSmart / BikeSmart! curriculum.*

WALKSMART / BIKESMART VERMONT!	
<b>GOAL:</b> <ul style="list-style-type: none"> <li>• One <i>WalkSmart</i> lesson taught to children in K-2 in the fall</li> <li>• One <i>BikeSmart</i> lesson taught to children in grades 2-6 in spring, ideally one lesson for grades 2-3, and one lesson for grades 4-6</li> </ul>	
Key Concepts & Skills	
<p><b>Pedestrian Safety</b> One lesson for Kindergarten and/or Grades 1-2; 30-45 minutes</p> <p><b>Walking Safely in Traffic</b> Use a sidewalk if it exists Walk facing traffic Dress light and bright (Grades 1-2) Do not use portable electronic devices, headphones or cell phones (Grades 1-2)</p> <p><b>Crossing Roads and Driveways Safely</b> Recognize an edge Recognize a second edge Look <i>Left-Right-Left</i> Identify visual barriers (Grades 1-2) Cross in a straight line and continue to look (Grades 1-2) Retrieve a ball or other object safely Cross safely at an intersection</p> <p><b>Getting Out of a Car Safely</b> Get out of a car safely: ...at school or a store ...on a road (Grades 1-2) ...in a parking lot (Grades 1-2)</p> <p><b>Getting Off a Bus Safely</b> Get off a bus safely</p>	<p><b>Bicycle Safety</b> One lesson for Grades 2-3 and one lesson for Grades 4-6; 45-60 minutes</p> <p><b>Helmet Safety</b> Know when to wear and replace a helmet Know how to properly fit a helmet ...Eyes-Ears-Mouth ...Do not use portable electronic devices, headphones or cell phones</p> <p><b>What to Wear</b> Dress light and tight Know how to carry loads</p> <p><b>ABC Bike Quick Check</b> Check air, brakes, chain and quick releases</p> <p><b>Rules of the Road</b> Know rights and responsibilities as a vehicle: • Ride right • Recognize and obey road signs • Use signaling Identify road hazards (Grades 4-6) Ride single file (Grades 4-6)</p> <p><i>For On-Bike curriculum guidelines and instruction see: <b>BikeSmart On Bike!</b>, 2008.</i></p>

are encouraged to integrate on-bike skills training as outlined in the *BikeSmart On-Bike* supplemental curriculum, also published by the Center for Health & Learning.

A list of national and state resources to support this work are available on the Center for Health and Learning web site. Visit: [healthandlearning.org](http://healthandlearning.org) and click on Pedestrian and Bicycle Safety Resources.

These resources include:

- ✓ Links to other curriculum and resources (e.g., Interactive CD-ROM'S, etc.);
- ✓ Parent and community information materials;
- ✓ Setting up a Bicycle Safety Fair in Vermont;
- ✓ Newsletter inserts for downloading to school newsletters, et al



## **Bicycle Helmet Sales and Safety Fairs**

Some communities organize Bicycle Safety Fairs and helmet sales. This is a good way to ensure that students have helmets as well as increase community interest in bicycle safety. These activities can be organized by a PTA, school booster or sports club, or other community group. These groups can also be encouraged to buy helmets to donate to children in need or develop a scholarship program for helmets. Helmets can be purchased inexpensively through Safe Kids Vermont. Safe Kids Vermont and the Vermont Pedestrian and Bicycle Coalition have published a guide called: Teaching at a Bicycle Safety Fair in Vermont which provides instruction materials, tips, and checklists for organizers of Bicycle Safety Fairs. For links to the resources noted above, see [healthandlearning.org](http://healthandlearning.org) – Pedestrian and Bicycle Resources.

# BASIC CONCEPTS OF PEDESTRIAN AND BICYCLE SAFETY

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*Adapted from the Maryland Pedestrian and Bicycle Safety Education Program-Teacher's Guide.*

It is important to understand the basic concepts of pedestrian and bicycle safety. This section provides an overview of the major concepts taught in the program.

## **Pedestrian Safety Concepts**

### **Supervise Young Children**

Most children in kindergarten through second grade are not ready to cross streets on their own. They should be encouraged to cross the street only with the help of an adult. Children typically develop the cognitive ability to cross streets on their own between ages 9 and 10 (third and fourth grade).

### **Stop at the Edge**

Most children do not fully grasp the dangers they face crossing streets. Children are often taught to stop at the curb before crossing. Still, in many locations parked cars or other visual barriers block the view of oncoming traffic. It is important therefore, to teach children the concept of stopping at the edge, a safe place to view traffic.

### **Look Left-Right-Left**

Children should be taught to look for approaching traffic. They should look left, then look right, and then look left again. You look to the left first because that is the vehicle lane closest to you. Looking left a second time is critical, because a vehicle may have turned into the roadway quickly or be traveling at a speed faster than expected.

### **Scan Left and Right**

It is important to continue to look left and right while crossing. This is called scanning. Scanning helps to detect surprise dangers, e.g., vehicles may turn into the roadway from nearby driveways or may be accelerating suddenly.

### **Scan Left-Right-Left at a Second Edge**

In some cases it may be necessary to walk from one edge, such as the edge of the road, a sidewalk or bus, to a second edge, such as the border of a parked car, the outside edge of the bus, etc. to see better. In this case, children should be taught to scan as they proceed from the first edge to the second edge and then through the crossing.

### **Walk, Don't Run**

Children may want to run across the street in order to cross quickly, but this can cause a fall and make it difficult to scan left and right. Children should not run when crossing the road, driveways or in a parking lot.

### **Use Sidewalks When Available**

Children should be taught that when there is a sidewalk available, they should use it.

### **Walk Facing Traffic When There are No Sidewalks**

Pedestrians should walk facing traffic on roads without sidewalks so they can keep their eyes on vehicles. Children should be taught to walk on the left side of the road as this enables them to make decisions in the face of oncoming traffic.

### **Walk Straight Across the Roadway**

Crossing a street diagonally increases the amount of time a pedestrian is exposed to traffic. Children should be taught to cross in a straight line. This minimizes the amount of time spent in the vehicle travel lanes.

### **Cross at Appropriate Locations**

Crossing between parked vehicles or at the crest of a hill is a major cause of accidents. In these cases it is difficult for both drivers and pedestrians to see each other. Fencing or shrubbery near a driveway or entrance to a roadway causes similar problems. Children should be taught to cross at a corner, crosswalk, or in a place with high visibility.

### **Be Aware of Multiple Threat Situations**

Many accidents occur when a pedestrian crosses before both lanes of traffic have stopped. Children should be taught to wait until vehicles in all lanes and in all directions are stopped.

### **Beware of Bus Blind Spots**

There are many blind spots around a bus, primarily those extending about ten feet in front of and on each side of the bus, where the driver cannot see pedestrians. Children should be taught to walk at least five feet straight out from the bus doorway and then at least ten feet beyond the front of the bus when crossing in front of the bus. In addition, children should never cross behind a school bus because the driver cannot see them.

### **Use Crosswalks Cautiously**

Drivers are required by law to yield to pedestrians in a crosswalk, but crashes still occur there. Children should be taught to follow the usual rules: look left -right-left and scan while walking across the crosswalk.

### **Look Behind at Intersections**

It is important that children check for vehicles coming from behind before crossing a driveway or other intersection.

### **Maintain Visibility at Night**

Brightly colored (or reflective) clothing makes pedestrians more visible to drivers. Pedestrians are better able to see the headlights of a vehicle coming at night than the driver of the vehicle is able to see them. Drivers will not see a pedestrian until they are within 50-100 feet. Depending on the vehicle's speed, this distance may be too short to stop. Children should be taught to wear appropriate clothing to be seen.

### **Avoid Barriers to Hearing**

Portable electronic devices, headphones and cellphones inhibit a pedestrian's ability to hear a vehicle that has suddenly entered the roadway or is approaching more quickly than expected. Children should be taught not to cross roads while listening to headphones.

### **Observe Pedestrian Signals**

Some crosswalks in towns and cities have pedestrian signals. Cross when the pedestrian signal says "WALK" or when the pedestrian symbol appears. The flashing "DON'T WALK" or red hand symbol means you should not start crossing but should finish if you have already started. Do not cross when a steady (not flashing) "DON'T WALK" or a red hand symbol is showing.

### **Never Chase Objects into Streets**

Children should never chase a ball or other object into a street. This is a major cause of pedestrian – vehicle

crashes. Children should get an adult before going into a roadway to retrieve an object. When they do enter the roadway, they should look left-right-left, walk straight to the object and scan while crossing.

## **Bicycle Safety Concepts**

### **Use Helmets**

Children should be taught to always wear a helmet while riding a bicycle, regardless of where they are riding. Helmet use would prevent the majority of bicycle-related injuries.

### **Check Helmet Fit**

Check for these things when fitting a helmet:

Helmet should be level on head.

The front and back straps should meet at a V below the ear.

There should be space for about two fingers between the eyebrows and the bottom of the front of the helmet.

The helmet should be visible when you look up at it.

The helmet will move the skin on the forehead without sliding around on the head when it is pushed back and forth.

The helmet and chin strap will feel tight when you open your mouth wide.

### **Care for Your Helmet**

Helmets lose their effectiveness when they are banged hard, are in a crash, or are older than five years. They should be replaced immediately when dented or damaged.

### **Prepare to Ride Safely**

It is essential to check clothing and bicycle equipment before riding. Complete the checks below before riding.

### **“You Check”**

Are you...

- ✓ Wearing a properly fitted helmet?
- ✓ Wearing brightly colored clothing?
- ✓ Have no dangling shoe laces or pant legs that could get caught in the chain?
- ✓ NOT wearing headphones or anything else that would distract from hearing?

### **Bike Fit Check**

Check the bike for proper fit before riding. The Bike Fit Check requires the rider to stand over the frame of the bike with feet flat on the ground and make sure that there is 1-3 inches of clearance over the top bar. If the rider can't do this, the bike is too big. If there is greater than a 3 inch clearance, the bike is too small (unless you are riding a BMX or freestyle bicycle). Some girls frames do not have a top bar. For those bikes, use the bicycle seat height and your leg length to determine if the bike is a good fit. Proper bike fit is the same for a boy or a girl. (Girl's or women's frames were designed early in the history of the bicycle so that women could cycle while wearing a dress.)

### **Bicycle Seat Height and Leg Extension**

The seat should be adjusted for young and inexperienced riders so they can sit on the seat with feet touching the ground. This allows more control and reduces the chance of falling if they lose control of the bike. More experienced riders can adjust the seat so that they have a slight bend in the knee when the foot is at the bottom of the pedal stroke. This longer leg extension gives the rider more power when pedaling.

## ABC Bike Quick Check

Children can be taught this quick check before riding:

- ✓ A is for air (squeeze the tires to make sure that they are firm)
- ✓ B is for brakes (squeeze the brakes and push the bike forward and backward to make sure that the bike does not move)
- ✓ C is for chain and crank (make sure the chain is not too loose or rusty; grab the crank arms- the pieces to which the pedals are attached – and try to wiggle them side to side to make sure they do not move)
- ✓ Quick is for checking that the quick releases are tight - they are generally located on the front and rear hubs and the seat post
- ✓ Spin is for spinning the wheels to make sure they spin smoothly, don't wobble, and have no broken, missing, or loose spokes

## Ride “Right” With Traffic and Follow All Traffic Laws

Bicycles are vehicles and bike riders are responsible to the same traffic laws as motorists. They should ride with traffic and must follow all traffic laws, including stopping at stop signs and red traffic lights (even when making a turn). Vermont law states:

23 VSA § 1136. Application of subchapter\_\_\_  
c) Every person riding a bicycle is granted all of the rights and is subject to all of the duties applicable to operators of vehicles, except as to those provisions which by their very nature can have no application. (Added 1971)

## Scan and Signal

Bicyclists must look in front of, to the left, and behind themselves periodically so that they are aware of surrounding traffic. This is called scanning. Children should be cautioned not to swerve into traffic when scanning. The bicyclist can drop the opposite shoulder slightly when they look over their shoulder. It is critical to scan before signaling and turning.

## Hand Signals

There is no bicycle-specific law for hand signals in Vermont. The law that applies is written for motor vehicle drivers 23 VSA 1065, which is applied to bicyclists via 23 VSA 1136(c). Left hand signaling was developed for drivers and the intent of signaling is to communicate with other drivers. To signal a left turn, extend your left arm to the side and point index finger to the left, “Point left.” To slow or to stop, extend your left hand down beside your left leg. As it is currently written, Vermont law requires a bicyclist to use the left hand, bent and pointing up to signal a right hand turn. However, it should be noted that pointing with the right hand communicates more clearly and effectively, and it is also less confusing for children. If a child cannot remember the left hand signal, then they should point in the direction they are turning.

