



Roll this Way

Activity Overview: Participants will learn how to bike and scooter safely, starting with the basics of ensuring their bike and scooter are suitable to ride and that their helmet fits properly. Participants will become aware of scanning techniques, knowing when to ring their bell, doing a shoulder check to be aware of surroundings and to dismount their bike or scooter when crossing the street.

Objectives

- To teach participants safe biking/scooter habits
- To teach participants to ride a bike/scooter that is suitable using the A.B.C. bike check method
- To teach participants to always wear a fitted helmet to protect their head
- To teach participants to dismount their bike/scooter when crossing intersections, avoid distractions

Materials

- Helmet (for demonstration)
- Helmets for scooters
- Laminated diagram of 2-4-1 Check
- Small bike (for ABC Check)
- Scooters (10-15)
- Large printout of car or large toy car
- Landscape fabric with map of course
- Prop stop sign or traffic light

Set-Up: Lay out props on landscape fabric (refer to diagram below).

Take Down: Place all materials back into bin.

Safety/Sanitization:

- Ensure there are no tripping hazards along the course. Watch students as they go through.
- Sanitize demonstration helmet at the end of each day, or if you are sharing with other volunteers.

Introduction

Say: “Welcome to Roll This Way! Today we will be learning about bike and scooter safety and good biking and scooting habits. Once we learn how to ride safely, we will take turns scooting around our course.”

Procedure

Say: “Before we begin riding, we will need to make sure we have all of our equipment, and our bike or scooter is ready to ride. What is the first thing we do before we get on our bikes/scooters?”

Say: “Yes, you’re right. We put our helmet on. Wearing a helmet is the number one safety rule when you ride a bike/scooter. If you ever get into an accident with a car, someone walking or another cyclist, wearing a helmet provides head protection and can reduce the chance of a serious head injury.”

Say: “By law, cyclists under the age of 18 must wear a helmet, and cyclists over the age of 18 years are strongly recommended to wear a helmet. But before you start riding your bike or scooter, it is important to make sure your helmet fits.”

The 2-4-1 Helmet Salute

Say: “The **2-4-1 Helmet Salute** is an easy way to make sure your helmet is the right fit.”

Presenter will demonstrate how to properly adjust a helmet using the helmet provided; you can show the students the laminated diagram for good helmet fit.

Say:

- “The first step is “**2**” fingers above your eyebrows to the bottom of your helmet.”
- “The second step is “**4**” fingers to make a “V” shape around the bottom of your ears”
- “The third step is “**1**” finger under the strap under your chin”

The A.B.C. Quick Check

Say: “Next we will focus on the **A.B.C. Quick Check**. Before you begin biking, there are five steps that you need to follow.”

Presenter will demonstrate how to do the check on small bike.

Say:

- “**A is for air**. First, you should check your bike tires for any holes and to see if they have enough air.”
- “**B is for Brakes and Bars**. Second, you should check your brakes to see if they are working properly.”
- “**C is for Chain and Crank**. Third, you should check to see if the pedals spin freely forwards and backwards (if your bike has handlebar brakes), and if the chain is oiled and in good condition.”
- “Finally, after completing all of the previous steps, you should climb on your bike and try your brakes before you ride your bike.”

Say: “Now I think we are almost ready to ride! What is our first step again? Yes, put on our helmets! Everyone pretend to put your helmet on and let’s do our 2-4-1 check.”

The Scan and Shoulder Check

Say: “Before we start riding, two important skills you should know are Scanning (looking around you) and Shoulder Checking (look behind your shoulder before making a turn). When riding your bike or scooter, you should always be aware of your surroundings and look out for any potential hazards. You should always be looking for cars coming out of driveways. If the car is stopped, it is safe to proceed.”

