

# Bicycle Safety Teacher's Package



*Developed by  
Toronto Public Health Bicycle Safety Workgroup  
Revised January 2005*

*Available at:* [www.toronto.ca/health/bike\\_safety](http://www.toronto.ca/health/bike_safety)

## INTRODUCTION

Bicycling is one of the most popular activities among young Canadians. However, each year more than 500 Canadian children are hospitalized every year for head injuries from bike crashes. Approximately 30 children die each year from these injuries (Safe Kids Canada, 2002).

Wearing an approved bicycle helmet can reduce the risk of head injury by 85% and brain injury by 88% (Canadian Academy of Sports Medicine, 2000).

### Links to the Ontario Curriculum

This lesson plan is designed to help Grade 4 students meet the following expectation outlined in the Health and Physical Education Curriculum.

- Strand: Healthy Living – Personal Safety and Injury Prevention
- Specific Expectation: Apply decision-making and problem-solving skills in addressing threats to personal safety (e.g., from abuse or physical fighting) and injury prevention (e.g., **bicycle safety**, road safety).

### Content

- There are two lessons contained in this package. The first lesson focuses on helmet use. The second lesson focuses on rules of the road, bicycle safety check, problem-solving and decision-making. Suggested time for each lesson is 45 minutes to one hour.
- This package contains all the required written materials. They may be reproduced for educational purposes.
- For additional resources and information, see page 8 – **Bicycle Safety Resources**.

## LESSON #1

### HELMET SAFETY

**Objectives:** At the end of this lesson, students will be able to:

- Describe the purpose and function of the brain
- State the benefits of wearing a bike helmet properly
- Demonstrate the proper way to wear a bike helmet

#### LESSON OUTLINE

##### 1. Introduction

- Biking is a lot of fun but it's important to think and act safely. Ask students to identify some of the benefits of biking. (Possible answers: fun with friends, physical activity.)
- Ask students to identify some of the risks. (Possible answers: falling off your bike, hurting yourself, injuring your brain, getting hit by a car.)
- Ask students what they can do to keep safe when riding a bike. (Possible answers: wear a helmet, don't ride alone, make sure your bike is the right size for you, follow the rules of the road.)

##### 2. Helmet Use

- Ask students to identify when they wear bicycle helmets. (Possible answers: when my parents tell me to; every time I ride, roller-blade, or ride my scooter; when I ride on the road).
- Using the teacher's note below, explain to students that it is the law in Ontario for everyone under 18 years of age to wear a helmet.

*Effective October 1, 1995, all cyclists under the age of 18 years are required to wear a helmet while riding or operating a bicycle, and the chin strap of the helmet must be securely fastened under the chin (Highway Traffic Act 104.21).*

*Look for a bicycle helmet that has been tested for use when cycling. Check the label inside the helmet to make sure it meets safety standards such as:*

*Canadian Standards Association (CSA)  
Consumer Product Safety Commission (CPSC)  
Snell Memorial Foundation  
American Society for Testing and Materials (ASTM)*

- Ask students to think of common excuses for not wearing a helmet. (Some excuses might include: “I’m a safe biker”, “I never do stunts”, “I don’t ride on busy roads”, “I’m just riding near my home”, “I’ll look stupid”, “They’re not cool”, “They look ugly”, “It will mess up my hair”, “No one else wears one”, “They’re hot, uncomfortable and heavy”.)
- Ask students to identify why it is important to always wear their helmets when riding. (Answer: To protect their head from injury.)
- Using the teacher’s notes below, discuss the purpose and function of the brain.

*The brain is the control centre of all of the body’s functions: moving, breathing, communicating, eating, thinking. From both inside the body and the outside environment, the brain receives messages, interprets them, and then responds to them by enabling the person to speak, move, or show emotion. A person is usually not even aware of just how extensive, intricate, and interconnected these systems are because they coordinate and operate so smoothly and automatically. (Ontario Brain Injury Association).*

- Use the suggested activity below to demonstrate the importance of wearing a helmet.