23 VSA § 1065. Hand signals\_\_\_  
(a) All signals to indicate change of speed or direction, when given by hand, shall be given from the left side of the vehicle and in the following manner:  
(1) Left turn. - Hand and arm extended horizontally.  
(2) Right turn. - Hand and arm extended upward.  
(3) Stop or decrease speed. - Hand and arm extended downward.  
(b) No turn to right or left may be made without first giving a signal of an intention to do so either by hand or by signal in accordance with section 1064 of this title. (Added 1971)



## **Avoid Hazards**

Hazards such as debris and potholes may not be detected by the bicyclist until they nearly hit them. If these objects are struck, the bicyclist may fall or cause a crash. If the bicyclist swerves, they may fall or be struck by a vehicle. It is important to maintain control of the bike and continue to ride in a straight line.

## **Establish Eye Contact with Drivers**

It is important to look drivers in the eye to make sure they see you and check on what they may do. This is particularly important at the end of driveways, in intersections and other places where you may cross the path of the car. Children should be taught to stop to make sure a driver sees them and go only when they are sure it is safe.

## **Ride With Caution in the Dark**

Children should not ride in the dark, even with a light. Adults who ride at night must by law, use a front white light and must have a rear red reflector. In addition, a rider should wear reflective clothing and could also have blinking red lights on the rear of their bicycle.

*The following three concepts are not taught directly through BikeSmart Vermont! lessons, but may come up in Physical Education class or discussions. These concepts are also addressed in the BikeSmart Vermont On-Bike curriculum. See: Bike Smart Vermont- On Bike!, 2008.*

## **Know Your Brake System and How to Stop**

Stopping is an essential skill to avoid riding out into traffic from driveways and intersections and to be able to avoid unexpected hazards. There are two different types of brakes. One is coaster brakes. With coaster brakes, the rider brakes by pedaling backwards. The child has to rotate the pedals forward to put them in the proper position to begin riding. The second type is hand brakes. With hand brakes, the rider can slow the rear wheel by squeezing the brake lever on the right handlebar. Children should be encouraged to use the right/rear brake. Braking too hard and fast by using the left/front brake only can cause the front of the bike to slide out from under the rider or the rear of the bike to lift and the rider could lose control or flip over. Children should be taught to use both brakes together or the right/rear alone.

## **Get Off the Bike (“Dismount”) Safely**

Children should use the following procedure to stop and dismount the bike:

Slow the speed of the bike by applying the brakes

As the bike nears a stop, slide forward off the seat and take the right foot off the pedal

Lower the right foot toward the ground as the bike continues to slow

At the moment the bike stops, the right foot touches the ground

## **Steer in a Straight Line**

Weaving into the path of a vehicle could cause a crash. This skill is important because drivers expect bicyclists to ride in a straight line.





# WALKSMART VERMONT! KINDERGARTEN AND GRADES 1-2

**Time: 30 minutes Kindergarten, 45 minutes Grades 1-2**

Vermont has set a goal to have one *WalkSmart Vermont!* lesson taught to children in kindergarten through second grade in the fall of each year.

## Vermont Standards

- 3.5 Students make informed, healthy choices that positively affect the health, safety and well being of themselves and others.  
*Evidence:* Students demonstrate knowledge and skills to make informed choices and decisions about walking safely.
- 3.6 Students demonstrate competency in many and proficiency in a few of the skills and concepts needed for a lifetime of physical activity.  
*Evidence:* Students practice personal and group safety by applying rules, procedures, and practices of pedestrian safety.

## Key Concepts and Skills

**Table 2: WalkSmart Vermont! Key Concepts and Skills**

This table summarizes the key concepts and skills covered in the *WalkSmart / BikeSmart Vermont!* curriculum

WALKSMART VERMONT!	
Key Concepts & Skills	
<p><b>Walking Safely in Traffic</b>            Use a sidewalk if it exists            Walk facing traffic            Dress light and bright to be seen (Grades 1-2)            Do not use portable electronic devices, head-phones or cell phones (Grades 1-2)</p> <p><b>Crossing Roads and Driveways Safely</b>            Recognize an edge            Recognize a second edge (Grades 1-2)            Look <i>Left-Right-Left</i>            Identify visual barriers (Grades 1-2)</p>	<p>Cross in a straight line and continue to look (Grades 1-2)            Retrieve a ball or other object safely            Cross safely at an intersection</p> <p><b>Getting Out of a Car Safely</b>            Get out of a car safely:            ...at school or a store            ...on a road (Grades 1-2)            ...in a parking lot (Grades 1-2)</p> <p><b>Getting Off a Bus Safely</b>            Get off a bus safely</p>

## Assessment

There are four major concepts taught in this lesson.

Students will be able to explain and demonstrate how to:

1. Walk safely in traffic
2. Cross roads safely
3. Get out of a car safely
4. Get on and off a bus safely

Students will score 80% correct on a ten-item pre-post assessment of knowledge and attitudes about walking safety. The Kindergarten Pre-Post Questions are designed as a whole-group assessment where the teachers read the questions aloud and students respond by raising their hands. The Grades 1-2 Pre-Post Questions can be administered in writing, depending on reading levels.

## Teaching Materials

Masking tape

Optional: Felt board with felt pieces (cars, pedestrians, etc.)

Overhead projector

Overhead transparency markers and erase cloth

Curriculum Prop Cards - cars, truck, bus (*These can be purchased from Center for Health and Learning: [healthandlearning.org](http://healthandlearning.org).*)

Ball

Overheads:

1. *Paved Road Edge*
2. *Dirt Road Edge*
3. *The Second Edge and Crossing in a Straight Line*
4. *Crossing at a Town Intersection*
5. *Crossing at a Rural Intersection*
6. *Getting Out of a Car Safely*
7. *Bus Safety*

(If necessary, the overheads can be drawn on a large sheet of flipchart or on the whiteboard or chalk board.)

## Before you begin:

While the curriculum provides visuals, it is critical for this age group to practice the skill kinesthetically. Therefore, prepare the teaching area by creating a visual representation of a street for practice space. Options for creating the street include: 1. With masking tape, frame street (minimum 4' wide x 12' long) with a double line down the middle and a crosswalk. 2. Use sidewalk chalk and do this outside on the blacktop of the playground.

Visual images of roads can also be projected using the overhead transparencies provided for this lesson.

## Background Information

Children in the kindergarten to second grade age group have generally not developed the perceptual skills to walk alone safely where there is traffic. Children are themselves small and have difficulty seeing around objects. Their perception of speed and distance is still developing. Children will often misjudge situations. This curriculum recommends that children walk with adults or older children (above the age of ten) in travelled areas.

The leading cause of pedestrian-automobile crashes among children ages 5-9 is the failure of the child to stop at the edge of the roadway and check for moving cars. This is often referred to as "darting out" into traffic. The major focus in this lesson is teaching the child to recognize an edge and to wait at the edge until they can safely check for traffic before proceeding.

## Vocabulary

Intersection – a place where two streets or pathways cross

Crosswalk – marked lines across the street that tell walkers where to cross the street

Edge – the side of the road, the end of the sidewalk, or the end of a parked car

Pedestrian – a person who travels on foot (Grades 1-2)

## INTRODUCTION

Introduce yourself and the *WalkSmart* curriculum.

Explain: The **WalkSmart Vermont!** curriculum. *WalkSmart* teaches children the importance of



walking safely in traffic. The title of the program includes the word “smart” and our emphasis to children is on thinking when you’re walking in traffic.

Ask : What are some reasons it is good to walk to get around or go somewhere?

Solicit some ideas then review the four reasons using the poster: *Biking and Walking -Good Ways to Get Around!* On the poster the four reasons are:

- ✓ It cuts down on pollution
- ✓ It cuts down on traffic
- ✓ It is good exercise
- ✓ It’s fun!

## Learning Tasks

**Please note: The lesson covers four major concepts in very limited time. In order to stay within the time limit , the lesson is structured to be interactive with guided discussion. This requires the instructor to limit student storytelling and anecdotes.**

## WALKING SAFELY IN TRAFFIC

Ask students to raise their hands if they sometimes:

- walk to school
- walk home from school
- walk to the store
- walk to the library
- walk to the post office
- walk to a friend’s house
- walk in town

**Conclude:** We all get around a lot using our feet. Today I am going to teach you safety rules to follow when walking in traffic.

### *Use a sidewalk if it exists*

Ask: Who lives on a street where there are sidewalks?

If there are sidewalks on your street, which is best, to walk on the sidewalk or walk in the street?

(The sidewalk.)

Ask: Where do you walk when there are no sidewalks?

(You walk along the edge of the road facing traffic.)

### *Walk facing traffic*

Ask: What does it mean to walk facing traffic?

(To walk towards the traffic on the left side of the road.)

Ask: Why do we want to walk facing traffic?

(So you can be seen by a driver and you can see the driver.)

### **Activity to reinforce the concept of facing traffic:**

Have children break into two lines. One line will be pedestrians. The other line will act as traffic. The person at the head of one line holds the *Car and Bus Curriculum Prop Cards*. The traffic enters the street and proceeds

ahead. The pedestrians place themselves on the same street and walk facing traffic.

After the first pair has done this successfully they pass the Activity Sheet to the next pair and you proceed through the line till all children have practiced walking facing traffic.

### ***Dress light and bright to be seen (Grades 1-2)***

Explain: People get hit by cars more at night, so you need to dress to be seen. When you are walking along roads at dusk or at night it is very hard to see you. And it is important to be seen, even if you are on a sidewalk, so as to be safe from traffic. The best way to be seen is to wear white or light-colored clothing. There are also reflective bands you can put on your arms, or you can wear a reflective jacket or shirt. You can also carry a flashlight.

### **Activity to reinforce the concept of dressing “light and bright”:**

Ask children to look around at their own clothing and determine if it is white or light and therefore safer for nighttime walking. The instructor can show a piece or two of reflective gear.

### ***Do not use portable electronic devices, headphones or cell phones (Grades 1-2)***

Explain: When you wear a headphone or use an iPod or cell phone your hearing is blocked. Your hearing gives you safety information that helps you make decisions.

Ask: What important sounds might you miss? What kind of safety information could that give you?  
(Noises from traffic, people calling to you, etc.)

Conclude: It is not safe to wear headphones or use iPod or cell phone when walking.

## **CROSSING ROADS AND DRIVEWAYS SAFELY**

Explain: Now we are going to learn how to cross a road safely.

Raise your hand if you...

Have to cross a road to walk to school?

Have to cross a road to walk to the library?

Have ever crossed a road when a car suddenly came upon you and surprised you?

Ever chased a ball or other toy into the road?

### ***Recognize an edge***

Explain: The first thing you need to understand about crossing a road safely is the idea of an edge of a road.

Ask: Where is the edge of the desk? What happens to the pencil when it goes off the edge?

Demonstrate: Instructor places a pencil at the edge of a desk and pushes it off.

Explain: When talking about crossing a road the word edge often means the curb, or the side of the road, and it is the line between being safe and being in danger.

*Display the Overheads: Paved Road Edge, Dirt Road Edge (If necessary, this overhead can be drawn on the whiteboard or chalkboard.)*

Explain: Let's look at this diagram of a road.

Ask: Which shape is in a dangerous place?  
(Square)

Which shape is in a safe place?  
(Triangle)

Which shape is on the edge?  
(Circle)

Explain: The edge is the side of a dirt or paved road, the curb, or the end of a parked car. An edge is a safe place to look for cars because you can see that they are coming, but you are still far enough away from them to be safe. There are rules to follow when you are on the edge.

Ask: If you were standing on the circle would you be safe or in danger? (Safe)  
Which shape is in danger? (Square)

Explain: In the wintertime when there is snow, what happens to the edge of the road?  
(The edge gets moved in toward the roadway.)

Ask: Where is the edge of a driveway?  
(At the bottom, before you enter the road.)

Explain: You must always stop at the bottom of a driveway before entering the road.

### ***Recognize a second edge (Grades 1-2)***

Display the Overhead: The Second Edge and Crossing in a Straight Line (If preferred, this overhead can also be drawn on the whiteboard or chalkboard.)

Explain: Now let's look at the diagram again. In this diagram there are parked cars on the road. If someone was going to cross, they would need to walk out to the edge of the parked cars and stop before crossing. That edge is called the second edge.

Ask: Where is the second edge?  
(At the outer edge of the parked cars.)

### ***Look Left-Right-Left***

Explain: Before you cross you need to look left, look right, and look left again.  
Instruct students to turn their heads to the left.

Ask: Why do we look left?  
(We look left in order to see the traffic. That is the direction that cars are coming from.)  
Instruct them to turn their heads to the right.

Ask: Why do we look right?  
(We look right to see cars coming in the opposite direction.)  
Instruct them to turn their heads to the left again.

Ask: Why do we look left again?  
(We look left again because a car might be coming from that direction again.  
You are looking to find the moment when the road is clear. Then you cross.)

### ***Activity to reinforce the concept of looking Left-Right-Left:***

Have students pretend to stand at the edge of the road and demonstrate looking left, right, left. Reinforce the definition and location of the edge and how to look Left-Right-Left.

### ***Identify visual barriers (Grades 1-2)***

Explain: Have you ever been at the movies and somebody sat in the seat in front of you? Those people become a visual barrier to you. Sometimes a visual barrier is in our way of seeing danger.  
Let's name some visual barriers when you are standing at the edge of a road.

