

## **Bicycle Safety for Children PowerPoint Presentation**

This presentation was developed for teachers to use with children in Kindergarten to Grade 6. This presentation may also be of interest to community-based programs, public health professionals, early childhood educators, and others working with children.

This presentation is based on information from the following Saskatchewan Prevention Institute resources:

Resource 4-203: *Bicycle Safety for Children and Parents* booklet.

Resource 4-220: *Gotta Brain Getta Helmet* booklet.

To view, order, or download these resources, enter the resource number in the search bar at [www.skprevention.ca](http://www.skprevention.ca). Other bicycle safety resources and activities can be found at [www.saskbikesafety.ca](http://www.saskbikesafety.ca).

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### **Slide 1 – Build Safe Bikers**

Bicycle Safety Week is held the third week of May every year in Saskatchewan.

The Saskatchewan Prevention Institute invites you to help build safe bikers!

Meet the Lego guy – he is here to share some tools to help you build your skills for riding a bike safely.

***Note to educator: Every time you see a Lego piece in the top right corner of the screen, it will indicate an important tool for children to pay attention to.***

Learning to ride a bicycle can be easy for some and may be hard for others. It can feel awkward when you are first learning to ride. It is likely that many of you fell while learning to ride. Scrapes and bruises are part of learning how to ride a bike. There are things we can do to prevent more serious injuries.

### **Slide 2 - Booklets**

These two booklets from the Saskatchewan Prevention Institute will help children and parents learn more about bicycle safety.

*Bicycle Safety for Children and Parents* has information on helmet safety, bike maintenance, rules of the road, and sidewalk safety.

*Gotta Brain Getta Helmet* has information on why helmets are important, types of helmets, and how to fit a helmet properly. This booklet covers bicycle helmets and other types of helmets.

***Note to educator: These booklets are available for download and view at [www.skprevention.ca](http://www.skprevention.ca).***

Watch YouTube video *Bike Safe* from Parachute Canada at <https://www.youtube.com/watch?v=T50LWSX-jhg>.

### **Slide 3 – Learning to ride a bike is fun!**

***Note to educator: This image comes from the Bicycle Safety for Children and Parents booklet.***

When we are riding our bikes, we want to have fun but also be safe. Three important things to remember are:

1. Always wear a bike helmet.
2. Keep your bike in safe condition.
3. Follow the rules of the road.

We will talk a bit about each of these three things during this presentation.

### **Slide 4 - Helmet**

A helmet is an important tool to have while riding a bike.

Wearing a helmet when riding a bike can reduce the risk of a **serious** head or brain injury.

The human brain is so important. Our brain controls everything we do and experience including memory, goals and dreams, personality, how we move, speak, feel, see, hear, taste and smell.

#### **What happens if your brain gets hurt?**

When your brain gets hurt we call this an acquired brain injury.

Here are some things you might not be able to do after your brain gets hurt.

- You might not be able to see, talk, and walk the same way as you do now.
- You might have trouble at school.
- Lights might bother you.
- You may not be able to remember as quickly.
- You might have trouble paying attention.
- You might feel differently – get angry more quickly, feel sad more often, or other personality changes.

Depending on which part of your brain is injured and how severe the injury, you may have to live this way for a very long time.

#### **What does your brain feel like?**

The brain is soft and squishy. It feels like soft tofu or Jell-O. Your brain is made up of fluid and soft thin tissue.

#### **How much do you think the brain weighs?**

The adult brain weighs approximately 3 pounds. That is about as heavy as a football, cantaloupe, or a pineapple.

***Note to educator: A cantaloupe can be passed around to have children feel approximately how heavy a brain is.***

### **How thick is your skull?**

The human skull is 1 cm thick. It is made of bone and helps protect your brain. Between your brain and your skull is fluid.

### **Why wear a helmet?**

A helmet can help protect your head from injuries like skull fractures, cuts, and bruises. A helmet can protect your brain from an injury that may last throughout your life.