### **Egg Drop Demonstration**

Hold up an egg and ask students to compare the egg to a person’s head. Explain how the hard shell of the egg is similar to the skull, and the softer part on the inside of the egg is similar to the brain.

Explain that when someone is cycling without a bicycle helmet, and falls, they can injure their head in two ways:

**1. Skull fracture:**

- Discuss how the skull can fracture or crack under sudden impact, such as a fall from a bike. The human skull is only one centimetre thick, which is about the same thickness as three pennies.

**2. Brain Trauma:**

- Take the egg and drop it into a bowl so that it will break. Explain that the brain floats in a sack of fluid inside the skull. If someone falls off their bike and hits their head, the brain can crash against the sides of the skull and can cause bruising, swelling, or bleeding of the brain.

- Reinforce that the brain is not like a person’s skin or bones, which can heal easily. When a person’s brain is severely damaged, it is likely that it will never return to normal.
- Explain that helmets cushion the head and can prevent head injury. When a bike helmet hits something hard, the outer shell spreads the force of the bump through the entire helmet. The Styrofoam cushions the skull and absorbs the shock of the fall.

### 3. Helmet Fitting

- Explain that improper wearing of helmets is a serious problem. Although many children wear bike helmets, a majority of them do not wear them correctly. Many cyclists wear their helmets too far back on their heads or wear the chin strap too loosely, making them still at risk of suffering a head injury in a bike crash.
- Demonstrate the proper technique for wearing a bike helmet, using the **2-4-1** rule.

**Handout: Wear It Right Everytime!** (page 9)

#### **Wear It Right Everytime:**

To make sure the bike helmet is worn correctly, remember the **2-4-1** rule:

- **2** fingers above the eyebrow to the bottom of the helmet
- **4** fingers to make a V-shape around the bottom of each ear, and
- **1** finger under the strap beneath the chin.



For a correct and safe fit, also make sure that:

- The straps lie flat against the face
- The helmet fits snugly. Different helmets fit differently so buy one that fits your head. Use or remove the pads that come with the helmet to adjust the fit, as needed.
- Helmets are replaced every five years or if they have been involved in a crash
- The label inside the helmet states that it meets safety standards (such as CSA, CPSC, Snell Memorial Foundation or ASTM.)

**Suggested activity: Steps to Ensure A Safe Helmet Fit** (pages 10-11)

## LESSON # 2

### RULES OF THE ROAD BICYCLE SAFETY CHECK DECISION MAKING

**Objectives:** At the end of the session, students will be able to:

- Demonstrate proper hand signals
- Identify important road signs
- Describe key rules of the road
- Describe steps for a bicycle safety check
- Demonstrate problem-solving skills and decision-making skills related to bicycle safety

#### **LESSON OUTLINE**

##### **1. Hand Signals**

- Demonstrate hand signals and allow students to practice them.  
**Handout: Hand Signals** (page 12)
- Note: an acceptable alternative to the right hand signal shown on the handout is to extend the left arm out and up (at a 90 degree angle).

##### **2. Rules of the Road**

- Inform students that:  
*Bicycles are vehicles and that cyclists must obey road signs and the rules of the road*
- Ask students to identify road signs and explain their meaning  
**Handout: Road Signs** (page 13)
- Review the following rules of the road with the students:

##### **Important Rules of the Road**

- Always wear your helmet when cycling!
- Ride in control
- Ride on the right hand side of the road, in the same direction as the traffic
- Stop, look both ways, and listen before entering a street from a driveway
- Stop at all intersections. Look all ways before proceeding
- Always look over your shoulder for traffic before turning or switching lanes
- Always use hand signals when turning or stopping
- Pedestrians have the right of way over bicycles
- When crossing at a pedestrian crosswalk, get off your bike and walk
- Ride in a straight line at least one metre away from parked cars
- Do not swerve in and out of spaces between parked cars
- Do not “double ride” on a bicycle built for one
- Ride in single file

### 3. Bike Safety Check

- Explain that a bicycle should be the **right size** for the rider. Cyclists should be able to put both feet on the ground while straddling the bicycle frame. There should be a space between the top tube and the body when standing. When sitting on the bicycle seat, cyclists should be able to touch the ground with both feet – toes touching is all right.
- **ABC Check:** Explain that students should check their bikes each time they ride. The ABC Check is a quick way of checking your bike to see if it is safe to ride.