Ask: What are some objects on or near a road that make it hard to see cars coming?  
(Trees, parked cars, garbage dumpsters, trucks, buses, snow banks, etc.)

- Ask: What do you do if you can't see cars coming?  
(You move to a place with a clear view. Or you walk forward until you can see. Then you can cross the road.)
- Explain: You should not leave the edge of the road unless you can see clearly and drivers can see you.

*Display the Overhead: The Second Edge and Crossing in a Straight Line (If preferred, this overhead can be drawn on the whiteboard or chalkboard.)*

- Explain: Let's look again at this diagram. In this diagram there are parked cars on the road. Point to one of the cars. This car is a visual barrier. That is why you walk to the second edge, at the edge of the car. Point to the edge of the car.
- Ask: When is it safe for someone to cross here?  
(When they can see beyond the visual barrier.)
- Point to several places someone could cross.

### ***Cross in a straight line and continue to look (Grades 1-2)***

- Explain: Once you look Left-Right-Left you continue to look until the road is clear to make sure there are no cars coming at all. Listen for the sound of car motors, car doors, sirens, and horns before you step into the road. Now you should walk in a straight line across the road and continue to look Left-Right-Left.
- Demonstrate: Have students stand at the edge of the road and practice walking straight across and looking Left-Right-Left.

*Display the Overhead: The Second Edge and Crossing in a Straight Line (If preferred, this overhead can also be drawn on the whiteboard or chalkboard.)*

- Ask : Look at the two routes across the road. What is the shortest route and the fastest way across the road?  
(The dotted line shows that walking straight across is the shortest and fastest route. Walking on an angle will take longer.)
- Explain: To walk across safely, a pedestrian starts at the first edge and walks to the second edge and stops, then looks Left-Right-Left and walks across. Always walk (don't run) across a road. You can't see well when you are running and you could fall. Never run into the road after a ball or other object.

### ***Retrieve a ball or other object safely***

- Ask: What should you do when a ball rolls into the road?  
(Ask an adult to get the ball. When I am a little older, I will be able to get the ball by looking Left-Right-Left to make sure no cars are coming. )

### **Activity to reinforce how to retrieve a ball or other object that rolls into the road:**

Have students pretend to stand at the edge of the road and demonstrate looking Left, Right, Left. Roll a ball into the road. Roleplay how to safely retrieve a ball when it rolls into the road.

### ***Cross safely at an intersection***

- Demonstrate: Cross your two index fingers to form an X. Tell the children to do this with their own hands.
- Explain: Now we will learn about what an intersection is. An intersection is where two roads cross each other. If there are no traffic lights, you should use the same rules we already learned when crossing a road. If there are traffic lights you follow the rules of the light.
- Review traffic light signals: green means go, red means stop, yellow means go with caution

*Display the Overheads: Crossing at a Town Intersection and Crossing at a Rural Intersection. (If preferred, this*

*overhead may be drawn as a picture. You may also use the area on the floor marked with tape or a felt board.)*

**Explain:** A crosswalk is a painted area on a road which tells you where to cross. If there is a cross-walk use the crosswalk. If there is no crosswalk, go to a corner and walk from there. Cross at corners and use crosswalks whenever possible; always stay within the lines of the crosswalk.

## **GETTING OUT OF A CAR SAFELY**

### ***Get out of a car at school or at a store***

*Display the Overhead: Getting Out of a Car Safely (If preferred, this overhead can also be drawn on the whiteboard or chalkboard.)*

**Explain:** When you are dropped off at school or at a store or in town, always get out on the curb side. Look at the diagram in the overhead. Point to the car by the school.

**Ask:** Which side should someone get out of the car?  
(Curb or school/store-side.)

**Ask:** Where is the safest place to cross to the school/store?  
(The cross-walk.)

### ***Get out of a car on a road (Grades 1-2)***

**Explain:** When you are getting out of the car on a road, you get out curb side. Point to the car next to the curb.

### ***Get out of a car in a parking lot (Grades 1-2)***

**Explain:** When you are getting out of the car in a parking lot get out on the same side as the driver. Walk to the edge of the car and walk straight to your destination. Point to any of the parked cars in the overhead and sketch a path.

**Ask:** What is the safest way for a passenger to get from this car to the school/store?  
(Walk along the edge of the cars, then straight across.)

**Explain:** Use a pencil and sketch the path from one or more cars in the diagram to the school/store asking for input on the safe way to walk. Make sure students understand the importance of walking along the edge and moving from one edge to another.  
Now let's think about your school. How should someone get out of the car?  
Draw a diagram of the school drop-off area and discuss how to get out of the car and to the school safely.

## **GETTING OFF A BUS SAFELY**

*Display Overhead: Bus Safety, Use Bus Prop Card*

**Explain:** A bus is a large visual barrier that blocks the view of the pedestrian. Point to each danger zone.

**Ask:** Why is this a danger zone?  
Point out how in each danger zone a pedestrian cannot see clearly and others cannot see the pedestrian.

**Ask:** What should you do when you get off the bus on the same side of the street as your home?  
(Get clear of the door and walk straight to the edge of the road.)  
Sketch this path on the overhead.

**Ask:** What should you do when you get off the bus and need to cross the street?  
(Step off the bus and walk five big steps toward the edge of the road, turn left and walk ten big steps past the front of the bus. Look at the driver, walk past the front of the bus and look Left, Right, Left until you cross the road.)



Have students practice. One student holds the Bus Prop Card and pretends they are the driver of a bus. All other students sit in the imaginary rows of seats behind the driver. The driver pulls up to a destination and stops. The driver gives the okay and students practice getting off the bus. They walk straight to the edge (five steps), left (ten steps) past the front of the bus, look at the driver, and then cross safely in front of the bus looking Left-Right-Left.

## REVIEW AND CONCLUDE

Review with the students what was taught today:

- Should you walk on the sidewalk or in the road? (Sidewalk)
- If there is no sidewalk and you have to walk in the road, should you walk on the left, facing the cars, or on the right, with the cars? (Left, facing cars)
- What color clothing should someone wear if they are walking in the evening? (Light and bright)
- What is an edge? (A place at the side of the road that is safe)
- When standing on the edge and crossing a road, should you look Left-Right-Left or Right-Left-Right? (L-R-L)
- Should you walk on an angle or straight across the road? (Straight line)
- When you get off a school bus and you need to cross a road, do you still need to wait on the edge, look Left-Right-Left, and cross in a straight line? (Yes)

## Certificates

Congratulate the students on learning how to walk safely and give them their Certificate of Participation.

## Assessment

Each of the activities in the lesson provides the opportunity to assess student's knowledge and their ability to apply what they have learned. In addition, instructors can:

- Implement the post-test in writing or orally. The questions can be read aloud to the students and they can discuss and select the answer. Ideally, a post-test is given 1-3 weeks after instruction with review.
- Take the children to a village location if possible, where students can practice and demonstrate crossing the street, stopping at edges, and identifying dangerous locations. Teachers can use observation, instruction and feedback to coach the students.

## Family/Community Involvement

- Send home the Program Announcement *About WalkSmart / BikeSmart Vermont!* and the *WalkSmart Vermont!* Parent-Guardian letter. The letter identifies the skills students have learned and asks family members to practice them with their children.
- Participate in International Walk to School Day every October.
- Organize a Walking School Bus.

## Additional Activities for Curriculum Integration

### Language Arts

Write or draw a simple procedure for crossing the street safely. Have children identify the concepts outlined in the lesson.

### Art

- Students can draw traffic lights: Green (go), Yellow (Caution), Red (stop).
- Students can make posters with a safety tip for walking and a drawing to demonstrate the tip.

### Physical Education

Play an adaptation of Red Light, Green Light:

Instructor stands at the front of the room. Children line up at the opposite end of the room. Instructor yells Green, Yellow or Red and students have to walk briskly, walk cautiously or stop accordingly. Game ends when instructor is tagged, students turn and run back to starting line and instructor attempts to tag someone who becomes the next caller.

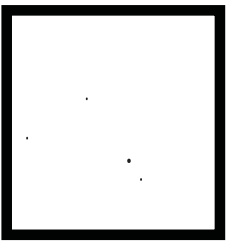
## Dirt Road Edge



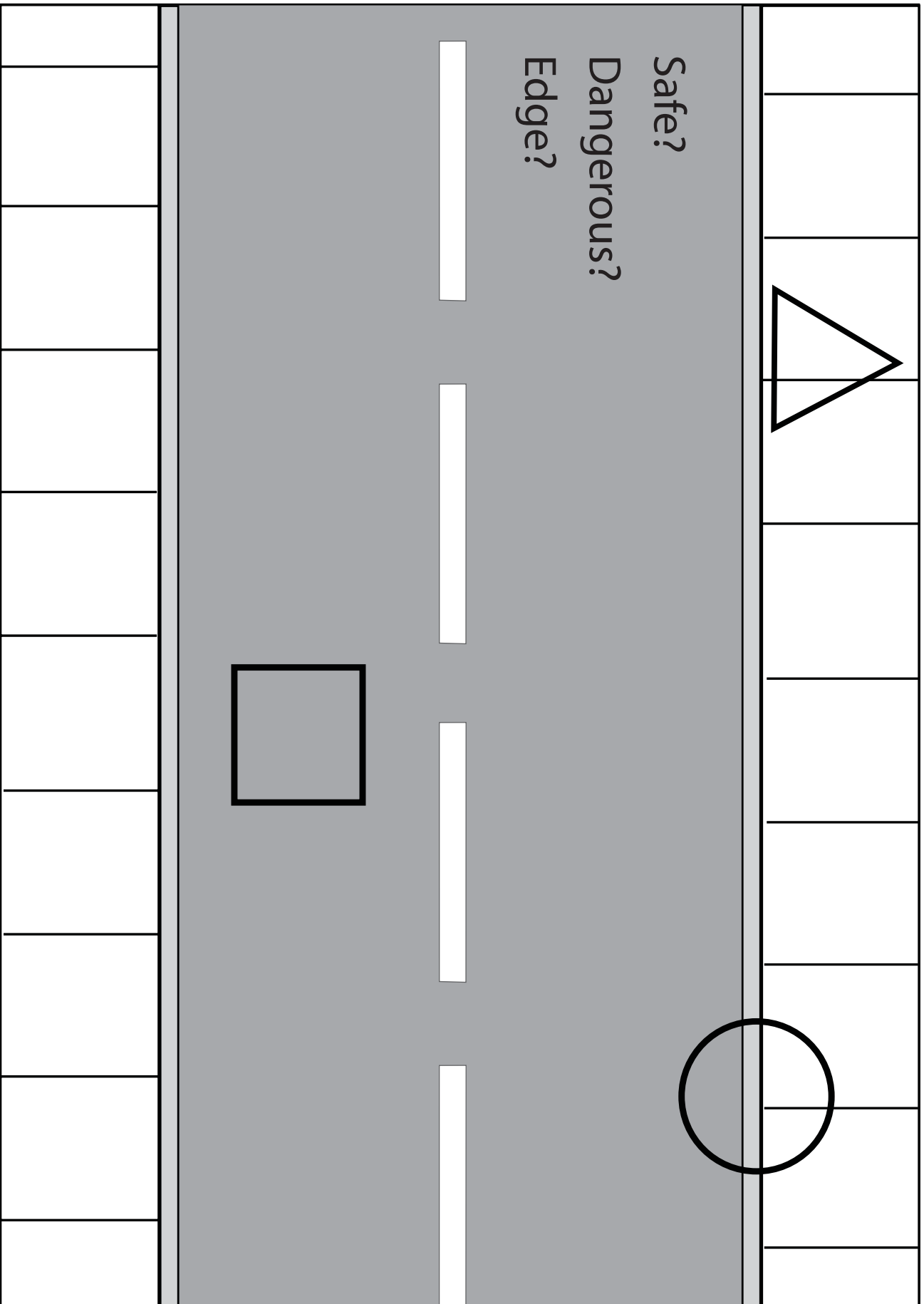
Safe?

Dangerous?

