

## **Bike & Pedestrian Safety**

Biking and walking are both great forms of exercise. They are good for your health and the environment. Children today are simply not getting enough physical activity which is contributing to growing rates of obesity and obesity-related health problems, such as diabetes (Safe Routes to School). Biking and walking can assist with keeping our children healthy. Before you head out for a walk or bike ride, think about SAFETY. Please review "Safety Tips" listed below.

### **Oklahoma Facts to think about:**

- Nearly 150 Oklahomans are hospitalized each year for bicycle-related injuries.
- From 2011-2015, 30 Oklahomans died of bicycle-related injuries.
- In Oklahoma for 2015, 645 pedestrians were involved in traffic crashes; of these, 68 died.
- In 2015, nearly 350 pedal cyclists were involved in traffic crashes on Oklahoma roadways. Three out of ten crashes involved children age 18 and under, and more than 40% occurred in a residential setting. (Oklahoma State Department of Health)

### **Safety Tips:**

- Whenever possible, cross the street at a designated crosswalk or intersection.
- Increase your visibility at night by carrying a flashlight and wearing retro-reflective clothing.
- It is safest to walk on a sidewalk, but if one is not available, walk on the shoulder and face traffic.
- Avoid distractions such as electronic devices that take your attention off the road. (Center for Disease Control)
- Wear a properly fitted bicycle helmet.
- See and be seen. Wear neon, fluorescent or other bright colors when riding day or night. Remember, just because you can see a driver doesn't mean the driver can see you.
- Watch for parked cars. Doors may open or cars may be pulling out.
- Obey all traffic laws and go with the traffic flow.
- Stay alert at all times. Use your eyes and ears! (National Highway Traffic Safety Administration)

# Bike & Pedestrian Safety—Pre-K

## Safety Bullets

- Always wear a properly fitted helmet.
- Wear bright or fluorescent clothing when biking and walking.
- Do not walk or ride your bike between parked vehicles.
- If possible, walk across the street with an adult. Hold hands and walk quickly.
- Stay alert at all times. Use your eyes and ears!
- Look left, right, and left again before crossing the street.



### Activity: Bike and Pedestrian Safety:

Supplies: Helmet, elbow pads, knee pads, picture of a bike

Lesson: Ask the students what the above objects are and why we use them.

Emphasize the following:

Always wear a helmet and pads when you ride a bike.

Ride on sidewalks and paths always with a grown up with you.

Do not ride the bike when it is dark (some students might suggest using glow in the dark stickers on the bike and the clothes)

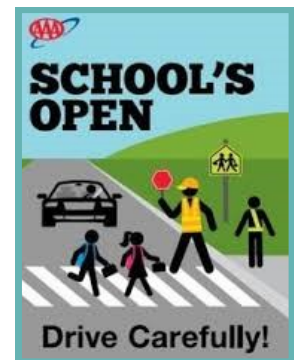
When you cross a street you have to be with an adult.

Look to the left, to the right, to the left again and if there is no traffic cross the street.

Never run into a street.

**Video:** Chuggington: Pedestrian Safety

<https://www.youtube.com/watch?v=MIIF0BcK5BI>



**Lesson Title:** Street Sign Language

**Safety Topic:** Bike and Pedestrian

**Grade Level:** K-2<sup>nd</sup> Grades

**Objective:** Students will understand the basic concepts of pedestrian safety and will practice abiding by street signs and pedestrian laws.

**Oklahoma Health Education Standard(s):**

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 3: Students will demonstrate the ability to access valid information and products and services to enhance health.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

**Equipment:**

- Print outs of multiple street signs

**Quick Facts:**

- Stop signs and red lights signal that cars and bicycle riders must stop.
- Green lights signal that cars and bicycle riders may proceed, but always with caution.
- Crosswalk signals show when and where pedestrians may cross intersections.
- Walking and bicycling on designated paths and sidewalks are always the safest option. When no such areas are available, bicyclists may ride in the street with traffic, obeying all traffic laws; pedestrians are to walk on the side of the road facing oncoming traffic, as far to the left as possible.

**Activity: Safety Signs**

The teacher will stand in the middle of the playing area holding the signs. Name one student the pedestrian and another a deer. The pedestrian will walk around randomly. He or she must walk in straight lines but may change direction at any time. The deer may only move when the teacher raises the animal crossing sign. When this sign is raised the deer will leap in a straight line across the playing area until the sign is lowered. The rest of the students will walk around randomly while the teacher holds up signs without speaking. It is the students' responsibility to pay attention to the sign held by the teacher. If the teacher holds up a yield sign, the students may continue to walk while yielding to each other. If a stop sign or red light is raised students must stop in place. If a yellow light is raised, students must move slowly. Students must avoid walking into the pedestrian and deer. The teacher will call out different movements multiple times during the game. Movement examples include walking, skipping, hopping, shuffling, and crab walking.