**A** is for **Air** – Check the tires and wheels

**B** is for **Brakes** – Check to make sure the brakes work

**C** is for **Chain** – Check to see if the chain is tight and oily looking

**Check** is for -- **Final Check**. Pick the bike up a few centimetres off the ground and then drop it. Listen for any unusual sounds and look to see if anything is loose.

- Review the following “Equipment Required by Law for Bicycles”:

#### Equipment Required by Law for Bicycles

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 and 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.

(Young Cyclist’s Guide)

- **Handout: Bicycle Safety Checklist** (page 14)
  - Encourage students to have a parent or adult help them use the checklist at home to check their bike.

### 4. Decision-Making and Problem Solving around Bike Safety

- Review a decision making model the students are familiar with OR use the following model:
  - I** IDENTIFY the problem
  - D** DESCRIBE all the possible solutions to the problem
  - E** EVALUATE each solution (what is good or not good about each solution)
  - A** ACT on the best solution (choose the best solution and try it)

(Canadian Public Health Association)

- Using the decision making process, read out the following scenario and problem-solve the situation with the class:

**Liam meets his friends while biking to school. They have taken off their helmets and are teasing Liam because he is still wearing his. Liam's parents have told him he is not allowed to ride his bicycle without wearing his helmet.**

**I** The problem is that Liam is being teased about wearing his helmet.

**D** Liam could take his helmet off or he could keep his bike helmet on.

**E** If Liam takes his helmet off, he knows that he is breaking the law, is not following the rule made by his parents (i.e., no helmet, no biking), and is at risk for a head injury if he falls from his bike. If Liam keeps his helmet on, he may be subject to more teasing by his friends, but he will stay safe and his parents will not get mad at him. Also, some of his friends may follow him and put their helmets back on.

**A** Liam chooses to keep his helmet on and learns that he can stand up to his friends and that his safety is a priority.

- Divide the class into groups and give each group a scenario to problem-solve. Each group should select a recorder and a reporter.
  - Your friend has walked to your house. You decide to go to the store to rent a video. Your friend asks if she can borrow your Dad's bike.
  - You go biking with your parents. They always make you wear your helmet when you ride your bike but they do not own helmets of their own.
  - It is getting dark and your friend John comes over to your house and suggests you go for a ride to the bike trails. John does not have a light on his bike.
  - You and your sister, Susan, are riding on a street with a lot of parked cars. She is riding in a zig-zag pattern, in and out of the cars. You are riding behind Susan and she asks you to play "follow-the-leader".
  - It is a hot, sunny day. You put on your bike helmet but the chin strap makes you feel sweaty and uncomfortable. You undo the strap and cycle to your friend's house.

## 5. Bike Safety Review

### Suggested Activities:

**Bicycle Safety Tic Tac Toe Game** (pages 15-17)

**Bicycle Safety Word Search** (pages 18-19)

**Solve the Mystery Code** (pages 20-21)

**Bike Safety Crossword Puzzle** (pages 22-23)



## BICYCLE SAFETY RESOURCES

### Booklets/Pamphlets

#### **Bicycle Helmet Safety for Children**

- Pamphlet developed by Toronto Public Health. Provides review of proper helmet use. Contact your School Liaison Public Health Nurse or call Toronto Health Connection at 416-338-7600 for copies or more information. Download a copy of this pamphlet from: [http://www.toronto.ca/health/bike\\_safety/pdf/bike\\_safety\\_helmet.pdf](http://www.toronto.ca/health/bike_safety/pdf/bike_safety_helmet.pdf)