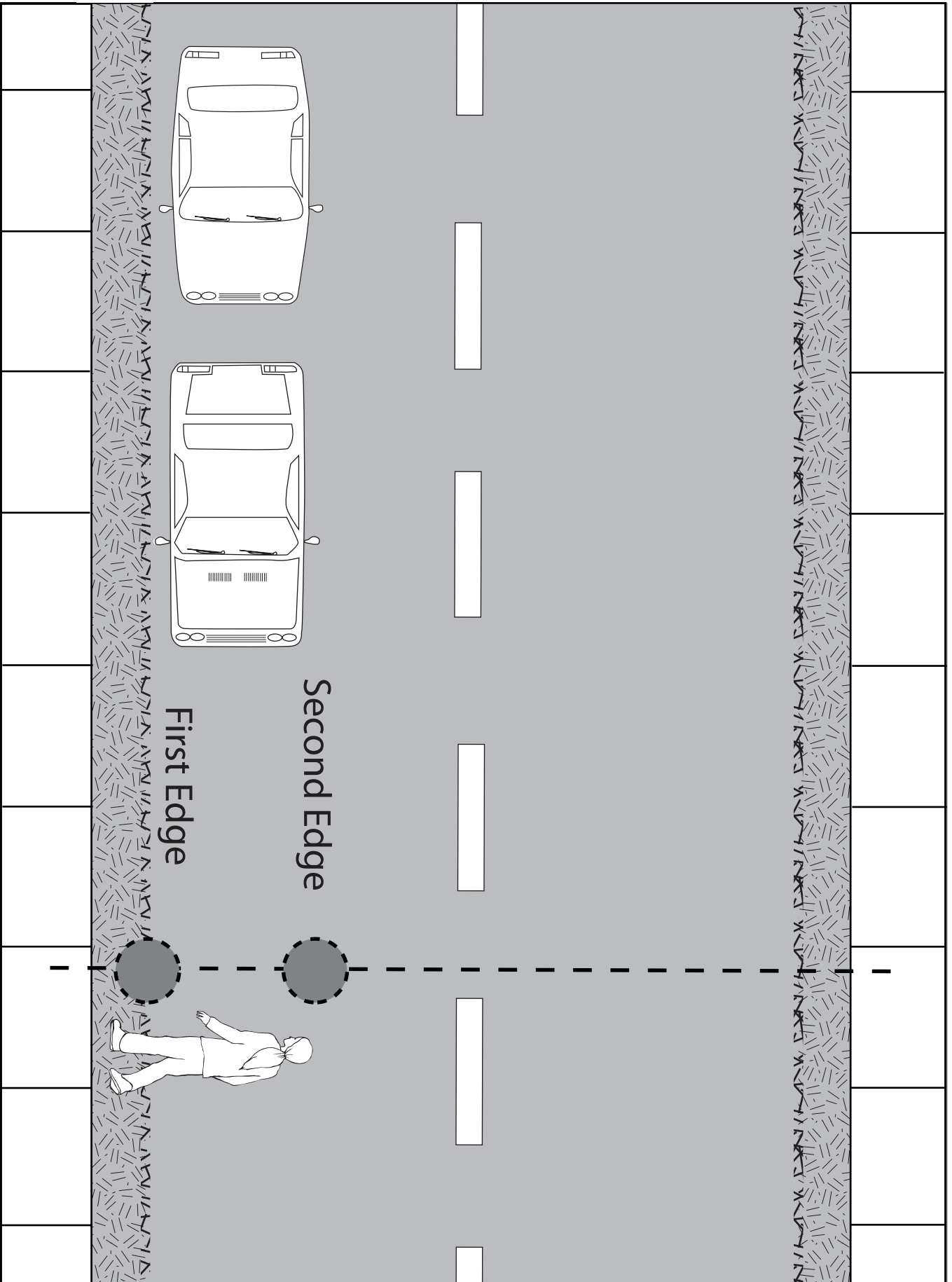
Edge?



