**Bike Month Presentation Gr. 4-8: Teacher Key Points**

\*Key points can also be found within PowerPoint notes\*

**Slide 1**

* Includes teacher notes and resources

**Slide 2 – Cycling Safety**

* Welcome, everyone! Today we’re going to talk about cycling safety. It's super important so we can have fun while staying safe on our bikes!
* I’ll ask questions—chat with your neighbour and share ideas by raising your hand.
* Ask students if they have biked before

**Slide 3 – Agenda**

* Walk through presentation agenda

**Slide 4 - Statistics**

* We’re in *state your city*, which is part of the Region of Peel
* In 2022, there were 1,227 emergency department visits due to cycling collision injuries among Peel residents

**Slide 5 - Statistics Question**

* Ask students which age group they think has the highest visit rates related to cycling collision injuries in Peel and Ontario?
* (Teacher can give students a minute to discuss who they think is most at risk, then call on people to get their thoughts)

**Slide 6 - Statistics Answer**

* With the highest visit rates related to cycling collision injuries among the ages of 10 to 19 for Peel and Ontario
  + Accidents can be due to driver errors or pedestrian mistakes
  + As non-drivers, it’s important for you to stay aware and safe while biking

**Slide 7 – Why should we bike?**

* Firstly, biking is a fun activity that we can do outdoors
* It helps us stay healthy by giving us exercise and gets our brains ready for learning
* It's a wonderful way to enjoy time with friends and family
* Biking is also good for the planet because it doesn't pollute the air, and it helps reduce the traffic around the school

**Slide 8 – Why is bike safety important?**

* Bike safety is super important because it helps keep you safe while having fun
* Wearing the proper gear and following rules can prevent serious injuries if you fall or get into any collisions
* When everyone rides safely, it makes the roads better for everyone, including you, your friends, and other people

**Slide 9 – Parts of a Bicycle**

* Introduce topic – Parts of a Bicycle
* Optional Kahoot Game (to see what students already know) - remind students to take their best guess and it’s okay if they are unsure as the answers will be taken up in the next slide

**Slide 10 – Parts of a Bicycle**

* Walk through each part of the bicycle

Parts & their purpose:

* 1 - Tire: Supports the bike, helps with grip, and allows for smooth movement on different surfaces
* 2 - Chain: Transfers power from the pedals to the wheels, allowing the bike to move
* 3 - Crank Arm: Connects the pedals to the bike, allowing you to pedal and propel forward
* 4 - Bell: Alerts pedestrians and other cyclists when you’re approaching
* 5 - Front/Rear Light: Illuminates the path ahead for safety during low-light conditions/during the night
* 6 - Handlebar: Allows you to steer and control the direction of the bike
* 7 - Front Brake Lever: Slows down or stops the front wheel for better control
* 8 - Rear Brake Lever: Slows down or stops the rear wheel, helping to stop the bike safely
* 9 – Bike Seat: Where you can sit down comfortably and makes riding easier by spreading your weight evenly across the bike

**Slide 11 – Parts of a Bicycle**

* Red Rear Reflector/Light - required for visibility from behind
* White Front Reflector/Light - essential for illuminating the path and enhancing visibility to oncoming traffic
* Bell/Horn - needed for signaling to pedestrians and other cyclists
* Remind students to check their bikes at home or before using any bike to make sure it has all of these items

**Slide 12 – The Right Gear to Wear**

* Introduce topic – The Right Gear to Wear

**Slide 13 – What should I wear?**

* Here are some important gear to wear before heading out to bike.
  + Helmet: Protects the head in case of falls or collisions, reducing the risk of serious injury.
  + Knee Pads/Elbow Pads: Protects the knees and elbows from scrapes and bruises during falls or bumps.
  + Bright Clothing/Reflective Clothing: Makes you more visible to drivers and other cyclists
  + Closed-Toe Shoes: Protects feet and provides good grip on the pedals.
  + Sunscreen: Protects exposed skin from sunburn during long rides in sunny weather.

**Slide 14 – Helmets**

* Walk through how to wear a helmet and 2-V-1 rule

**Slide 15 – ABC Check**

* Introduce topic – ABC Check

**Slide 16 – ABC Check**

* The ABC check is important to do before taking your bike for a ride. It helps us make sure the bike is safe to ride. [Play video.]

**Slide 17 – Hand Signals**

* Introduce topic – Hand Signals

**Slide 18 – Hand Signals**

* Hand Signals are important tools we use to communicate with others around us when biking.