#### **Young Cyclist's Guide**

- Booklet developed by the Ministry of Transportation and the Ontario Cycling Association. Includes information about safe cycling, traffic signals, helmets and checking your bicycle. Call the Ministry of Transportation at 1-800-268-4686 to order copies or download a copy from their Web site: [www.mto.gov.on.ca/english/safety/cycling/youngcyclist.htm](http://www.mto.gov.on.ca/english/safety/cycling/youngcyclist.htm)

### Display

#### **Bike Helmet Safety Display**

- Toronto Public Health has a bicycle safety display that can be used at schools and community events. Contact your School Liaison Public Health Nurse or call Toronto Health Connection at 416-338-7600 for more information.

### Community Resources

#### **Can-Bike Courses**

- Toronto Cycling Committee offers instructional courses that teach defensive cycling skills to young cyclists and adults. Kids CAN-BIKE teaches bicycle basics for 9 to 13-year-olds. During twelve hours of in-class and on-bike instruction, children learn signaling, steering, right and left turns, changing gears, braking and how to avoid road hazards. Young cyclists are taught to ride safely to school or to the local swimming pool on residential streets. Participants must be able to ride a bike. Call 416-392-1311 for course information or check their Web site at: [www.city.toronto.on.ca/cycling/canbike/index.htm](http://www.city.toronto.on.ca/cycling/canbike/index.htm)

#### **Road and Trail Safety Ambassadors**

- The City of Toronto and Toronto Cycling Committee's *Road and Trail Safety/Cycling Ambassadors* are a team of cycling experts who reach out to communities across Toronto with programs and campaigns to deliver safety messages and to encourage cycling. For more information, call the City of Toronto Bicycle Promotions Coordinator at 416-392-1143, or check their Web site at: [www.city.toronto.on.ca/cycling/ratsa/index.htm](http://www.city.toronto.on.ca/cycling/ratsa/index.htm)

### Bike Safety Web Sites

Toronto Public Health

[www.toronto.ca/health/bike\\_safety](http://www.toronto.ca/health/bike_safety)

Safe Kids Canada

[www.safekidscanada.ca/ENGLISH/IP\\_PROFESSIONALS/SafeKidsWeek2002/default.html](http://www.safekidscanada.ca/ENGLISH/IP_PROFESSIONALS/SafeKidsWeek2002/default.html)

Think First

[www.thinkfirst.ca/bike\\_helmet\\_program.asp](http://www.thinkfirst.ca/bike_helmet_program.asp)

# Wear it right

Know your helmet salute



**Two fingers** above your eyebrow to the bottom of your helmet.



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



**One finger** under the strap beneath your chin.

# everytime!

## STEPS TO ENSURE A SAFE HELMET FIT

NAME OF STUDENT: \_\_\_\_\_



Colour in the boxes below that tell you how to make sure your helmet fits correctly to protect your head.

Your helmet is snug on your head.

Your helmet has a CSA or another safety approved sticker.

You are wearing a hockey helmet.

Your helmet is loose so that you do not get a headache.

The straps lie flat, forming a "V" shape under each ear.

Your helmet is worn tipped back so your hair looks good.

Your snaps are loosely fastened.

You can fit one finger between the chin strap and your chin.

Your helmet sits 2 finger-widths above your eyebrows.

## ANSWERS TO STEPS TO ENSURE A SAFE HELMET FIT

Your helmet is snug on your head.

Your helmet has a CSA or another safety approved sticker.