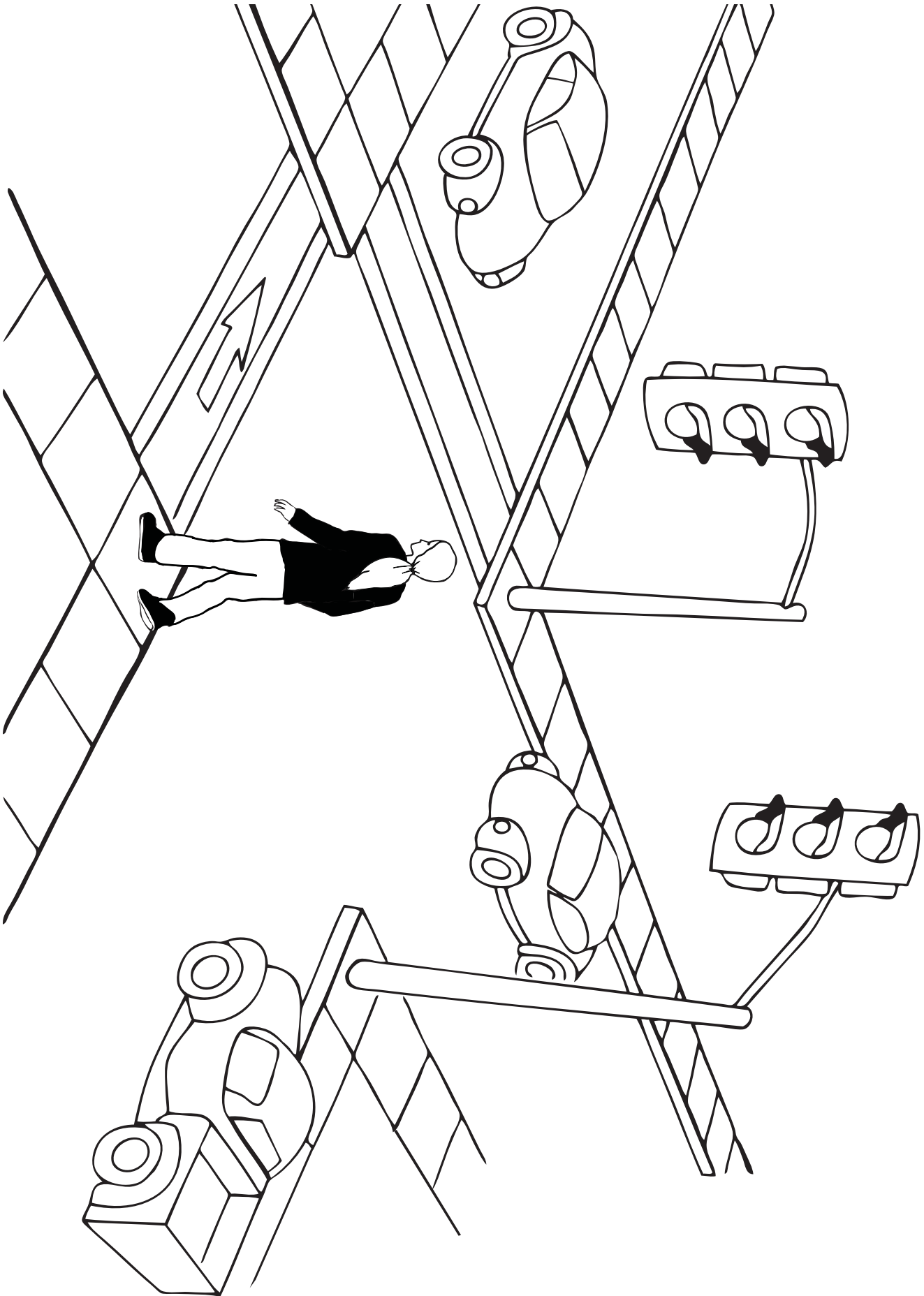
# Paved Road Edge



# The Second Edge and Crossing in a Straight Line

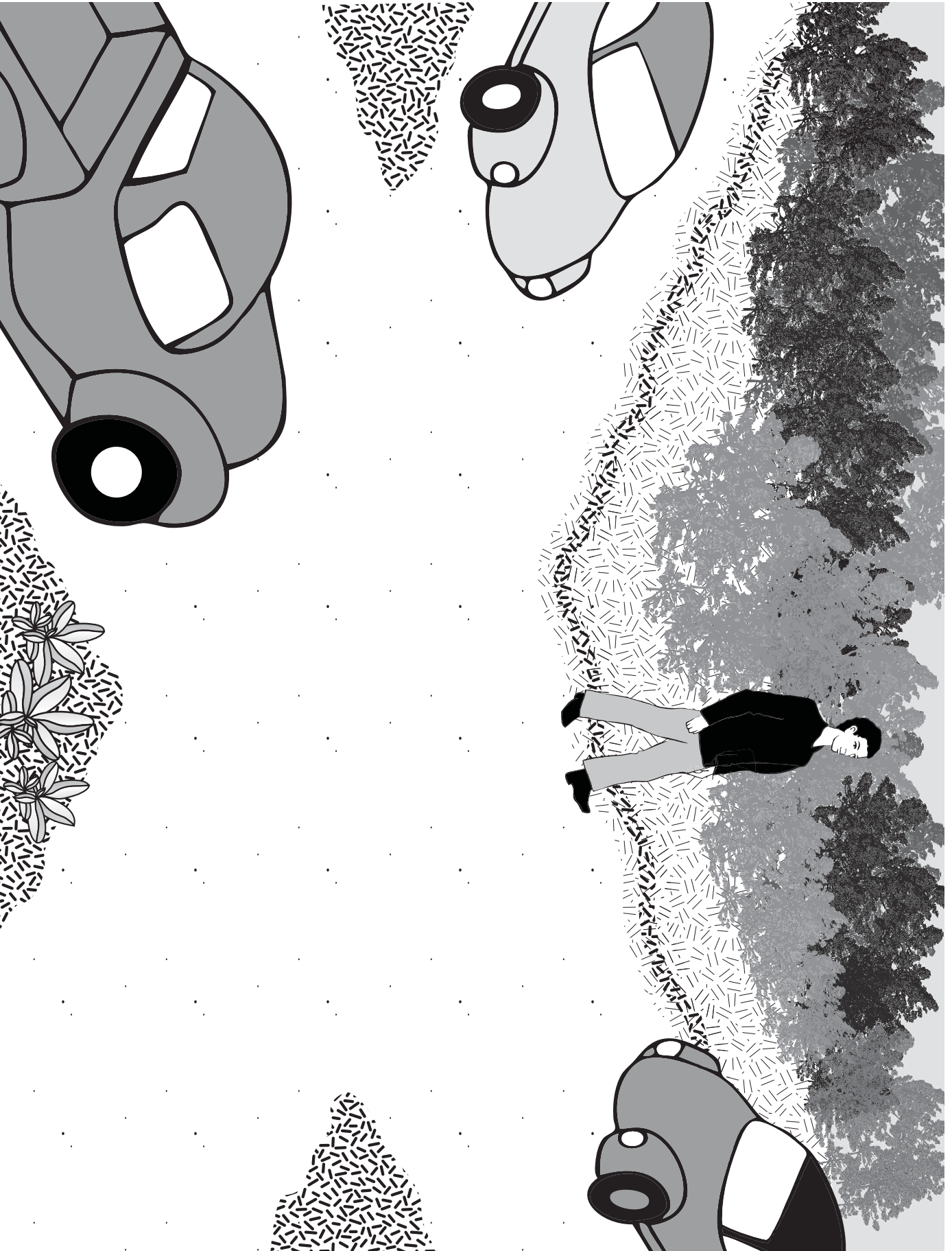


## Crossing at a Town Intersection

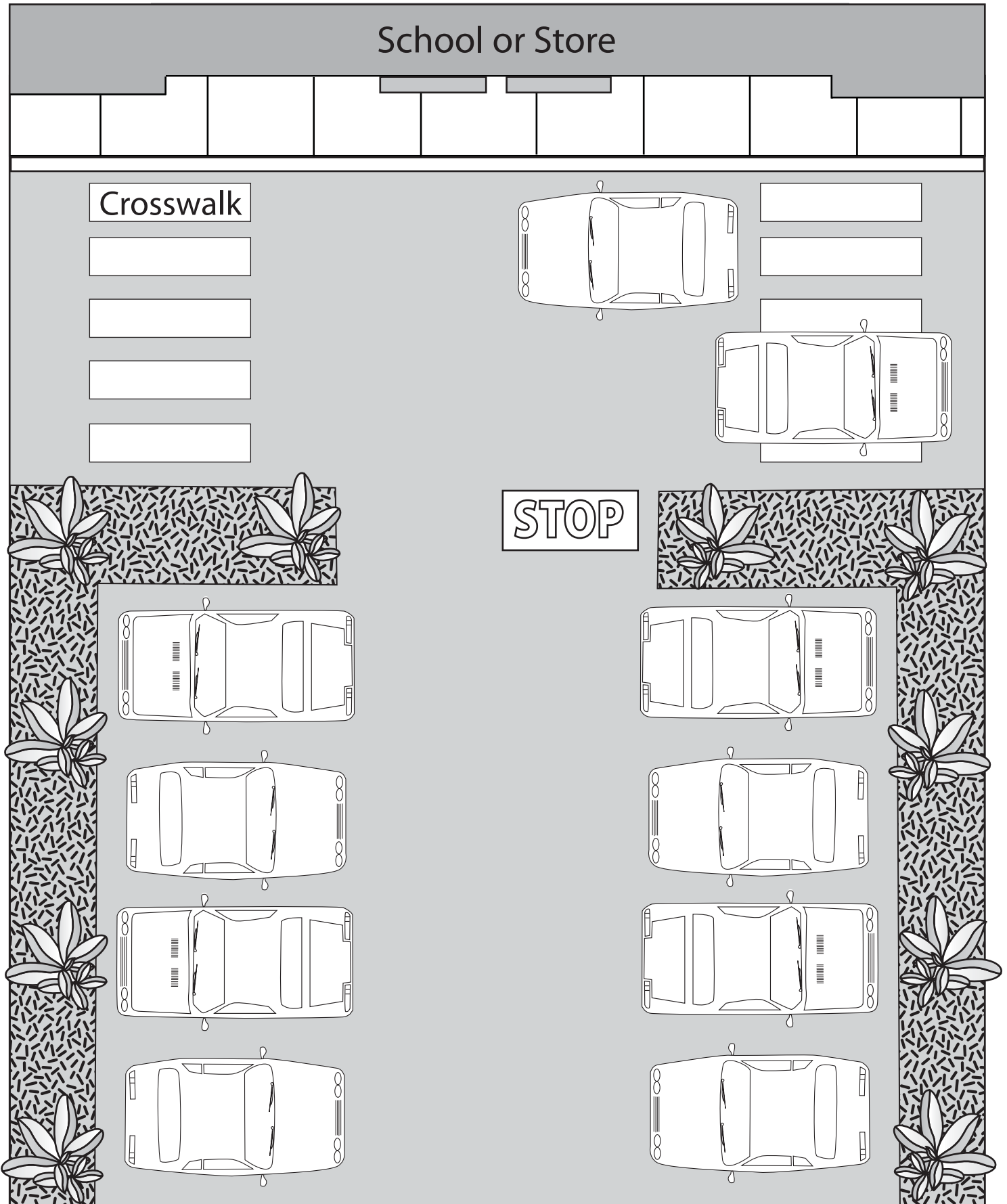




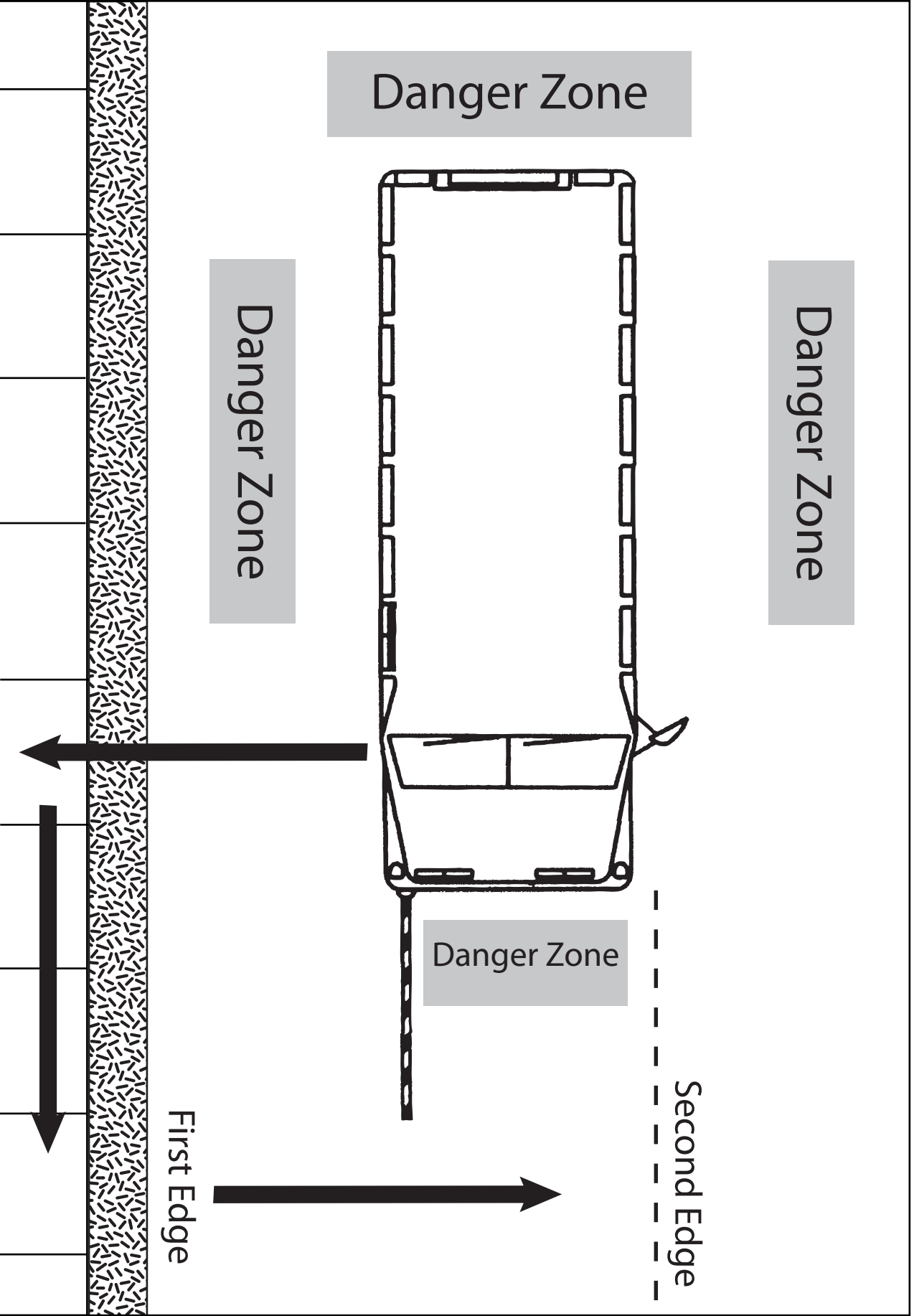
## Crossing at a Rural Intersection



# Getting Out Of A Car Safely



Bus Safety





# WALKSMART VERMONT!

## PRE-POST QUESTIONS, KINDERGARTEN

**At this age level, we recommend a whole-group assessment where the teacher reads the questions and students respond by raising hands.**

1. When you are walking down a road and there is a sidewalk, should you walk on the sidewalk or in the road?

a) Along the road \_\_\_\_

**b) Sidewalk** \_\_\_\_

2. When you are walking in a road without sidewalks, should you walk facing the cars or with the cars coming from behind you?

**a) Facing the cars** \_\_\_\_

b) Cars behind you \_\_\_\_

3. When you are crossing a road, should you look Left-Right-Left or Right-Left-Right?

**a) Left-Right-Left** \_\_\_\_

b) Right-Left-Right \_\_\_\_

4. When you are crossing a road, do you cross in a straight line or at an angle?

a) At an angle \_\_\_\_

**b) Straight line** \_\_\_\_

5. When you get off a school bus and you need to cross the road, do you still need to wait on the edge, look Left-Right-Left, and cross in a straight line?

a) No \_\_\_\_

**b) Yes** \_\_\_\_

### **Bonus Question**

6. What is a good reason to walk?

a) It is good exercise and fun \_\_\_\_ b) It cuts down on pollution \_\_\_\_ **c) Both a and b** \_\_\_\_

# WALKSMART VERMONT!

## PRE-POST QUESTIONS, GRADES 1-2

Student name: \_\_\_\_\_ Gender: \_\_\_\_\_ Grade: \_\_\_\_\_

Instructor: \_\_\_\_\_ Date of administration: \_\_\_\_\_

### Choose the best answer and mark it with an X.

1. When you are walking down a road and there is a sidewalk, should you walk on the sidewalk or in the road?

a) Sidewalk \_\_\_\_\_

b) Along the road \_\_\_\_\_

2. When you are walking in a road without sidewalks, should you walk facing the cars or with the cars coming from behind you?

a) Facing the cars \_\_\_\_\_

b) With the cars behind you \_\_\_\_\_

3. When you are crossing a road, should you look Left-Right-Left or Right-Left-Right?

a) Left-Right-Left \_\_\_\_\_

b) Right-Left-Right \_\_\_\_\_

4. When you are crossing a road, should you continue to look Left-Right-Left or straight toward where you are going?

a) Look Left-Right-Left \_\_\_\_\_

b) Look straight ahead \_\_\_\_\_

5. What is the edge of a road?

a) The side of the road \_\_\_\_\_

b) The middle of the road \_\_\_\_\_

6. When you are crossing a road, do you cross in a straight line or at an angle?

a) Straight line \_\_\_\_\_

b) At an angle \_\_\_\_\_

7. When you are crossing a road and there are cars parked along the edge, where do you start crossing from?

a) Between the cars \_\_\_\_\_

b) The edge of the car \_\_\_\_\_

8. When you get out of a parked car, do you get out into the road, or toward the curb?

a) Into the road \_\_\_\_\_

b) Toward the curb \_\_\_\_\_

9. When you get off a school bus and you need to cross the road, do you cross in front of the bus or behind the bus?

a) In front of the bus \_\_\_\_\_

b) Behind the bus \_\_\_\_\_

10. What is a good reason to walk?

a) It is good exercise and fun \_\_\_\_\_ b) It cuts down on pollution \_\_\_\_\_ c) Both a and b \_\_\_\_\_

# WALKSMART VERMONT!

## PRE-POST QUESTIONS, GRADES 1-2 - ANSWERS

The correct answers are bolded.

1. When you are walking down a road and there is a sidewalk, should you walk on the sidewalk or in the road?

a) **Sidewalk**

b) Along the road

2. When you are walking in a road without sidewalks, should you walk facing the cars or with the cars coming from behind you?

a) **Facing the cars**

b) With the cars behind you

3. When you are crossing a road, should you look Left-Right-Left or Right-Left-Right?

a) **Left-Right-Left**

b) Right-Left-Right

4. When you are crossing a road, should you continue to look Left-Right-Left or straight toward where you are going?

a) **Look Left-Right-Left**

b) Look straight ahead

5. What is the edge of a road?

a) **The side of the road**

b) The middle of the road

6. When you are crossing a road, do you cross in a straight line or at an angle?

a) **Straight line**

b) At an angle

7. When you are crossing a road and there are cars parked along the edge, where do you start crossing from?

a) Between the cars \_\_\_\_\_

b) **The edge of the car** \_\_\_\_\_

8. When you get out of a parked car, do you get out into the road, or toward the curb?

a) Into the road

b) **Toward the curb**

9. When you get off a school bus and you need to cross the road, do you cross in front of the bus or behind the bus?

a) **In front of the bus**

b) Behind the bus

10. What is a good reason to walk?

a) It is good exercise and fun

b) It cuts down on pollution

c) **Both a and b**

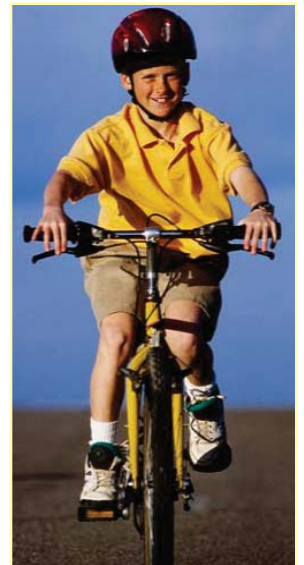
# WALKSMART VERMONT!

Dear Parents and Guardians,

Your child participated today in the **WalkSmart Vermont!** pedestrian safety education program. This program was developed to teach children to walk safely in traffic. Your child was taught four important skills today. They are how to: Walk safely with traffic, Cross roads safely, Get out of a car safely, Get off a bus safely.

Please review these key points with your child:

- *When walking in traffic, use a sidewalk if it exists and walk facing traffic on the left side of the road.*
- *When crossing roads, stop at the edge, look Left-Right-Left, and cross in a straight line.*
- *Remind them they should not cross a road on their own without the help of an adult until they are older.*
- *Remind them to never run into the street after a ball or other object.*



Walking to school or to a friend's house is healthy for your child, cuts down on pollution and vehicle traffic, and is fun! This program was made possible with Safe Routes to School funding from the Vermont Agency of Transportation and is based on the curriculum *WalkSmart / BikeSmart Vermont!* © Center for Health and Learning. The SRTS program encourages and educates the public about walking and biking to school.

Sincerely,



## Certificate of Participation

*This certifies that*

*\_\_\_\_\_*  
*has participated in*

# WALKSMART VERMONT!

This safety lesson included: Walking with Traffic, Crossing Roads,  
Getting Out of a Car and Getting Off a Bus

\_\_\_\_\_  
Instructor

\_\_\_\_\_  
Date

This program was made possible with Safe Routes to School funding from Vermont Agency of Transportation and is based on the curriculum *WalkSmart / BikeSmart Vermont!* © 2007 Center for Health and Learning







# BIKESMART VERMONT!

## GRADES 2-6

**Time: 45-60 minutes**

Vermont's Safe Routes to School program has set a goal to have one *BikeSmart Vermont!* lesson taught to children in grades 2-6 in spring, ideally one lesson for grades 2-3, and one lesson for grades 4-6.

### Vermont Standards

- 3.5 Students make informed, healthy choices that positively affect the health, safety and well being of themselves and others.  
*Evidence:* Students demonstrate knowledge and skills to make informed choices and decisions about biking safely.
- 3.6 Students demonstrate competency in many and proficiency in a few of the skills and concepts needed for a lifetime of physical activity.  
*Evidence:* Students practice personal and group safety by applying rules, procedures, and practices of bicycle safety.

