

# Bicycle Safety Presentation – Speaker Notes

This presentation is intended to support educators in sharing current, evidence-based bicycle safety information with children. This presentation takes about 20 minutes, including time for the discussion questions. The time will increase if you choose to add any of the suggested activities, demonstrations, and videos.

The accompanying slides are available as a PDF document. Follow these steps to use the slides as a presentation.

1. Open the slides PDF document with your PDF reader.
2. Click “View” and choose “Enter Full Screen” or “Slideshow”.
3. Present as you regularly would and navigate using the arrow keys.
4. Press the “ESC” (escape) key to exit the slideshow when finished.

**The Saskatchewan Prevention Institute** is a provincial organization, working on Treaty lands 2, 4, 5, 6, 8, and 10, and the traditional lands of the Métis. The Saskatchewan Prevention Institute’s mandate is to help all children thrive through primary prevention and the promotion of well-being. We raise awareness by providing training, information, and resources based on current best evidence. We work in areas including child injury prevention, child passenger safety, early childhood mental health, fetal alcohol spectrum disorder prevention, sexual and reproductive health, perinatal infant health, parenting, and more. Bicycle Safety Week is coordinated through the Child Injury Prevention Program, where we work to raise awareness of injury risks and best practices to reduce the risk of life-altering injury and the number of injury-related deaths.

Slide 1 – Bicycle Safety Week

A graphic for Bicycle Safety Week. It features the text "BICYCLE SAFETY WEEK" in large, bold, black, sans-serif capital letters. Below this, the dates "MAY 12-18, 2024" are written in a smaller, bold, black, sans-serif font. In the bottom left corner, the logo for the "saskatchewan preventioninstitute" is displayed, with "saskatchewan" in a small black font, "preventioninstitute" in a green font, and "our goal is healthy children" in a small black font below it. In the bottom right corner, the website "www.saskbikesafety.ca" is written in a black font. A dashed arrow points to the right in the top right corner.

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# BICYCLE SAFETY WEEK

**MAY 12-18, 2024**

saskatchewan  
**preventioninstitute**  
our goal is **healthy** children

[www.saskbikesafety.ca](http://www.saskbikesafety.ca)

Learning to ride a bike can be easy for some people and difficult for others. Think about when you were first learning to ride your bike. Raise your hand if you fell off your bike when you were learning to ride. Scrapes and bruises can be a normal part of learning how to ride a bike. Today we're going to learn about some things we can do to prevent more serious injuries when we're riding bikes.

## Slide 2 – What do you need to ride your bicycle safely?

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# What do you need to ride your bicycle safely?



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What do you need to ride your bicycle safely?

**Note to educator:** Have your group brainstorm a list of what is needed. If the following responses are not shared during brainstorming, provide them to the group.

- A properly fitted bicycle helmet.
- A properly fitted bicycle.
- Other equipment, such as a bell and reflectors.
- Learn and practice the rules of the road.
- Practice your bike-riding skills.

## Slide 3 – Helmet, Bicycle, Practice

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<b>HELMET</b>	<b>BICYCLE</b>	<b>PRACTICE</b>
		
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A properly fitted bicycle helmet.	A properly fitted bicycle that works well.	Learn the rules of the road and practice riding.


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We are going to talk about the things we need to stay safe while riding our bikes. First, we are going to talk about how to check if a helmet fits and what a helmet protects. Next, we will talk about proper bicycle fit and taking care of our bikes. Then we will talk about the rules of the road and more ways to stay safe.

## Slide 4 – Wear a helmet on every ride!


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# **Wear a helmet on every ride!**




**2**

The front of the helmet sits 2 fingers above the eyebrows.



**V**

The side straps form a "V" around the ear.