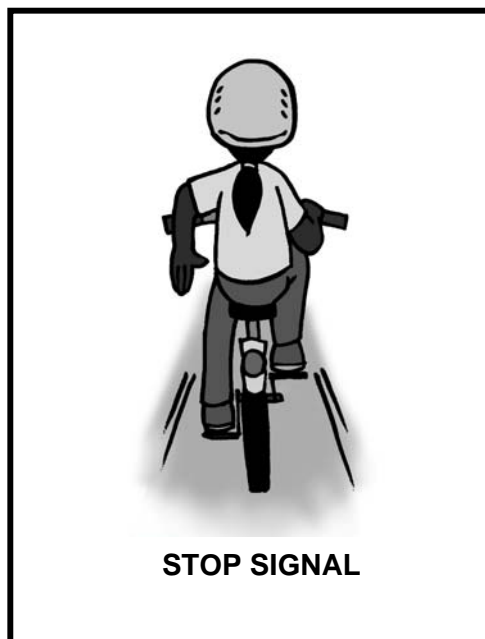
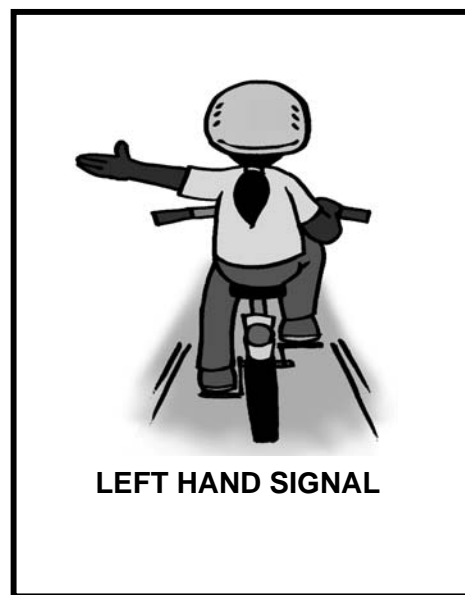
The straps lie flat, forming a "V" shape under each ear.

You can fit one finger between the chin strap and your chin.

Your helmet sits 2 finger-widths above your eyebrows.



# HAND SIGNALS



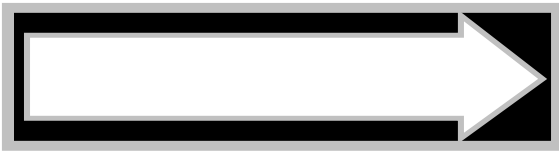
# ROAD SIGNS



**STOP:** Stop and look in all directions. Ride only when it is safe to do so.



**THREE LIGHT SIGNAL:** Green means go, amber means prepare to stop and red means stop.



**ONE WAY:** Ride only in the direction that the arrow points.



**YIELD:** Let other traffic go first.



**RAILWAY CROSSING:** Obey railway signals. Cross tracks at right angles or stop and walk your bike across the tracks.



**NO PEDESTRIANS OR BICYCLES ALLOWED:**

Cyclists and pedestrians should not be on these roads.



**PEDESTRIAN CROSSWALK:** Cyclists must stop and let pedestrians cross the street.

# Bicycle Safety Checklist

It is very important to keep your bike in good condition. Do the following list with an adult to check the safety of your bike.

## Bike Parts

### SIZE

- Can straddle frame with feet flat on the ground

### WARNING DEVICES

- Horn or bell

### LIGHTS AND REFLECTORS

- White front light and rear red light or reflector, if riding between ½ hour before sunset and ½ after sunrise
- Reflective tape – white reflective tape on the front forks, red reflective tape on the rear forks

### HANDLE BARS

- In line with wheel
- Tightly fitted
- Grips tight
- Tubing ends covered
- Proper height (in a normal riding position hands should rest lightly on the handlebars)

### BRAKES

#### A. Coaster brakes:

- Stops quickly and evenly

#### B. Hand Brakes:

- Cable condition (not rusted or frayed)
- Stops quickly/evenly
- Pad condition (not worn out, complete contact with wheel rim when brakes are on)