### Key Concepts and Skills

**Table 3: *BikeSmart Vermont!* Key Concepts and Skills** This table summarizes the key concepts and skills covered in the *BikeSmart Vermont!*

BIKESMART VERMONT!	
Key Concepts & Skills	
<b>Helmet Safety</b> Know when to wear and replace a helmet Know how to properly fit a helmet ...Eyes-Ears-Mouth ...Do not use portable electronic devices, head-phones or cell phones  <b>Dress for Safety</b> Dress light and tight Know how to carry loads	<b>ABC Bike Quick Check</b> Check air brakes, chain, and quick releases  <b>Rules of the Road</b> Know rights and responsibilities as a vehicle: • Ride right • Recognize and obey road signs • Use signaling Identify road hazards (4-6) Ride single file (4-6)

### Assessment

There are four major concepts taught in this lesson.

Students will be able to explain and demonstrate how to:

1. Use a helmet
2. Dress for bicycle safety
3. Conduct a Bike Quick Check
4. Follow the rules of the road

Students will score better than 80% correct on a ten-item pre-post assessment of knowledge and attitudes about bike safety.

## Teaching Materials

Masking tape

*If you plan to do the Egg Drop or Melon Drop activity to reinforce Helmet Fit, choose materials as follows...*

*Egg Drop:* 2 eggs and box filled with styrofoam pieces (kids enjoy drawing faces on the eggs)

*Melon Drop:* Two ripe melons and a bicycle helmet, one fitted to the melon

*If you plan to do the demonstration for "How to carry loads" it is helpful, but not required, to have a bike rack and/or messenger bag or small backpack. A bicycle is needed for this and for the Bike Quick Check.*

Bicycle with bike rack with clip or bungee cord and small backpack

Helmet in good condition

Dented or damaged bicycle helmet (optional)

Optional: Bag of miscellaneous clothing suitable for biking (e.g., tight shorts, bright t-shirt, etc.) or not suitable (e.g., baggy shorts, dark t-shirt, etc.)

Overhead projector

Overhead transparency markers and eraser cloth

Overhead/Handout: Traffic Signs (*either prepare as Overhead or copy as Handout*)

Overhead/Handout: Hand Signals (*either prepare as Overhead or copy as Handout*)

*If preferred, the overheads can also be drawn on a large sheet of flipchart or on the whiteboard or chalk board.*

## Background Information

There are 85 million bicycle riders in the United States. In 2004, about 540,000 bicyclists, which is 0.63% of the riding population, visited emergency rooms (Bicycle Helmet Safety Institute). Since up to 90% of fatal bicycle crashes are the result of head trauma, *BikeSmart Vermont!* stresses the importance of always wearing a properly fitted helmet.

## INTRODUCTION

Introduce yourself and the **BikeSmart Vermont!** curriculum:

*Explain:* *BikeSmart Vermont!* teaches you bike safety. The title of the program includes the word "smart" and our emphasis is on thinking when you're riding. I will teach you how to wear a helmet, what to wear when riding, how to do a bike safety check, and the rules of the road.

*Ask:* What are some reasons it is good to ride your bicycle to get around or go somewhere?

Solicit ideas, then review the four reasons using the poster: *Biking and Walking - Good Ways to Get Around!* On the poster the four reasons are:

- ✓ It cuts down on pollution
- ✓ It cuts down on traffic
- ✓ It is good exercise
- ✓ It's fun!

**Please note: The lesson covers these major concepts in very limited time. In order to stay within the time limit, the lesson is structured to be interactive with guided discussion. This requires the instructor to limit storytelling and anecdotes.**

## BIKING SAFELY

Ask students to raise their hands if they sometimes:

- bike for fun
- bike to school

bike to the store  
bike to the library  
bike to the post office  
bike to a friend's house

**Conclude:** We can all get around a lot using our bikes. Today I am going to teach you safety rules to follow when riding in traffic. The first rule is to ***always*** wear a helmet.

## **HELMET SAFETY**

### ***When to wear and replace a helmet***

**Explain:** The helmet is the most important piece of biking equipment.

**Statistics:** It is estimated that 75% of bicycle-related fatalities among children could be prevented with a helmet. That means that for every 100 children that are killed while riding bicycles, 75 of them could have survived if they had worn helmets. It is important to wear your helmet every time you get on your bike! "BikeSmart" means using your head while cycling ... and being smart means protecting your brains from a fall!

A helmet does not need to be expensive but it does need to be product certified by the Consumer Product Safety Commission. Helmets will have this label inside. Helmets cost about \$30 at a bike shop but you can also order them for \$8.50 through your doctors office or through a local Safe Kids Coalition.

If a helmet is dented or damaged, or if the helmet is older than five years, it needs to be replaced. The styrofoam will no longer protect your head properly. If available, show students a dented or damaged helmet that is ready to be replaced.

### ***How to properly fit a helmet: Proper helmet fit***

**Explain:** A helmet needs to be fitted for each person's head. If it is hanging to the side or sliding up, it won't help you and can actually hurt you if you fall with it on improperly (e.g., by choking or incurring neck and face injuries, etc.)

**Demonstrate:** Adjust your own helmet by doing an Eyes, Ears, and Mouth check.

**Eyes-** You should see the very edge of your helmet when you look up

**Ears-** Straps should meet right under your ear lobes to form a V

**Ask:** Why should a bicyclist never use portable electronic devices, headphones or cell phones while riding?  
(Hearing will be impaired and they are not able to respond to sounds in the environment that give them information and warning signs.)

**Mouth-** Strap should be loose enough so you can talk, but tight enough so you feel the helmet pull down when you open your mouth wide.

### ***Activity to reinforce wearing a properly fitted helmet (Egg or Melon Drop):***

#### **Egg Drop Activity**

Place a piece of cardboard on a table.

1. Instructor explains that the egg simulates the human brain inside the skull (important material within a fragile shell)

2. Ask a volunteer to decide how far from a hard surface s/he can drop the egg without breaking it. Let the student drop the egg/melon from that height. The egg will break when dropped from a height of three inches.

3. Ask the student to hold another egg high and drop it into a box of styrofoam pieces. (Box should be large enough target for the student to hit.) The egg should not break.
4. Show a bicycle helmet. Explain that it is constructed with an inside crushable liner of Styrofoam, like that in the box, which protects the head.

Or

**Melon Drop Activity** – this needs to be done outside on asphalt or concrete

1. Instructor explains that the melon simulates the human brain inside the skull (important material within a fragile shell)
2. Drop a ripe melon from six feet onto a hard surface. It will sustain obvious damage or burst. If the melon does not burst, save it for a few days and the damage will become obvious.
3. Then, snugly strap a melon into a helmet, and drop it. The melon should still be intact.

Ask: Is it OK to ride even a short distance without a helmet?  
(No)  
What is an Eyes, Ears and Mouth check?  
(You can see the edge of the helmet when you look up, straps form a Y under the ears, and it's loose enough to breathe.)  
When should you get a new helmet?  
(If you have ever been in an accident or it has a dent.)

**Homework Activity to reinforce wearing a properly fitted helmet (optional):**

Provide students with the *Helmet Fit Checklist* Activity Sheet. Ask them to conduct a helmet fit at home with the help of an adult.

## **DRESS FOR SAFETY**

### ***Light and Tight***

Explain: The clothing and gear you use for biking can help or hinder your safety.  
Day or evening, it is important to be seen when you are riding. The best way to be seen is to wear white or light-colored clothing. There are also reflective bands you can put on your arms, or you can wear a reflective jacket or shirt.

**Activity to reinforce the concept of dressing for safety:**

Ask the children to look at themselves and decide if what they are wearing qualifies as light or white.

Optional activity: Have students select pieces of clothing from a bag and determine suitability for riding.

Key points:

- Clothing should be light and tight.
- Shoelaces and pant cuffs should be tucked in, not dangling, and there should be no loose strings, straps or cuffs to snag in chain.
- Don't wear flip flops.
- Many bikers use bicycle gloves with fingers cut out (show a pair).
- Sunglasses protect the eyes from glare, bugs, wind and debris.

### ***How to carry loads***

Ask: What can happen when you carry something in your hands when you are riding?  
(You can lose your balance or get distracted.)

Explain: When you have to carry something, use a backpack, messenger bag, or bike rack.

Demonstrate: Place hands on the handlebars to show that you are free to ride safely when using a backpack.

Explain: Your bike can also be “dressed” for safety, with a bell, a white light in front, a red light in rear, and reflectors.

## ABC BIKE QUICK CHECK

Use your bicycle in this portion of the lesson. Provide the ABC Bike Quick Check Activity Sheet.

Explain: You need to check your bike every time you ride due to wear and tear.

Demonstrate:

**Bike Fit-** Straddle the top tube with both feet flat on the ground. There should be a three-inch clearance.

### ABC Bike Quick Check

- |                       |   |
|-----------------------|---|
| <b>AIR</b>            | Squeeze the tires to check for low air pressure. <ul style="list-style-type: none"><li>• Does the tire feel firm? (If not, put air in.)</li></ul>   |
| <b>BRAKES</b>         | Handbrakes: Squeeze each brake lever. <ul style="list-style-type: none"><li>• Does the wheel stop quickly? (If not, the levers need to be tightened.)</li><li>• Does the brake lever hit the handlebar? (If yes, then adjust it.)</li></ul> <i>Note: Coaster brakes don't need to be checked.</i> |
| <b>CHAIN</b>          | <ul style="list-style-type: none"><li>• Is the chain on track (not derailed)? (If not, put it back on.)</li><li>• Is there anything caught in the chain? (If so, remove it.)</li><li>• Is the chain clean and lubed? (If not, clean/lube it.)</li></ul>   |
| <b>QUICK RELEASES</b> | Check the quick releases on the front and rear hub and on the seatpost. <ul style="list-style-type: none"><li>• Are they in the closed position? (If not, close them.)</li></ul>  |
| <b>OPTIONAL: SPIN</b> | Spin the wheels. <ul style="list-style-type: none"><li>• Do they spin smoothly? (If not, take the bike to a repair shop.)</li><li>• Do they have any broken spokes? (If so, take the bike to a repair shop.)</li></ul>  |

If your bike doesn't pass the *ABC Bike Quick Check*, ask a knowledgeable adult for assistance or bring it to a bike repair shop.

### Homework Activity to reinforce the concept of Bike Quick Check (optional):

Provide students the *ABC Bike Quick Check* Activity Sheet and ask them to do a check on a bike at home with the help of an adult.

### Activities to reinforce the concept of Bike Quick Check and Helmet Fit (if time allows or as a reinforcing activity later on):

Ask several volunteers to come up and do a check on the instructor's bike. If time is limited, you can have four students do the check at a time, one for each part (A,B,C, Quick).

Or

Divide the group in half. Give instructions. While half the group works with the classroom teacher to check helmet fit, the other half practices ABC Quick Check using the instructor's bike, one student at a time.

Student says what he/she is checking for while doing the check. This should take about 30 seconds per student.

## RULES OF THE ROAD

### *Rights and Responsibilities as a Vehicle*

Explain: When you are riding a bicycle, you are actually the driver of a vehicle. You have the right to ride in the road, even when there is a sidewalk. Therefore, you have the same rights and

responsibilities on the road as a motorist. You should:

- Ride on the right with traffic.
- Obey all road signs and signals.
- Use signals to communicate to other drivers.

### **Ride Right**

Ask: Should bicyclists ride with or against traffic?  
(Ride on the right side of the road with traffic. Riding against traffic is the #1 cause of bicycle-car collisions. Drivers don't expect to see vehicles in this direction, so bicyclists riding the wrong way tend to be invisible to drivers.)

### **Road Signs**

Ask: What would happen if there were no stop signs, no stop lights, no speed limits?  
(No one would know who should go first; there would be crashes and people would get hurt.)

Explain: That is why we need traffic laws. We need to understand what the laws are and follow them.

*Display the Overhead:* Traffic Signs (or provide as a handout) and review the signs.

Point to each sign and ask for the meaning:

**Traffic Signal/Light-** Red-stop, yellow-proceed with caution, green-go.

**Stop Sign-** Stop and put your foot on the ground.

**Yield Sign-** Slow down and look for traffic. Stop if a car is coming. Keep going if no car is coming.

**Crosswalk Sign-** Stop for people in crosswalks.

**Railroad Crossing Sign-** Watch for trains. Be careful not to slip on the tracks. Get off the bike and walk across the tracks.

Explain: There is a proper way to stop and go at stop lights, stop signs, and when entering the road from a driveway. The proper way is to look to the Left, to the Front, to the Right, and to the Left again.

Ask: Why is it important to look left twice?  
(Because a car coming from the left can reach you sooner than a car on your right.)

Explain: It is important to ride single file.

Ask: If a rider ahead of you stops at a stop sign, and then goes, do you have to stop, too?  
(Yes. Every driver must stop and decide if it is safe to cross.)

### **Signals**

Explain: Hand signals communicate to the drivers of other vehicles which way you plan to go. There are three important hand signals to know: turn left, turn right, and stop or slow.