Presenter 1 will demonstrate how to do the Scan (move your head side to side) and Shoulder Check (look over your shoulder) beside the “Driveway” part of the course. As Presenter 1 demonstrates, Presenter 2 will “back out” the prop car from the “Driveway”>

Say: “Next, we will focus on **Ringing Your Bell** and **Crossing the Street**”

Ringing Your Bell

Say: “When riding on a sidewalk, you will need to share the space with people walking. Let the pedestrian know you are coming by ringing your bell, and when it is safe you can pass the pedestrian.”

<Presenter 1 will demonstrate when it is appropriate to ring your bell in the “Sidewalk” part of the course, as Presenter 2 acts as a pedestrian walking on the sidewalk.>

Say: “Another great time we should have used our bell was when we were passing the driveway back there. This lets the car know we are there.”

Crossing the Street

Presenter 1 will demonstrate how to stop and dismount the scooter to cross the street in the “Crosswalk” part of the course.

Say: “When you approach a stop sign or an intersection with a crosswalk, get off your bike/scooter, check all directions, and cross the street.”

Have each student pick up a scooter and line up at the start of the course. If there are not enough scooters, let students know that they will get a turn after one of their classmates goes through the course. Presenter 1 can move the prop car while Presenter 2 acts as the pedestrian. Do not allow more than 2-3 students on the course at a time, to avoid crowding. Remind the students to use all of the skills you have demonstrated.

Conclusion

Say: “You did it! You safely crossed a driveway, shared the sidewalk, and crossed the street.”

Say: “That’s it for Roll This Way! We hope that you had fun and that you’ll try to use these safety tips when you are riding your bike or scooter.”



Two fingers above your eyebrows to the bottom of your helmet.

2



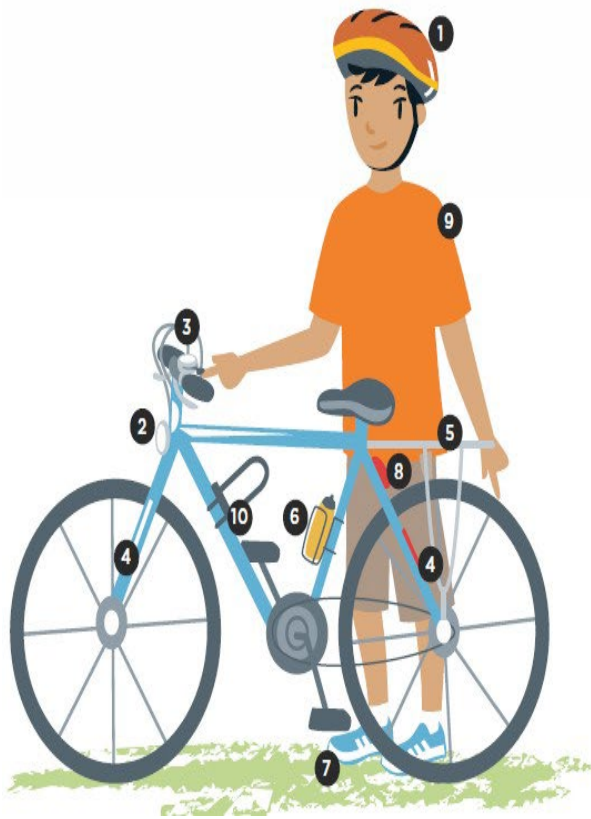
Four fingers to make a "V" shape around the bottom of your ears.

4



One finger under the strap beneath your chin.

1



MAKE YOUR BIKE LEGAL!

Equipment required by law:

1. Helmet: Cyclists under 18 must wear a helmet. Helmets are strongly recommended for cyclists over 18.
2. Lights and reflectors: A white light mounted on front of your bike, a red reflector on the back at night.
3. Bell or horn.
4. Reflective tape: White reflective tape on the front forks, red reflective tape on the rear stays.

Recommended equipment:

5. Rack or basket.
6. Water bottle in holder.
7. Shoes that cover your toes.
8. Red light on the back of the bike for night riding.
9. Bright coloured clothing to be more visible.
10. Bike lock.