### FRAME

- Straight
- No cracks

### FRONT WHEEL

- Little or no wobble
- Spins easily
- Tire full of air
- Treads easily seen

### REAR WHEEL

- Little or no wobble
- Spins easily
- Tire full of air
- Even tread

### SPOKES

- None missing/broken
- Tight and straight

### SEAT

- Proper height (both feet can reach the ground when sitting on the seat—touching with your toes is OK; leg is almost straight when heel is on pedal at lowest point)
- Tight and straight

### CRANK ASSEMBLY

- Chain condition (no rust; not loose)
- Pedal tread not worn
- Pedal tight, spins easily
- Gears change easily and do not slip out of place

**Recommendation:** Your local bike shop can tune up your bike to ensure it is safe and in the proper working order.

## BICYCLE SAFETY TIC TAC TOE GAME

Play this game to review student knowledge about helmet use, rules of the road, and bicycle safety check.

### Instructions

- Draw a tic-tac-toe diagram on the chalkboard inserting the numbers 1-9 in the boxes
- Divide students into two teams – the X's and the O's
- Line up each team in single file
- The first person in line for the X team chooses a box
- The teacher asks a question and the X team tries to answer it (questions and answers are provided below)
  - If the X team is correct, then an "X" is placed in the box
  - If the answer is incorrect, the O team has an opportunity to answer the question correctly. If they do, an "O" is inserted the box.
- Play continues with the first person in line for the "O" team choosing a box and their group responding to a question.
- The winning team is the one that gets three consecutive symbols in a row (XXX or OOO)

### Questions

1. **Q. What should you wear every time you cycle?**  
A. A bicycle helmet
2. **Q. On what side of the road must you ride?**  
A. The right hand side of the road
3. **Q. What should you do before you make a turn?**  
A. Look over your shoulder to make sure it's safe, then give the appropriate hand signal
4. **Q. What is a hand signal for a right turn?**  
A. Right arm straight out or extend the left arm out and up (at a 90 degree angle)
5. **Q. What is the hand signal for a left turn?**  
A. Left arm straight out
6. **Q. What should you do at a stop sign?**  
A. Stop. Look all ways and listen. When it is clear, go.
7. **Q. Which hand sign means you are stopping?**  
A. Left arm out and down, palm facing back
8. **Q. What must your bike have so that you can warn others that you are approaching?**  
A. A bell or a horn



9. **Q. What should you do when passing a pedestrian?**  
A. Ring your bell. Slow down and tell the person that you are approaching.
10. **Q. What kind/colour of clothing should you wear when biking?**  
A. Bright colours, reflective clothing
11. **Q. Is it okay to ride your bike when you cross at a pedestrian crosswalk?**  
A. No. Get off and walk your bike.
12. **Q. Why should you wear a helmet?**  
A. To protect your head and brain
13. **Q. What needs to be done to your bike every spring?**  
A. A bicycle tune-up
14. **Q. What should you check on your bicycle each time you cycle?**  
A. Accept any or all of the following answers:
  - Air
  - Brakes
  - Chain
15. **Q. Name two important safety rules.**  
A. Don't double ride; ride on the right side of the road; walk your bike across a pedestrian crosswalk; use proper hand signals before turning, slowing down or stopping, etc.
16. **Q. Who needs to wear a helmet when cycling?**  
A. Everyone. It is the law that everyone under 18 years must wear a helmet when biking. Everyone should wear one to protect their head.
17. **Q. What should you do before entering the street on your bicycle?**  
A. Stop and look both ways, make sure nobody is coming, then proceed
18. **Q. Is it safe for two people to ride on one bike?**  
A. No. Passengers are not allowed on a bicycle designed for one person
19. **Q. Besides cyclists, which other professional athletes wear helmets while participating in sports?**  
A. Hockey players, football players, baseball players
20. **Q. How should you ride when in a group?**  
A. In single file with plenty of room between riders
21. **Q. Most injuries from bike riding occur less than 5 blocks from home. True or False?**  
A. True