*Display the Overhead:* Hand Signals (or provide as a handout) and review the signals.

Direct students to stand up and all stand in the same direction. Instructor gets in front of the students and with back to them, calls out the hand signals several times and models the signal as students practice using them. You can tell students if you forget how to do the right turn it is OK to point in the direction you are going, "Point right."

## **Road Hazards (Grades 4-6)**

**Explain:** Hazards are obstacles that cause risk or danger.

- Ask:**
- What are some common hazards you may face when riding a bicycle?  
(Wet roads, gravel, debris, visual barriers, etc.)
  - What should you do when you are trying to cross a road and can't see around a bush, trees or a parked car?  
(Get off your seat, straddle your bike, walk it to the edge of the barrier, then look Left, Right, Left, and then cross.)
  - What should you do when riding on wet roads or sand, dirt, or gravel?  
(Slow down! If possible, take another route.)
  - What dangerous situations occur when you ride on sidewalks?  
(People can walk in front of you, cars may enter or leave driveways.)
  - What should you do when you are chased by a dog?  
(Yell a firm "no." If this doesn't work, stop, get off the bike, keep it between you and the dog and yell for help. Report an aggressive dog once you get to safety.)
- Conclude:** A bicyclist must always be alert to possible danger, looking, listening and thinking about the safest way to respond to hazards.

## **Ride Single File (Grades 4-6)**

**Explain:** Riding single file is a safe riding practice. It is legal in Vermont to ride two abreast, but riding this way may create a hazardous situation. Drivers may not always be paying attention and come too close to the edge. Riders may be talking to one another and swerve into the road. It is best to ride single file.

## **REVIEW AND CONCLUDE**

The instructor should review with the students what was taught today:

- What can you do if you see a friend riding without a helmet?  
(Encourage them to use one!)
- How do you check to see if your helmet fits correctly?  
(Eyes, Ears, Mouth)
- How do you dress for safety while bicycling?  
(Light and tight)
- What is the ABC Bike Quick Check?  
(Air, Brakes, Chain, Quick Release)
- What are your rights and responsibilities as a bicycle driver?  
(Ride right, obey road signs, signal)
- What are the three hand signals?  
(Turn left, turn right, Stop/Slow)
- What could you do to encourage others to practice safe behaviors as bike riders?  
(Practice the safe behaviors myself, ask them if they know about safety rules, etc.)

## **Certificates**

Congratulate the students on learning how to bicycle safely and give them their Certificate of Participation.



## Assessment

- Each of the activities in the lesson provides the opportunity to assess student's knowledge and their ability to apply what they have learned.
- In addition, instructors can implement the post-test in writing or orally ideally 1-2 weeks after instruction, with review.

## Family/Community Involvement

- Send home the Program Announcement *About WalkSmart / BikeSmart Vermont!* and the *BikeSmart Vermont! Parent-Guardian letter*. The letter identifies the skills students have learned and asks family members to practice them with their children.
- Ask children to get the help of an adult at home to use the *Helmet Fit Checklist* and *Bike Quick Check* Activity Sheets to check their equipment. If they identify any problems with the helmet or bicycle, they could ask the adult to help them get it replaced or repaired.
- Organize a Bike Train to School.

## Additional Activities for Curriculum Integration

### Language Arts

- Read the story *Curious George Rides a Bike* to the class. Have students write a letter to George giving him advice on safe bicycle riding using 2-3 concepts they learned in the lesson.
- Write a narrative about learning how to ride a bicycle or about your most recent bike ride.

### Art

- Students can draw traffic signs that convey rules of the road, e.g., Traffic Signals (red, yellow, green), Stop Signs, Yield Signs, Crosswalk sign, Railroad Crossing Sign.
- Students can make posters with a bike safety tip and a drawing to demonstrate the tip.
- Students can participate in Safe Routes to School poster contests.

### Physical Education

- Provide students with bike instruction that focuses on balance, looking Left-Right-Left, and steering straight when scanning. For more guidance on bicycle handling skills, see *BikeSmart On Bike!*, Center for Health and Learning, 2008.

# HELMET FIT CHECKLIST

Name of Student: \_\_\_\_\_

Helmet size: \_\_\_\_\_

## EYES

*Can you see the edge of your helmet when you look up?*

\_\_\_\_\_

You have about two fingers of space between your eyebrows and the bottom of your helmet.

## EARS

*Do the straps meet under your ear lobes to form a V?*

\_\_\_\_\_

The front and back straps are equally tight and meet at a "V" just below your ear.

\_\_\_\_\_

The helmet is level on your head.

## MOUTH

*Is the strap loose enough so you can talk, but tight enough so you feel the helmet pull down when you open your mouth wide?*

\_\_\_\_\_

The chin strap is tight when you open your mouth. There is space for one finger between the chin strap and chin when your mouth is closed.

**Please note:** A helmet that is dented, damaged or more than five years old should be replaced.

## ABC BIKE QUICK CHECKLIST

### **A is for *air pressure***

Squeeze the tires to check for low air pressure.

\_\_\_\_ Does the tire feel firm?

### **B is for *brakes*.**

Squeeze each brake lever. (*Note: coaster brakes do not need to be checked.*)

\_\_\_\_ Does the wheel stop quickly?

\_\_\_\_ Does the brake lever hit the handlebar?

### **C is for *chain*.**

\_\_\_\_ Is the chain on track?

\_\_\_\_ Is there anything caught in the chain?

\_\_\_\_ Is the chain clean and lubed?

### **QUICK is for *Quick Releases*.**

Check the quick releases on the front and rear hub and on the seatpost.

\_\_\_\_ Are they in the closed position?

### **SPIN is for *spinning the wheels*.**

Spin the wheels.

\_\_\_\_ Do they spin smoothly?

\_\_\_\_ Do they have any broken spokes?

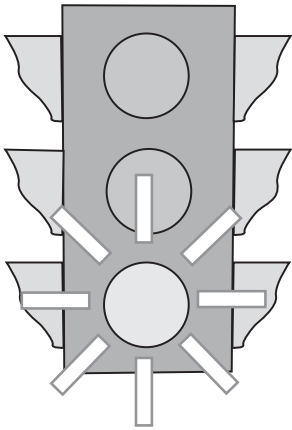
### **OTHER:**

Check reflectors and lights.

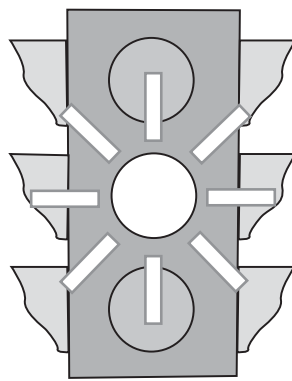
\_\_\_\_ Are they clean, working and visible?

*If you cannot check off every item, ask a knowledgeable adult  
for assistance, or bring your bike to a repair shop.*

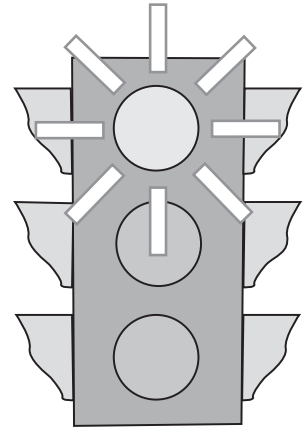
## Traffic Signs



Traffic Signal - GO



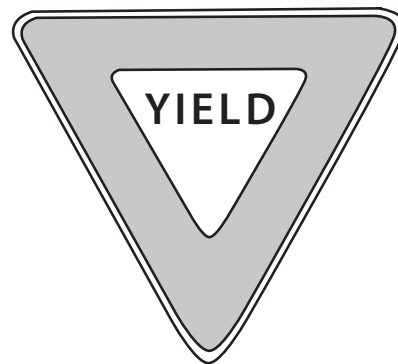
Traffic Signal - CAUTION



Traffic Signal - STOP



Stop Sign



Yield Sign

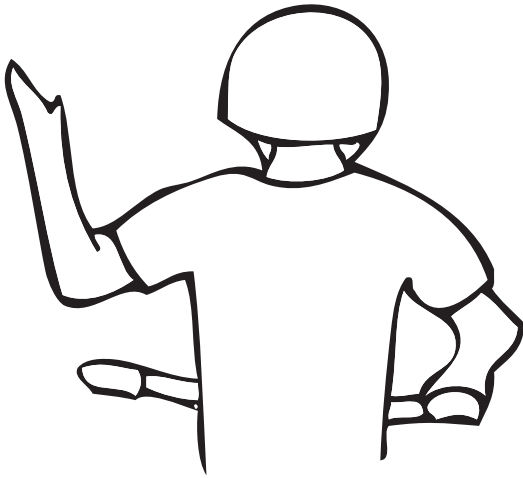


Railroad Crossing Sign



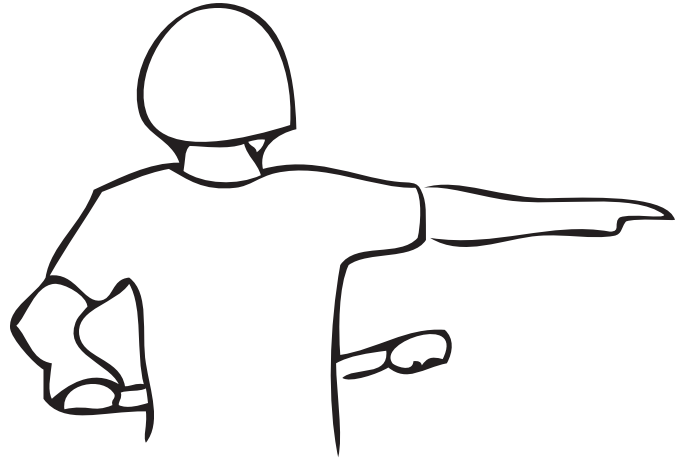
Crosswalk Sign

# Hand Signals

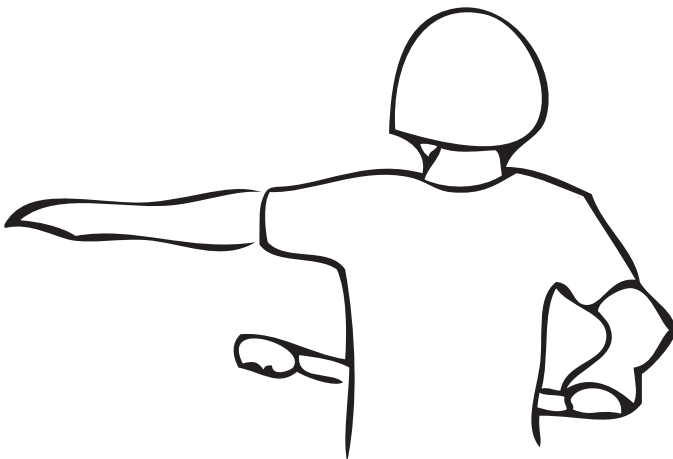


Right Turn

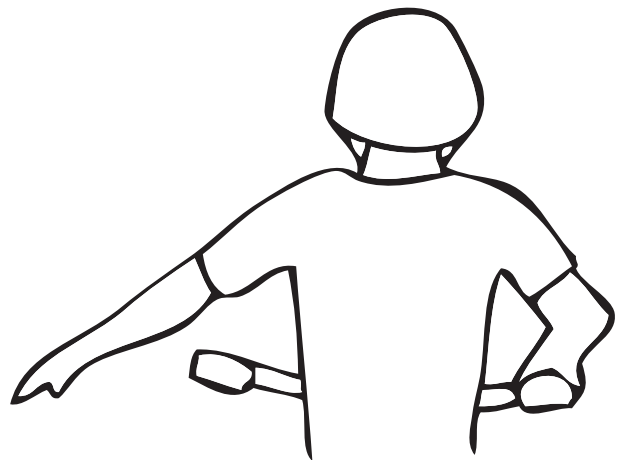
or



Right Turn



Left Turn



Stop or Slow

# BIKESMART VERMONT!

## PRE-POST QUESTIONS, GRADES 2-6

Student name: \_\_\_\_\_ Gender: \_\_\_\_\_ Grade: \_\_\_\_\_

Instructor: \_\_\_\_\_ Date of administration: \_\_\_\_\_

### Choose the best answer and mark it with an X.

1. When should you wear a bicycle helmet?

a) When riding in traffic \_\_\_\_\_

b) Whenever you are riding \_\_\_\_\_

2. What are the things you check for proper helmet fit?

a) Light and tight \_\_\_\_\_

b) Eyes, ears, mouth \_\_\_\_\_

3. When is it time to get a new helmet?

a) When it is more than five years old \_\_\_\_\_

b) Every year \_\_\_\_\_

4. How should you dress safely when riding a bike?

a) Comfortable clothes \_\_\_\_\_

b) Light and tight \_\_\_\_\_

c) Doesn't matter \_\_\_\_\_

5. When you are riding a bicycle, should you ride right facing the cars or ride left with the cars coming from behind you?