### **Slide 5 – Wear a helmet EVERY RIDE, EVERY TIME.**

You only have one brain – protect it! A helmet is made to absorb the force of a crash or fall and spread the impact over the entire helmet. A helmet is like a seat belt for your brain!

Every person riding a bicycle should wear a helmet. Parents can protect their brains and set a good example by wearing a helmet too.

Take some time to talk to your parents about what you learned today. Use the booklet you were given. Make it a family rule for every family member – wear a helmet, EVERY RIDE, EVERY TIME.

### **Slide 6 – 2V1 Rule Review**

You can make sure that your helmet fits properly by using the 2V1 Rule.

2 - The front of the helmet should be 2 Fingers above your eyebrows.

V - The side straps should form a “V” around the ear.

1 - Only one finger-width between the chin and the chin strap.

Your helmet should fit squarely on top of your head with little movement in any direction when the chin strap is done up. To get a good fit, tie your hair back below the helmet. Don't wear anything under the helmet, such as a toque or hat.

***Note to educator: You can choose a YouTube video from the option listed below to teach your students more about helmets. Choose the video based on age/developmental stage.***

#### **Kindergarten to Grade 2**

*Always Wear A Helmet* (WonderGrove Kids, 2:27)

<https://www.youtube.com/watch?v=NF8CiNXEmcU>

#### **Grades 3 – 4**

*Connecting Kids – Helmets Protect Your Brain* (South Georgia Medical Center, 1:06)

<https://www.youtube.com/watch?v=KRqsRV8pge0>

#### **Grades 5 – 6**

*Bike Helmet* (Manitoba Government; 3:03)

[https://www.youtube.com/watch?v=b6r3f7M\\_XOY&feature=youtu.be](https://www.youtube.com/watch?v=b6r3f7M_XOY&feature=youtu.be)

## **Slide 7 – What is wrong with this helmet?**

### **What is wrong with this helmet?**

The side straps do not form a V around her ears.  
The chin strap is loose.

### **How do you fix it?**

You slide the clip so the straps become a V around the ears. Tighten up the chin strap so only one finger fits between the strap and the chin.

## **Slide 8 – What is wrong with these helmets?**

### **What is wrong with the helmet on the left?**

This helmet is too far back on her head.

### **How do you fix it?**

You tilt the helmet forward. Make sure that there is only space for 2 fingers between your eyebrows and your helmet.

### **What is wrong with the helmet on the right?**

The strap is loose and does not form a V around her ears.

### **How do you fix it?**

Slide the clip so the straps form a V around the ears and tighten the strap so that only 1 finger width can fit between the chin and chin strap.

## **Slide 9 – When do you replace a bicycle helmet?**

You should replace your helmet when it has been involved in a crash. Helmets certified for cycling are meant to protect from one impact only and then need to be replaced.

You should also replace your helmet if the lining is cracked, if the buckle is cracked, or if any piece of it comes off.

Even if your helmet does not look damaged, it is a good rule to replace a helmet after 3-5 years due to wear and tear. The plastic and foam wear down over time and with weather.

## **Slide 10 – Helmet safety tips**

Here are some other helmet safety tips.

- Before you buy a helmet, check for a sticker that says the helmet meets the proper safety standards. A list can be found in the back of the *Gotta Brain Getta Helmet* booklet. The sticker shown on this picture says CPSC. There are others.
- Don't wear your helmet on playground equipment. The straps can get caught on the equipment. The helmet is meant for riding your bike and not for playing on the playground.
- Don't wear a hat under your helmet as you may not be able to get the proper fit.
- If you have long hair, tie it back below the helmet to get the best fit.

## **Slide 11 – Why don't people wear helmets?**

What are some of the reasons that people don't wear helmets? Here is a list of some reasons that people may use.

- Not cool
- Costs too much
- Not going to get hurt; never had a concussion
- Don't like the way it feels
- Always rode without it
- Gives you helmet hair

Are these good reasons not to wear a helmet? No. Your brain doesn't care where you fall or why you fall. Anything can cause you to lose your balance, fall, and hit your head. A helmet may not prevent a concussion, but it will prevent a more serious head or brain injury.