22. **Q. What should you do when you get to a traffic light and it turns yellow?**  
A. Stop
23. **Q. Helmets should be worn only on long bicycling trips. True or False.**  
A. False. You need to wear your helmet every time you ride.
24. **Q. When riding your bike what side should you pass pedestrians on?**  
A. On the left hand side
25. **Q. Can a hockey helmet be used for biking?**  
A. No. A bicycle helmet is for biking, a hockey helmet is for hockey.
26. **Q. You are outside cycling and it begins to get dark. What should you do?**  
A. Turn your light on or get off your bike and walk it home
27. **Q. Most laws for biking are the same for driving. True or False?**  
A. True. Bicycles are vehicles (like cars), not toys.
28. **Q. What are three hand signals you need to know when cycling? (Have students show you the correct hand signals).**  
A. Right turn – right arm straight out or left arm out and up (at a 90 degree angle)  
Left turn – left arm straight out  
Stop – Left arm out and down, palm facing back
29. **Q. You should buy a bike you can grow into? True or False?**  
A. False. You need a bike that fits correctly. You should be able to straddle the bike with both feet firmly on the ground.
30. **Q. Your helmet should sit flat on your head and be 2 finger widths above your eyebrows. True or False?**  
A. True
31. **Q. If your bike helmet has been in a crash and you don't see any cracks, it is still okay to use. True or False?**  
A. False. If it has been in a crash, you need to get a new helmet.
32. **Q. When buying a bike helmet, what should you look for?**  
A. Check to make sure the helmet fits your head and that it is approved for cycling. (Look inside the helmet for an approval label such as CSA, CPSC, SNELL Memorial Foundation, or ASTM).
33. **Q. What is the fine for not wearing a helmet?**  
A. For a plea of guilty, the total fine is \$75.00.

# BICYCLE SAFETY WORD SEARCH

Look at the puzzle below. Use the words from the word list and circle them in the puzzle. The words go either across or down.



HELMET  
TRAFFIC  
PEDESTRIAN

TIRES  
SAFE  
HORN

AIR  
STOP  
LOOK

BRAIN  
BRAKE  
LIGHT

## ANSWER SHEET

# BICYCLE SAFETY WORD SEARCH

Look at the puzzle below. Use the words from the word list and circle them in the puzzle. The words go either across or down.



HELMET  
TRAFFIC  
PEDESTRIAN

TIRES  
SAFE  
HORN

AIR  
STOP  
LOOK

BRAIN  
BRAKE  
LIGHT

# SOLVE THE MYSTERY CODE

When should you wear your bike helmet?

A - 1	N - 14
B - 2	O - 15
C - 3	P - 16
D - 4	Q - 17
E - 5	R - 18
F - 6	S - 19
G - 7	T - 20
H - 8	U - 21
I - 9	V - 22
J - 10	W - 23
K - 11	X - 24
L - 12	Y - 25
M - 13	X - 26

<u>1</u>	<u>12</u>	<u>23</u>	<u>1</u>	<u>25</u>	<u>19</u>
<u>23</u>	<u>5</u>	<u>1</u>	<u>18</u>		
<u>25</u>	<u>15</u>	<u>21</u>	<u>18</u>		
<u>8</u>	<u>5</u>	<u>12</u>	<u>13</u>	<u>5</u>	<u>20</u>
<u>23</u>	<u>8</u>	<u>5</u>	<u>14</u>		
<u>2</u>	<u>9</u>	<u>11</u>	<u>9</u>	<u>14</u>	<u>7</u>