a) Cars coming from behind you \_\_\_\_\_

b) Facing the cars \_\_\_\_\_

6. When should you signal?

a) When making a turn \_\_\_\_\_

b) When going straight \_\_\_\_\_

7. Does "yield" mean go ahead or slow down and look for traffic?

a) Slow down and look for traffic \_\_\_\_\_

b) Go ahead \_\_\_\_\_

8. When you are riding with a friend who is also riding, is it best to ride next to the friend or single file?

a) Next to the friend \_\_\_\_\_

b) Single file \_\_\_\_\_

9. When you do the ABC Bike Quick Check which should you check:

a) Air in the tires \_\_\_\_\_

b) Chain \_\_\_\_\_

c) Both a and b \_\_\_\_\_

10. Does a bicyclist have a right to ride in a road when there is a sidewalk?

a) Yes, you have the right to ride in the road \_\_\_\_\_

b) No, you must ride on the sidewalk \_\_\_\_\_

### Bonus:

11. What is a good reason to ride your bike?

a) It is good exercise and fun \_\_\_\_\_

b) It cuts down on pollution \_\_\_\_\_

c) Both a and b \_\_\_\_\_

# BIKESMART VERMONT!

## PRE-POST QUESTIONS, GRADES 2-6 - ANSWER SHEET

**The correct answers are bolded**

1. When should you wear a bicycle helmet?  
a) When riding in traffic                      **b) Whenever you are riding**
2. What are the things you check for proper helmet fit?  
a) Light and tight                              **b) Eyes, ears, mouth**
3. When is it time to get a new helmet?  
**a) When it is more than five years old**    b) Every year
4. How should you dress safely when riding a bike?  
a) Comfortable clothes    **b) Light and tight**    c) Doesn't matter
5. When you are riding a bicycle, should you ride right facing the cars or ride left with the cars coming from behind you?  
**a) Cars coming from behind you**                      b) Facing the cars
6. When should you signal?  
**a) When making a turn**                              b) When going straight
7. Does "yield" mean go ahead or slow down and look for traffic?  
**a) Slow down and look for traffic**                      b) Go ahead
8. When you are riding with a friend who is also riding, is it best to ride next to the friend or single file?  
a) Next to the friend                              **b) Single file**
9. When you do the ABC Bike Quick Check which should you check:  
a) Air in the tires                      b) Chain                      **c) Both a and b**
10. Does a bicyclist have a right to ride in a road when there is a sidewalk?  
**a) Yes, you have the right to ride in the road** \_\_\_\_    b) No, you must ride on the sidewalk \_\_\_\_

**Bonus:**

11. What is a good reason to ride your bike?  
a) It is good exercise and fun \_\_\_\_    b) It cuts down on pollution \_\_\_\_    **c) Both a and b** \_\_\_\_



# BIKESMART VERMONT!

Dear Parents and Guardians,

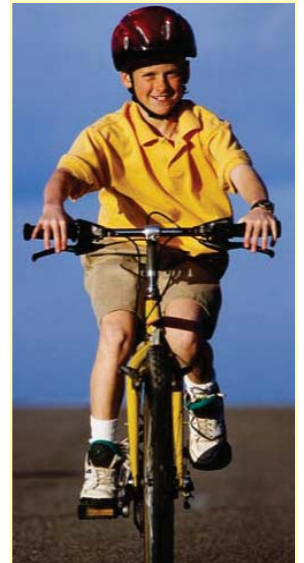
Your child participated today in the ***BikeSmart Vermont!*** bicycle safety education program. This program was developed to teach children bicycle safety. Today's *BikeSmart* lesson taught your child how to wear and fit a helmet correctly, how to dress for safety, how to do the ABC Bike Quick Check, and how to follow basic rules of the road. *BikeSmart Vermont!* teaches children that a bicycle is a vehicle, and that to be a responsible driver they must follow the rules of the road. We encourage you to ask your children:

- *How they know if a helmet fits properly and when to replace a helmet.*  
(Check Eyes, Ears, Mouth; when dented, damaged or more than five years old)
- *What they should wear to be safe and seen while riding a bike.*  
(Light and Tight)
- *How to do the ABC Bike Quick check.*
- *Whether they should ride facing traffic or with traffic.*  
(With traffic)
- *To show you the hand signals to use while riding in traffic.*

Remind them they should always stop at the end of a driveway before entering a road and obey all traffic signs.

Biking is healthy for your child, it cuts down on pollution and vehicle traffic, and is fun! We hope your child will have learned to ride a bicycle safely. This program was made possible with Safe Routes to School funding from Vermont Agency of Transportation and is based on the curriculum *WalkSmart / BikeSmart Vermont!* © Center for Health and Learning. The SRTS program encourages and educates the public about walking and biking to school.

Sincerely,





## Certificate of Participation

*This certifies that*

*\_\_\_\_\_*  
*has participated in*

## BIKESMART VERMONT!

This safety lesson included: Helmet Safety, Dressing for Safety,  
ABC Bike Quick Check and Rules of the Road.

\_\_\_\_\_  
Instructor

\_\_\_\_\_  
Date

This program was made possible with Safe Routes to School funding from Vermont Agency of Transportation and is based on the curriculum *WalkSmart / BikeSmart Vermont!* © 2007 Center for Health and Learning

# Appendices

# WALKSMART / BIKESMART VERMONT!

## Participation Record

Submit this form in fall and spring within two weeks of implementation of classroom instruction (*WalkSmart*-fall, *BikeSmart*-spring).

Pedestrian and Bicycle Safety Educator: \_\_\_\_\_

Phone #: \_\_\_\_\_ Email: \_\_\_\_\_

Relationship to School: \_\_\_\_\_

School Name and Address: \_\_\_\_\_

Date form is submitted: \_\_\_\_\_

Please do one entry for each lesson taught; make as many copies as this form as needed.

Date taught: _____	School name: _____
Teacher name: _____	Grade taught: _____
Lesson taught: Check one: _____ WalkSmart	_____ BikeSmart
# minutes est. _____	# students: _____

Date taught: _____	School name: _____
Teacher name: _____	Grade taught: _____
Lesson taught: Check one: _____ WalkSmart	_____ BikeSmart
# minutes est. _____	# students: _____

Date taught: _____	School name: _____
Teacher name: _____	Grade taught: _____
Lesson taught: Check one: _____ WalkSmart	_____ BikeSmart
# minutes est. _____	# students: _____

Date taught: _____	School name: _____
Teacher name: _____	Grade taught: _____
Lesson taught: Check one: _____ WalkSmart	_____ BikeSmart
# minutes est. _____	# students: _____

Please return to:

Center for Health and Learning  
28 Vernon St. Suite 319  
Brattleboro, VT 05301

[Info@healthandlearning.org](mailto:Info@healthandlearning.org)

(802) 254-6590 tel

(802) 254-5816 fax

## VERMONT PEDESTRIAN AND BICYCLE SAFETY EDUCATOR COMPETENCIES

PEDESTRIAN AND BICYCLE SAFETY EDUCATION	
Knowledge	Skills
<ul style="list-style-type: none"> <li>• Knowledge of behavior change theories</li> <li>• Familiarity with Coordinated School Health and how coordinated approaches promote change</li> <li>• Knowledge of key concepts of pedestrian and bicycle safety, e.g., use of helmets, rules of the road</li> <li>• Familiarity with Vermont's pedestrian and bicycle safety education curricula: <i>WalkSmart / Bike Smart Vermont!</i> and <i>Bike Smart – On-Bike!</i> found in pdf at <a href="http://healthandlearning.org">healthandlearning.org</a> &lt;Pedestrian and Bicycle Safety Resources&gt;</li> <li>• Knowledge of key national, state, community and school contacts to use as resources for training delivery. See <a href="http://healthandlearning.org">healthandlearning.org</a> &lt;Pedestrian and Bicycle Safety Resources&gt;</li> <li>• Understanding of how pedestrian and bicycle safety practices promote wellness and prevent injury</li> </ul>	<ul style="list-style-type: none"> <li>• States benefits and value of pedestrian and bicycle safety education</li> <li>• Demonstrates experience teaching children and adolescents</li> <li>• Links relevant health and education data and policy into presentations</li> <li>• Uses student pre and post test data to enhance lessons and presentations</li> <li>• Uses a variety of tools and resources to deliver safety education</li> <li>• Accurately demonstrates correct way to fit a bicycle helmet and check equipment and clothing prior to riding</li> <li>• Suggests ways to link pedestrian and bicycle safety education into general curriculum</li> <li>• Utilizes curriculum and resources developed and recommended by CHL</li> <li>• Recognizes areas of safety education that need expertise of other resources</li> </ul>
LEARNING ENVIRONMENTS	
Knowledge	Skills
<ul style="list-style-type: none"> <li>• Teaching/training methods and strategies that involve and motivate participants</li> <li>• Knowledge of resources for pedestrian and bicycle safety education</li> </ul>	<ul style="list-style-type: none"> <li>• Creates a safe, comfortable and welcoming learning environment</li> <li>• Models effective communication including active listening</li> <li>• Actively engages children in lessons</li> <li>• Integrates own and learners' experiences and skills into professional content and exercises</li> <li>• Paces training for group's developmental needs while keeping to task and timeframe</li> <li>• Promotes and models appreciation of diversity, tolerance, and cultural sensitivity</li> <li>• Practices decision making, negotiation and conflict resolution skills when appropriate</li> <li>• Provides resources for participants' continued learning and skill development</li> </ul>
PERSONAL ATTRIBUTES	
<ul style="list-style-type: none"> <li>• Exhibits self-awareness including one's behavioral impact on others, is flexible and works collaboratively.</li> <li>• Projects clear positive attitudes about pedestrian and bicycle safety.</li> <li>• Personally experiences the joys and benefits of bicycling and walking, and desires to promote them as lifelong fitness activities.</li> <li>• Utilizes positive communication skills (e.g., use of humor, assertiveness, effective listening skills and messages that are non judgmental).</li> <li>• Exhibits patience and understanding in a variety of situations and seeks respectful conflict resolution</li> </ul>	

# WALKSMART / BIKESMART VERMONT!



**WalkSmart / BikeSmart Vermont!** is a pedestrian and bicycle safety education program that teaches walking and bicycling safety to children in grades K-6. The aim is to give children the knowledge and skills to walk and bike safely in traffic.

## *Why Should Vermont Children Walk and Bike Smart?*

Walking and bicycling are great ways for children and adults to get around and increase their fitness levels. Pedestrian and bicycle safety promotes physical activity and lifelong habits that help curtail the increasing prevalence of overweight and obesity among children and youth. It encourages activity that improves motor skills, coordination, and balance. Pedestrian and bicycle travel produces no exhaust and air pollution that can cause chronic lung problems, and it also results in less traffic congestion and contributes to an overall healthier population. In addition, it creates future drivers who are knowledgeable about traffic rules and more aware of pedestrian and bicycle safety issues.

## *About the Program*

The key concepts and skills taught include:

### **WalkSmart Vermont!**

- Walking Safely in Traffic
- Crossing Roads Safely
- Getting Out of a Car Safely
- Getting Off a Bus Safely

### **BikeSmart Vermont!**

- Helmet Safety
- Dressing for Safety
- Bike Quick Check
- Rules of the Road

The program was developed by the Center for Health and Learning, a health promotion organization in Vermont, and funded by the Vermont Agency of Transportation Safe Routes to School program. The goal is to provide pedestrian safety education each fall and bicycle safety education each spring to children in Vermont schools. If you have further questions, please visit [www.healthandlearning.org](http://www.healthandlearning.org) or call (802) 254-6590. If you would like to become involved in promoting walking and biking in your school or organizing a local Bicycle Safety Fair, you may get information from the Vermont Bicycle/Pedestrian Coalition at [www.vtbikeped.org](http://www.vtbikeped.org).

# WALKSMART / BIKESMART VERMONT!



## Curriculum Feedback Form

Please provide feedback on the first edition of the curriculum by filling out this form and returning it to:

Center for Health and Learning

28 Vernon St. Suite 319

Brattleboro, VT 05301

[Info@healthandlearning.org](mailto:Info@healthandlearning.org)

Your name: \_\_\_\_\_

Email: \_\_\_\_\_ Phone: \_\_\_\_\_

Please rate on a scale of 1-5 (1=not at all, 5=very true)

A. Curriculum is user-friendly \_\_\_\_\_

B. I am able to teach key concepts and activities within a:

*WalkSmart* 30-minute period (Kindergarten) \_\_\_\_\_

*WalkSmart* 45-minute period (Grades 1-2) \_\_\_\_\_

*BikeSmart* 45-60-minute period (Grades 2-6) \_\_\_\_\_

**1) Information:** Identify any information in the curriculum that you would like updated. Specify section of the curriculum and page number, as well as the content that you are addressing.

**2) Activities:** Comment on activities in the curriculum that you think need updating. Specify the name of the activity and any suggestions and/or thoughts you have with regard to the effectiveness as a learning activity.

**3) Overheads and/or Handouts:** Specify the overhead and/or handout and suggest changes.

**4) Curriculum at large:** Comment on organization, design, implementation issues, feasibility, materials needed, etc.