**1**

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

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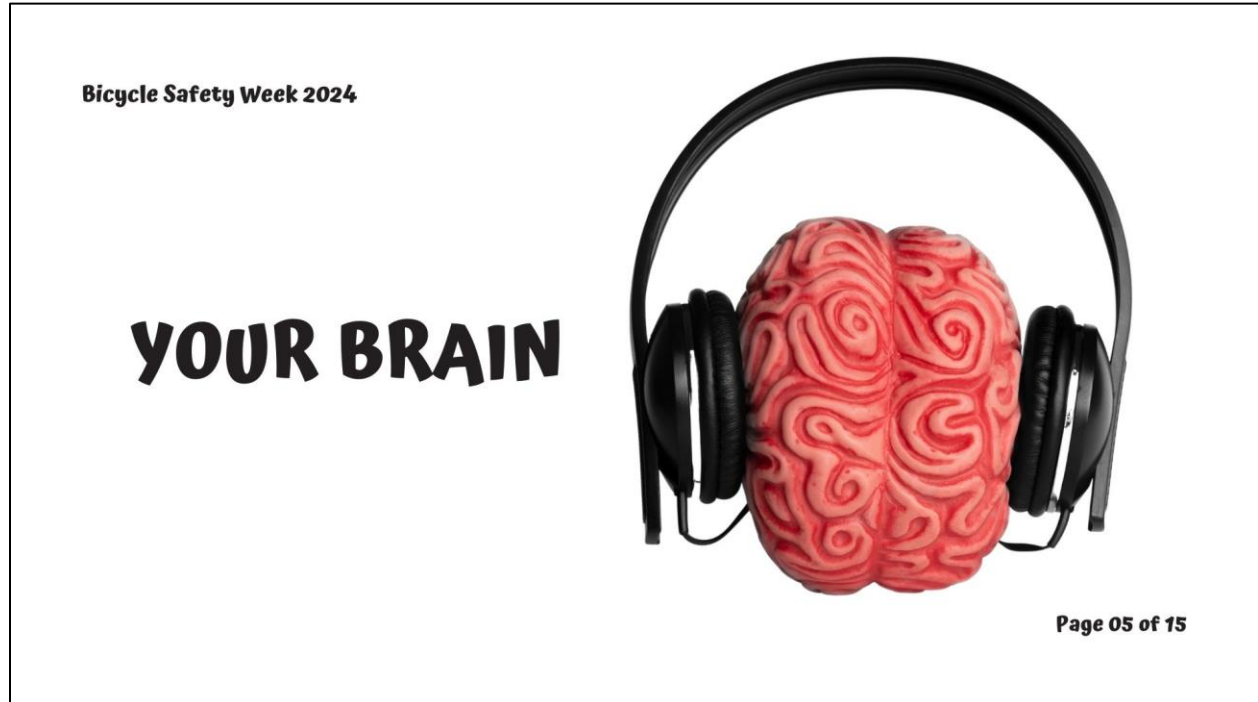
It's important to wear a properly fitted bicycle helmet every time you ride your bike. A helmet is made to soak up the force of a crash or fall and spread the force over the entire helmet. Wearing a helmet when riding a bike can lower the risk of a serious head or brain injury.

When you put on your helmet, it is not enough to plop the helmet on top of your head. You must do up the chin strap and then make sure that your helmet fits properly, by using the **2V1 Rule**.

- 2 - The front of the helmet sits 2 fingers above the eyebrows.
- V - The side straps form a "V" around the ear.
- 1 - Only 1 finger-width fits between the chin and the chin strap.

Your helmet needs to fit squarely on top of your head with little movement in any direction when the chin strap is done up. If you nod your head "yes," and shake your head "no," your helmet should stay squarely on top of your head. When a helmet fits properly, it can do the job of protecting the head and brain from serious injuries.

## Slide 5 – Your Brain



The human brain is so important. Our brain controls everything we do and experience including our memory, our goals and dreams, our personality, our movements, how we speak, and our senses. Can you tell me your five senses?

**Note to educator:** Have your group brainstorm the five senses (touch, sight, sound, taste, and smell).

What does your brain feel like?

Brains are soft and squishy. They feel like soft tofu or Jell-O. Brains are made up of fluid and soft, thin tissue.

