

# CONFIDENT CYCLING

## RECREATIONAL RIDING

### **Pre-Ride Briefing: Bicycle Safety for Parents**

This presentation is designed to give parent the tools to show their children the basics of safe bicycling. This presentation will be directed towards novices and/or non-bicyclists.

**Purpose:** Help parents understand what they can do to help their young riders be safe and enjoy cycling.

#### **Time and Place:**

This module is designed to be given outdoors just before a bicycle ride and is expected to last about 20 minutes for discussion and 10-20 minutes for each participant to complete the process.

#### **Learning Objectives:**

Participants will learn:

- how to choose the right bicycle and helmet for a young rider
- how children are different
- how are some common mistakes children make
- what skills children need to learn to be safe
- what a parent can do to help a child learn to be safe

#### **Materials:**

The instructor will need the following materials:

- instructor cards with module discussion



<u>Script</u>	<u>Action</u>
<p>Good morning, my name is _____ and the following discussion is aimed at parents with young children to help you learn some things about your children and bicycling that you need to know to help them have a safe and enjoyable experience like you did.</p>	
<p>A child's bicycle can be a magic carpet that takes him to far off lands or it can be a dangerous beast that causes him to crash. The right bicycle is critical in letting your child have a great experience.</p>	<p>Bicycles for children</p>
<p>The most important thing is fit. If you get a bike the child can grow into you either have to put training wheel on or the child can't handle the bicycle safely and has to fall off to stop.</p> <p>Training wheels train children to lean the wrong way so that once they come off the child normally has to relearn balance. Children can learn to balance in about an hour on a bicycle that is the right size.</p>	<p>Show step over height on an adult bicycle.</p>
<p>Young children, Pre-K through 3<sup>rd</sup> Grade, do best with coaster brakes. Their hands are not big enough for hand brakes and they are not coordinated enough to stop reliably with hand brakes</p>	<p>Coaster brakes. Show how big hands work on hand brakes.</p>
<p>Young riders will not be riding long distance or normally on big hills so they need a bike with one gear. The complexity of multiple gears is lost on these young riders and a waste of money.</p>	<p>Gears</p>
<p>Every child should have a helmet that fits, is adjusted properly and is one that the child will wear.</p>	<p>Helmet</p>



<u>Script</u>	<u>Action</u>
<p>A helmet should fit well before the straps are adjusted and the buckle is snapped. That means using foam pads that either glue or Velcro into the helmet to make it snug. There should be no free play in the helmet either side to side or front to back.</p>	Fit
<p>Once you a helmet that the child likes and have it properly fitted then you need to adjust the helmet in three easy steps.</p> <ul style="list-style-type: none"> <li>• Eyes: The front of the helmet should be far enough down so the child can look up and see it.</li> <li>• Ears: The slider on the side straps should be snug under the ear with both straps flat against the child’s head.</li> <li>• Mouth: The chin straps should be adjusted tight enough that the child can feel the helmet tighten when he opens his mouth wide.</li> </ul>	Adjustment
<p>If a helmet becomes obviously worn, the pads are missing and the chin strap buckle is missing it’s clearly time to replace it. But it also should be replaced whenever the child crashes and hits the helmet.</p> <p>You should also consider replacing a helmet after three or four years. It is a small investment in the safety of your child.</p>	One time use.
<p>Children are small people but they are not small adults. They aren’t the same size, they are weaker, their vision and hearing are not fully developed and they are unable to deal with complexity well.</p>	Small adults
<p>Physically they are smaller so they can’t see over things or be seen as well as an adult.</p> <p>Their peripheral vision is not fully developed so they see about 30% less than a normal adult; this is one reason that children don’t “see” STOP signs.</p> <p>Directional hearing, i.e., being able to tell where the sound of a siren is coming from, is a learned skill and many children haven’t learned it. The best thing is for a child to get off the bicycle and stand until the siren is gone.</p>	Physically

<u>Script</u>	<u>Action</u>
<p>Children don't have enough experience to accurately judge speed and distance of a moving object like a car or truck. They also tend to focus on one thing at a time and will dart into the road without looking.</p>	<p>Developmentally</p>
<p>Children expect adults to take care of them and can't abstract well. This means that they will put themselves in harm's way</p>	<p>Emotionally</p>
<p>There are four things that children do that cause most (73%) of their crashes with automobiles.</p> <ul style="list-style-type: none"> <li>• Ride out: this means children ride into traffic mid block, usually from their driveway.</li> <li>• Wrong way: riding facing traffic is deadly even on the sidewalk</li> <li>• Swerve or turn without looking: children frequently are hit after veering into traffic without looking</li> <li>• Intersections: cyclists must obey all traffic laws and that means obeying signs and signals at intersections.</li> </ul>	<p>Crash Causes</p>
<p>As a parent and role model you can teach your child some simple skills that will help them avoid most of the common crashes.</p>	<p>Counter measures</p>
<p>As a young child learning pedestrian skills in school your child may have learned about stop at the edge, then look both way and listen before advancing.</p> <p>This is equally important for a child riding a bicycle because they are moving so much faster and a motor vehicle operator has less time to react.</p>	<p>Stop at the edge</p>
<p>When a child rides facing traffic most drivers will not see them when making a turn because they are not expecting them to be there. This is even true when riding on the sidewalk.</p>	<p>Ride with traffic</p>
<p>Teach your child to look back before turning or swerving to miss an obstacle. If there is a car near have them stop until it is clear.</p>	<p>Scan</p>



<u>Script</u>	<u>Action</u>
Teach your child what traffic signs and signals mean and teach them to obey all signs and signals. It is the law and you can be fined if you allow your child to break the law.	Obey signs and signals
Finally, the best thing you can do for your child is to be a good role model. Wear a helmet whenever you ride, ride with traffic, obey all signs and signals and enjoy the ride.	Good role model

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