**Lesson Title:** Safe Sidewalks

**Safety Topic:** Bike and Pedestrian

**Grade Level:** 3<sup>rd</sup> -6<sup>th</sup> Grades

**Objective:** Students will understand the basics of pedestrian safety and will participate in an activity that simulates walking on sidewalks.

**Oklahoma Health Education Standard(s):**

Standard 1: Students will comprehend concepts related to health promotion and disease prevention to enhance health.

Standard 5: Students will demonstrate the ability to use decision-making skills to enhance health.

Standard 7: Students will demonstrate the ability to practice health-enhancing behaviors and avoid or reduce health risks.

**Equipment:**

- 5 jerseys (3 of matching color, 2 of a different matching color)
- Gym floor with multiple court lines

**Quick Facts:**

- Always cross streets at designated intersections.
- Always cross streets with an adult present.
- Look left, right, and then left again to ensure that the roadway is clear of oncoming traffic.
- Only cross streets when the crosswalk light signals you to cross.
- Move swiftly across intersections.
- Make eye contact with drivers to ensure that you see them and that they see you.
- Walk safely on sidewalks away from vehicles. If no sidewalks or paths are present, walk on the side of the road facing oncoming traffic, as far to the left as possible.

**Activity: Pac Man Walk**

Two students will wear matching jerseys and will be named ghost taggers. Three students will wear matching jerseys and will be named fruit helpers. The rest of the students are Pac Men. All students may only move around by walking on court lines. This includes all lines drawn for the basketball court, volleyball court, and any other lines on the gym floor. Students may not cut corners, but can walk on any lines they choose. Ghosts try to tag the Pac Men. If a Pac Man is tagged, he or she must step off of the line in which they were walking and sit down. Pac Men may only reenter the game if a Fruit Helper walks over and helps them up. Fruit helpers are not immune to Ghosts. If a fruit helper gets tagged, another fruit helper may help them reenter the game in the same way that they may help the Pac Men. The game is over when there are no more Pac Men or fruit helpers standing.

The rules of this activity symbolize crosswalk safety. In the same way Pac Men, ghosts, and fruit helpers may not cut corners to change walking lines, it is unsafe to cross the intersections diagonally or at any other place than the designated crosswalk.



**McGruff and Scruff's**

**Bike Safety Tips**



Always ride with a friend.

Use a backpack to carry books and other stuff.

Wear bright clothes that people can see.

Keep a copy of your bike's registration and serial number.

Make sure your tires have enough air in them.

Always wear a helmet.



Look both ways for traffic.

Put reflectors on the front and back of your bike.

Lock up your bike.

Obey the rules of the road.



## Friendly Review Questions:

1. \_\_\_\_\_ and \_\_\_\_\_ are great forms of exercise. **(Biking, walking)**
2. \_\_\_\_\_ signals show when and where pedestrians may cross intersections. **(Crosswalk)**
3. Look \_\_\_\_\_, \_\_\_\_\_, and then \_\_\_\_\_ again to ensure roadway is clear to cross. **(left, right, left)**
4. Wear a \_\_\_\_\_ fitted bicycle helmet. **(properly)**
5. What is the single most effective piece of equipment available to reduce head injury and death from bicycle crashes? **(Properly fitted helmet)**
6. Stay alert at all times. Use your \_\_\_\_\_ and \_\_\_\_\_. **(eyes, ears)**

**SAFE  
K:DS  
WORLDWIDE™**

### **Wear a Helmet**

- We have a simple saying: "Use your head, wear a helmet." It is the single most effective safety device available to reduce head injury and death from bicycle crashes.





## Helpful Resources

### Bike & Pedestrian Safety

Pedestrian and Bicycle Information Center: [http://www.pedbikeinfo.org/community/tips\\_pedestrian.cfm](http://www.pedbikeinfo.org/community/tips_pedestrian.cfm)

National Highway Traffic Safety Administration: <https://one.nhtsa.gov/people/injury/pedbimot/bike/KidsandBikeSafetyWeb/index.htm>

Center for Disease Control and Prevention: <https://www.cdc.gov/features/pedestriansafety/>

Safe Kids Worldwide: <https://www.safekids.org/bike>