**Note to educator:** You can make a brain mold in advance for your class to see and feel. For more information and for the recipe, visit <https://parachute.ca/wp-content/uploads/2019/07/Brain-Mold-Recipe.pdf>.

How much do you think the brain weighs?


The adult brain weighs approximately 3 pounds/1.36 kilograms. That is about as heavy as a football, cantaloupe, or a pineapple.

**Note to educator:** A 3 pound/1.36 kilogram cantaloupe can be passed around to have children feel approximately how heavy a brain is.

## Slide 6 – What happens if your brain gets hurt?

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# What happens if your brain gets hurt?



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We know that the brain is soft and that means that it can get hurt. Brain injuries can be mild and cause symptoms for a short time, or they can be serious and change your whole life. Often, when your brain gets hurt, you will look the same as before, but you might act and feel differently.

For example:

- you might not be able to see, talk, and walk the same way as you do now.
- you might have problems learning at school.
- you may not be able to remember as quickly.
- you might have trouble paying attention.

Depending on which part of your brain is hurt and how bad the injury is, you might never be the way you were before the injury.

**Note to educator:** If students ask about concussion:

A concussion is an injury to the brain that changes the way the brain works, usually temporarily. A bicycle helmet may not prevent a concussion, but it can help to prevent a more serious head or brain injury. A concussion can be caused by a blow to the head, face, neck, or body that causes the brain to move quickly inside the skull. For more information about brain injury and concussions, visit:

<https://skprevention.ca/safety/brain-injury/>.

**Note to educator:** Choose a video from the options listed below to teach your students more about helmets. Choose the video based on your students' age/developmental stage.

- Kindergarten to Grade 2: [Always Wear a Helmet](#) (WonderGrove Kids, 2:27)
- Grades 3 – 4: [Connecting Kids – Helmets Protect Your Brain](#) (South Georgia Medical Center, 1:06)
- Grades 5 – 6: [Bike Helmet](#) (Manitoba Government, 3:03)

**Slide 7 – How would you adjust these helmets for a safer fit?**

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# **How would you adjust these helmets for a safer fit?**



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Can you find the problems? Think about the 2V1 rule.

- Child on the left:
  - The front of the helmet is more than two fingers above the eyebrows.
  - The straps do not form a V around the ears.
- Child on the right:
  - The straps do not form a V around the ears.
  - The chin strap is loose.

What changes would you make to solve the problems?

- Child on the left:
  - Move the front of the helmet down until it sits two fingers above the eyebrows.
  - Adjust the side straps so they sit on either side of the ears and tighten the clip to form a V around the ears.
  - After these problems have been solved, the chin strap may be too loose. Tighten the chin strap so one finger fits between the chin and the strap.
- Child on the right:
  - Adjust the side straps so they sit on either side of the ears and tighten the clip to form a V around the ears.
  - Tighten the chin strap so one finger fits between the chin and the strap.



## Slide 8 – Helmet Advice

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# HELMET ADVICE



When do you replace a helmet?      Can you wear your helmet while you play?      What can you wear under your helmet?

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When do you need to replace a helmet?

**Note to educator:** Have your group brainstorm when to replace a helmet. If the following responses are not shared during brainstorming, provide them to the group.

- When it has been involved in a crash. Bike helmets are made to work for one impact only.
- If the lining is cracked, if the buckle is cracked, or if any piece of it comes off.
- Every 3-5 years, even if it does not look broken, because the plastic and foam wear down over time.

Before you buy a helmet, check for a sticker that says the helmet meets the proper safety standards. The sticker could say CPSC, CSA, ASTM, or another certification.

Can you wear your helmet while you play?

No! Bicycle helmets are made to be worn while biking. There are other types of helmets for other activities. Don't wear your helmet on playground equipment. The straps can get caught on the equipment or the helmet may not allow your head to fit through a space it usually fits through. Your helmet is meant to be worn when riding your bike and not for playing on the playground.

What can you wear under your helmet?

Don't wear anything under the helmet, such as a toque or hat. If you have long hair, it might work best to tie your hair back below the helmet.