## **Slide 12 - Practice**

Practice is another important tool for riding safely. You won't be good at it the first time you ride a bike. You have to keep trying. When you first learn to ride, it is a good idea to practice on a soft surface, away from traffic, trees, and other objects. Good places to practice are bike paths, an empty parking lot, or a park with soft grass. Schools can organize bike rodeos with police, firefighters, and other adults to help you practice your skills.

Learning to ride a bicycle is a complex skill. This means that you have to do many things at the same time. You need practice to keep your balance, strength and coordination while riding your bike. In order to cycle safely in traffic, you must be able to balance your bike, signal, and pay attention to traffic all at the same time. Young children should always cycle with an adult or older child, especially when cycling in traffic. Children are physically smaller. This makes you less likely to be seen by a person in a vehicle. Young children also need help determining the direction of sounds and watching for traffic or hazards like potholes, pedestrians, and other cyclists.

You will be awkward when you are first learning to ride, and it is likely that you will have some falls. Scrapes and bruises are part of learning how to ride a bike. To help keep you safe from more serious injuries, it is important that you are taught the skills needed to ride a bike and wear a properly fitted, approved helmet for every ride.

When you come to a stop at a stop sign, you will need to decide if it is safe to cross the street. You will need to practice judging the speed and distance of cars while riding your bike. Your parents can help you with this.

***Note to educator: A child's ability to judge the speed and distance of oncoming traffic doesn't develop until the age of 9.***

### **Slide 13 – Rules of the Road**

Knowing the rules of the road is another important tool for riding safely. Stay alert and aware of what's around you. Never turn or swerve your bike without looking behind you first. Use arm signals to show others where you are going and when you are going to stop. Signal the move while getting close to a corner or intersection.

Use your left arm to signal. Hold on to the handlebar with your right hand.

- To show others that you are going to make a right turn, make an L shape with your left arm.
- To show others a left turn, stick your LEFT arm straight out.
- To show others you are stopping, make an upside down L shape.

### **Slide 14 – Bicycle Safety!**

Other rules of the road include:

- If you are riding with others, ride in single file and in a straight line. Call out stops and turns while making the hand signal for the cyclists and cars behind you.
- Be visible. Wear bright clothing or use a reflector so that people driving can see you.
- Pedestrians (people walking) have the right of way over all vehicles, including bicycles. Let pedestrians cross before you move through an intersection or a crosswalk.
- When you come to a crossing, get off your bike and walk your bike across the intersection.
- If you are riding your bike on the sidewalk, you must yield to anyone walking. Watch for cars coming out of driveways and back alleys.
- If you are riding your bike on the road, you should ride about one metre from the curb. This makes it easier for cars to see you and to avoid hazards like potholes. You should also ride one metre away from parked cars. This helps avoid car doors that are being opened or cars that suddenly pull out of parking spots.

**Note to educator:** You can view Parachute Canada's 4 Steps for Safe Cycling at <https://www.youtube.com/watch?v= jfFqsEkzXM>

### **Slide 15 - Bicycle**

It doesn't matter what kind of bike you have, but it is important that your bike fits you. Children should not ride a bike that is too big for them. To find out if your bike is the right size for you, straddle your bike. You should be able to stand with both of your feet flat on the ground with at least one inch of space above the bike frame. When you are sitting on your bike, you should be able to reach the pedals with a slight bend in your knees. When you are holding the handlebars, you should also have a slight bend in your elbows and you shouldn't have to stretch your arms to turn your handlebars.

### **Slide 16 – Before you ride your bike,**

It is also important that your bike is in safe condition. Your parents or another adult can help you with this. They can check your brakes and chain to make sure they are working. They can also check that your tires have enough air, that your seat is at the right height, and that your

bike frame is safe. If you think something is broken on your bike, ask an adult for help. Do not try to fix it yourself without help.

**Slide 17 – Thank you!**

Thank you for paying attention to this presentation. Use the tips and rules you learned to ride smart and stay safe!