**Activity:**

To help us remember these different signs we are going to play Simon Says the Bike Edition.

How to Play:

* The teacher will be “Simon” and students will be the players who need to follow Simon's commands.
* Explain the hand signals: Simon will use three different hand signals: left, right, stop
* Simon gives a command to the group, saying “Simon says” followed by one of the hand signals. For example, “Simon says left turn” or “Simon says stop.”
* Students should only follow the command if Simon says “Simon says” before the hand signal.
* If Simon gives a hand signal without saying “Simon says”, for example, “turn right”. Players should not follow it. If they do, they have to do 5 jumping jacks (or any simple exercise to get back into the game).
* Play a few rounds of the game.

**Slide 19 – How to Cross a Crosswalk**

* Introduce topic – How to Cross a Crosswalk
* Let’s learn some key reminders when biking on a sidewalk and crossing a crosswalk. I’m going to read out some scenarios, then you can raise your hand and share what you think is the best course of action

**Slide 20 – How to Cross a Crosswalk**

* Scenario 1: You approach a stop sign, what would you do? (have students share their thoughts)
  + Answer: Always stop at a stop sign or any intersection, even those without signs. This helps us be aware of incoming cars or vehicles

**Slide 21 – How to Cross a Crosswalk**

* Scenario 2: You are riding through a neighbourhood and suddenly see a car pulling out of the driveway, what would you do? *(have students share their thoughts)*
  + Answer: Stop and make sure the driver sees you, **always** **be aware** of where you are riding and make sure the path is clear before proceeding.

**Slide 22 – Riding on the Sidewalk**

* Child-size bicycle riders are allowed to ride on the sidewalk
  + Note: By law, people riding bicycles with tires larger than 24 inches must ride on the road
    - It is recommended that children over 9 years old with heights between 1.35m and 1.50 m can use 24-inch bikes, while those above 1.50 m can consider adult bikes in size S or XS. Every child grows at their own pace, so this is only to be used as a general guide

**Slide 23 – Rules of the Road**

* Introduce topic – Rule of the Road
* These are some important rules to keep in mind when cycling around roads

**Slide 24 – Rules of the Road: Tip 1**

* Always use bike lanes or paths whenever possible, look for signage posted on the road

**Slide 25 – Rules of the Road: Tip 2**

* Maintain a safe distance from vehicles, parked vehicles, and other cyclists to avoid collisions or dooring incidents (about 1 metre). Look for signs indicating parking regulations.

**Slide 26 – Rules of the Road: Tip 3**

* Stay focused while cycling. It’s important to have your full attention on the road, so avoid wearing headphones or using your phone while cycling.

**Slide 27 – Rules of the Road: Tip 4**

* Obey all traffic signals and signs. Always stop at stop signs and red lights.

**Slide 28 – Rules of the Road: Tip 5**

* Ride in a straight line; avoid weaving. Make eye contact with drivers, when possible, especially at intersections or when they may not see you. Use hand signals to indicate turns and stops to ensure drivers and other cyclists know your intentions.

**Slide 29 – Rules of the Road: Video**

* [Play Video]

**Slide 30 – Rules of the Road: Example 1**

* Let’s walk through some examples.
* Is there anything being done correctly or not?
* Answer (can vary, but key answers below):
  + Right: They are using the right lane and wearing a helmet
  + Wrong: They did not follow traffic rules by crossing on a red light

**Slide 31 – Rules of the Road: Example 2**

* Is there anything being done correctly or not?
* Answer (can vary, but key answers below):
  + Everything is done correctly. Remind students to stay on the right-hand side when biking.

**Slide 32 – Rules of the Road: Example 3**

* Is there anything being done correctly or not?
* Answer (can vary, but key answers below):
  + Everything is done correctly. Remind students look left, right, then left before crossing.

**Slide 33 – What is the difference between crosswalks and crossrides?**

* Introduce topic – Difference between crosswalks and crossrides
* Understanding the differences between crosswalks and crossrides is crucial for ensuring the safety of both cyclists and pedestrians, as it helps users navigate crossings appropriately and reduces the risk of collisions.

**Slide 34 – Crosswalks**

* Definition: Designated areas for pedestrians to cross streets safely. Primarily for foot traffic; pedestrians have the right of way.
* Additionally, bicycles are considered as vehicles as per the Highway Traffic Act and are not allowed to be ridden in a crosswalk.
* Cyclists should dismount, which means to get off the bike and walk their bikes across to ensure safety for everyone.
  + (Teacher can ask students why is dismounting important? Then reveal the answer.)
  + Answer: Because riding can be unexpected for motorists and pedestrians, increasing the risk of collisions.