**Note to educator:** For more information about helmets, helmet safety, and the brain, download or order the *Gotta Brain Getta Helmet* booklet at <https://skprevention.ca/resource-catalogue/safety/gotta-brain-getta-helmet>.

## Slide 9 – A Properly Fitted Bicycle



Along with a properly fitted helmet, you need a properly fitted bike to ride safely. It doesn't matter what kind of bike you have, but it is important that your bike fits you. It is not safe to ride a bike that is too big or too small for you.

To find out if your bike is the right size for you, stand with your feet on either side of your bike. You should be able to stand with both of your feet flat on the ground with at least 2.5 cm of space between you and the bike frame.

When you sit on the seat and move your feet to the pedals, you need to have a bend in your knees, and you need to be able to reach the pedals easily. Your knees should not bend so much that they hit the handlebars.

When you are holding the handlebars, you should also have a slight bend in your elbows, and you should not have to stretch your arms to turn the handlebars.

**Note to educator:** If you have a child-size bicycle to bring in, you could have a child demonstrate bike fit.

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# TAKING CARE OF YOUR BIKE

**A** stands for Air  
**B** stands for Brakes  
**C** stands for Chain



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Before you ride, remember your ABCs.

- A stands for Air
- B stands for Brakes
- C stands for Chain

You can work together with an adult to check that your bike is in safe condition. Check that your tires have enough air and check your brakes and chain to make sure they are working. An adult can also help you check that your seat and handlebars are at the right height, that your bike frame is safe, and that your tires are in good condition. If you think that something is broken on your bike, ask an adult for help and work together to do the repairs.

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# OTHER EQUIPMENT



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Some other things that will help you stay safe when riding your bike are the things that help others to see and hear you. Reflectors, lights, and wearing bright clothing help others to see you. It is especially important for others to be able to see you if you're biking in the dark, but it's best if you don't go for bike rides when it's dark out.

You can use a bell, horn, or your voice to tell pedestrians and other cyclists that you are coming past them. You can ring your bell or say in a loud voice "Bike coming to your left." After letting others know that you are going to pass, shoulder check and pass the pedestrian or other cyclist on their left when the path is clear.

Wearing proper footwear, such as sneakers, is better than wearing sandals, high heels, or bare feet. These types of shoes don't grip the pedals as well as your sneakers and can fall off while you are riding. Make sure your shoelaces are tied and choose clothes that won't get caught in the moving parts of your bicycle.

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# PRACTICE



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Practice is an important part of riding your bike safely. The first time you ride a bike, you probably won't be very good at it. Keep trying! You might be awkward when you are first learning to ride, and it is likely that you will have some falls, scrapes, and bruises. Practicing on a soft surface like grass or a bike path away from traffic can help you stay safe while you learn. To help keep you safe from more serious injuries, it is important that you learn the skills needed to ride a bike and that you wear a properly fitted helmet for every ride.

When you learn to ride your bike on the road where there are other vehicles, you'll also have to practice paying attention to the traffic around you. You'll learn to notice potholes, pedestrians, vehicles, and other cyclists. 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. The adults around you can help you to learn and practice these skills. It's a good idea to cycle with an experienced adult while you're learning, especially when cycling in traffic.