**Slide 35 – Crossrides**

* Definition: Special crossings for cyclists to transition safely across roads, often integrated into bike lanes. Allows cyclists to ride across without dismounting.
* Cyclists don’t need to dismount, but should be cautious and aware of their surroundings.

**Slide 36 – Key Reminders for Crossrides**

* Say these phrases, and share class note;
  + 1 - Watch for left and right turning vehicles Note: Cyclists should be cautious and aware by watching for left- and right- turning vehicles to be sure they see you and are yielding
  + 2 - If present, press the cyclist pushbutton and wait for the green signal Note: If the intersection has bicycle signals, look for a cyclist pushbutton. If there is a button, push it and wait until the bicycle signal is green.
  + 3 - Ride at a safe speed that allows for quick stopping Note: Travel at a speed that allows you to safely stop when needed.
  + 4 - Do not overtake other cyclists in a Crossride Note: Do not pass other people while biking in a crossride.
  + 5 - Multi-Use Cross-Rides: Ring your bell and cautiously pass pedestrians. Note: In a multi-use cross-ride, ring your bell and pass pedestrians with caution.
  + 6 - One-Way Cross-Rides: Always ride in the same direction as adjacent vehicles Note: Always travel in the same direction as vehicles in the lane beside you when using one-way crossrides.
* Optional Game: Number Link Up All students will begin walking around the room The teacher will give the first instruction.
  + Example: “Phrase 1, watch for left and right turning vehicles and form a group of 3." The students will need to complete the action, then once they have, they will find # more people and link up together. The teacher will say another phrase and so forth, repeat till all 6 phrases have been said.
  + Set Up/Action Suggestions:
    - 1 - Watch for left and right turning vehicles Have students look left and right for vehicles and walk to the other side of the classroom
    - 2- If present, press the cyclist pushbutton and wait for the green signal Create a pushbutton image on a piece of paper and have students pretend to push it
    - 3 - Ride at a safe speed that allows for quick stopping Have students make sure they are speed walking
    - 4 - Do not overtake other cyclists in a Crossride Have students make sure they don’t bump into one another
    - 5 - Multi-Use Cross-Rides: Ring your bell and cautiously pass pedestrians. Have students say “ring, ring”
    - 6 - One-Way Cross-Rides: Always ride in the same direction as adjacent vehicles Have students find a buddy to walk in the same direction with to the other side of the classroom.

**Slide 37 – Riding Near Construction Zones**

* Split students into 7 groups and ask them to discuss why they think their safety rule is important. (Teacher can give students 3 minutes to discuss, then have one person share from each group)
  + Group 1 - Stay Aware of Signage: Pay attention to any construction signs or detours. They often provide important information about changes in traffic patterns.
  + Group 2 - Use Designated Bike Paths: Stick to bike lanes or paths whenever possible, even if they are temporarily rerouted due to construction.
  + Group 3 - Slow Down: Reduce your speed in construction zones. This gives you more time to react to unexpected obstacles or changes in the environment.
  + Group 4 - Be Cautious of Workers and Equipment: Watch for construction workers and equipment that may enter the roadway. They can appear suddenly and may not always see you.
  + Group 5 - Avoid Distractions: Stay focused while biking. Avoid using headphones or your phone, which can distract you from your surroundings.
  + Group 6 - Follow Traffic Rules: Obey all traffic signals and signs, as construction zones may have different rules than regular roads.
  + Group 7 - Plan Your Route: Before you head out, check for any updates on construction or detours to find the safest route.

**Slide 38 – Bonus Tips**

* Introduce topic – Bonus Tips

**Slide 39 – Riding with Friends**

* Stay Together: Ride close enough to chat but far enough to avoid bumping into each other. Check in with each other regularly.
* Use Hand Signals: Communicate by using hand signals to show when you're turning or stopping. It helps keep everyone safe!
* Plan Breaks: Take breaks to rest, hydrate, and enjoy the scenery. It makes the ride more fun!
* Respect Others: Be mindful of pedestrians and other cyclists. Give space and say “excuse me” when passing.
* Have Fun: Have FUN when you explore on your bike!

**Slide 40 – Final Reminders**

* Obey traffic laws and use bike lanes (permitted for e-scooters and scooters)
* Always wear a helmet and stay focused while riding.
* Safety is everyone’s responsibility, which includes those who are walking, biking, and driving.

**Slide 41 – Last Slide**

* Bike smart, stay safe
* Answer any questions students may have