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



## Slide 13 – Rules of the Road

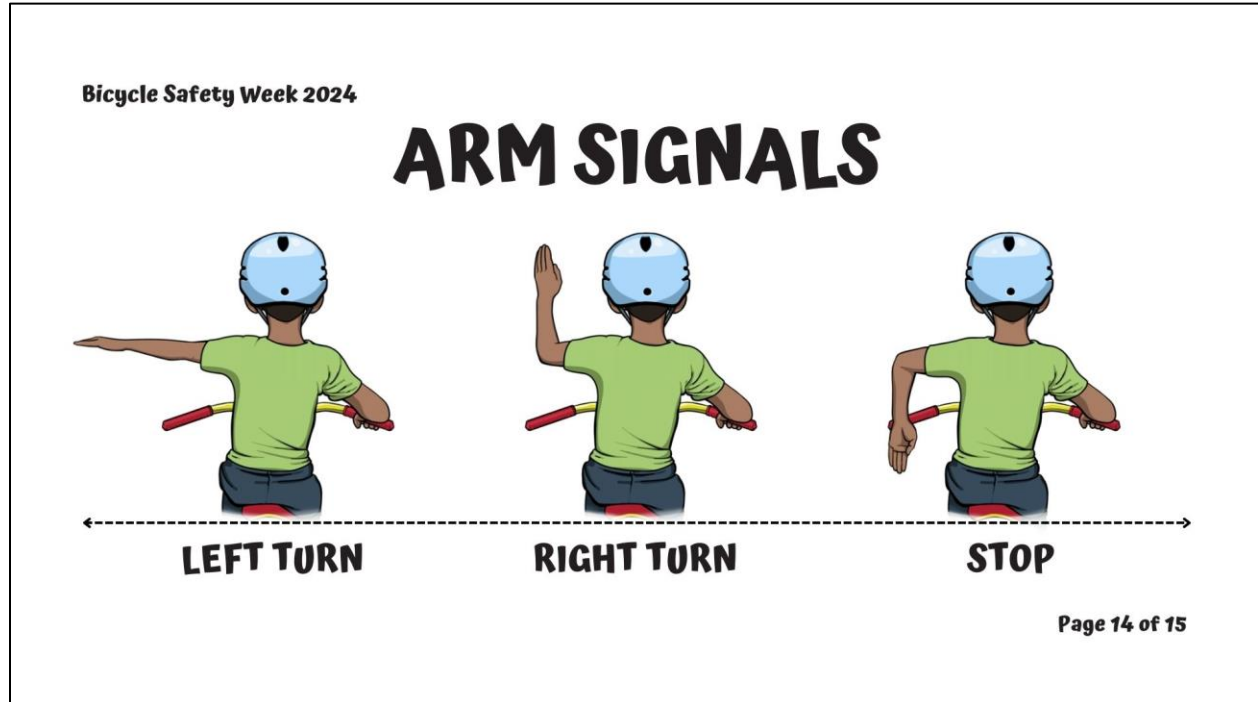


Knowing the rules of the road is another important tool for riding your bike safely. These are some important rules that we all need to remember.

- Stay alert and aware of what's around you. Watch out for cars coming out of driveways and back alleys.
- If you are riding with others, ride in single file and in a straight line. Never turn or swerve your bike without looking behind you first.
- If you are riding your bike on the road, you must ride on the right in the same direction as traffic.
- Remember that pedestrians have the right of way over all vehicles, including bicycles. That means that people walking get to go before people on bikes at an intersection or a crosswalk. If you are riding your bike on the sidewalk, you must yield to anyone walking, which means you need to let them go first.
- 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.
- When going out biking always plan where you will go. Tell an adult where you are going and when you plan to be back. If you are late, someone will know to come check on you. Taking an adult or a friend along with you for a bike ride is a good idea so that there is someone to get help if a bike breaks or there is a bicycle crash.

Learning the rules of the road includes learning what the traffic signs mean. Can you tell me what these three signs mean? (*Stop, Crosswalk, and Do Not Enter*).

## Slide 14 – Arm Signals



Cars, trucks, and other vehicles have signal lights. A bicycle does not have turning signals or brake lights. It is important that you use arm signals to tell others around you 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. Never swerve or turn your bike without looking behind you first.

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

**Note to educator:** Demonstrate the arm signals, and have children copy your actions. You can play a game of "Simon Says" by calling out the signal without demonstrating and watching for correct signals from the children. You can call the signals out fast and slow and have fun practicing the arm signals.

Slide 15 – Ready to Ride!

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YOU ARE  
**READY TO  
RIDE!**

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[www.saskbikesafety.ca](http://www.saskbikesafety.ca)

Thank you for learning with me today! You are ready to ride!

**Note to educator:** For more information, resources, and activity sheets, visit [www.saskbikesafety.ca](http://www.saskbikesafety.ca).