# SOLVE THE MYSTERY CODE

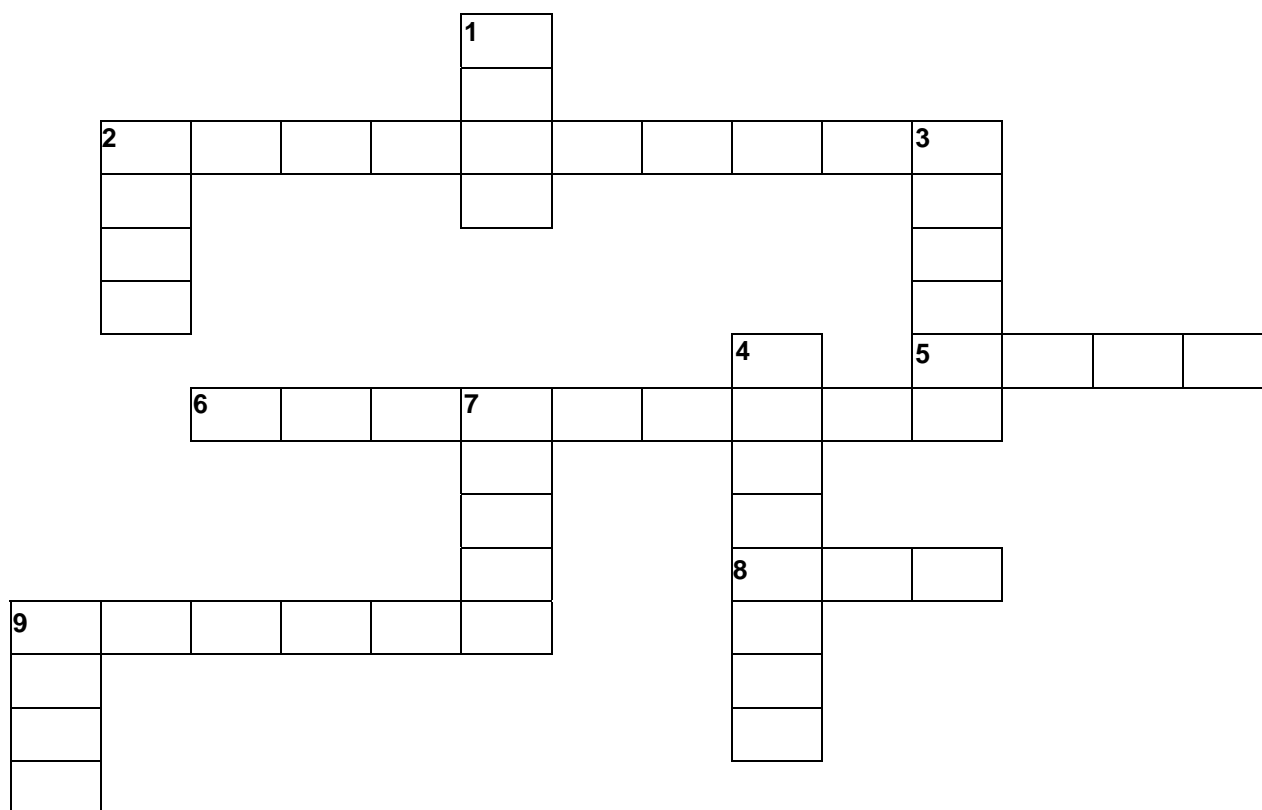
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K - 11	X - 24
L - 12	Y - 25
M - 13	X - 26

A	L	W	A	Y	S
<u>1</u>	<u>12</u>	<u>23</u>	<u>1</u>	<u>25</u>	<u>19</u>
W	E	A	R		
<u>23</u>	<u>5</u>	<u>1</u>	<u>18</u>		
Y	O	U	R		
<u>25</u>	<u>15</u>	<u>21</u>	<u>18</u>		
H	E	L	M	E	T
<u>8</u>	<u>5</u>	<u>12</u>	<u>13</u>	<u>5</u>	<u>20</u>
W	H	E	N		
<u>23</u>	<u>8</u>	<u>5</u>	<u>14</u>		
B	I	K	I	N	G
<u>2</u>	<u>9</u>	<u>11</u>	<u>9</u>	<u>14</u>	<u>7</u>



# Bike Safety Crossword Puzzle



## Across

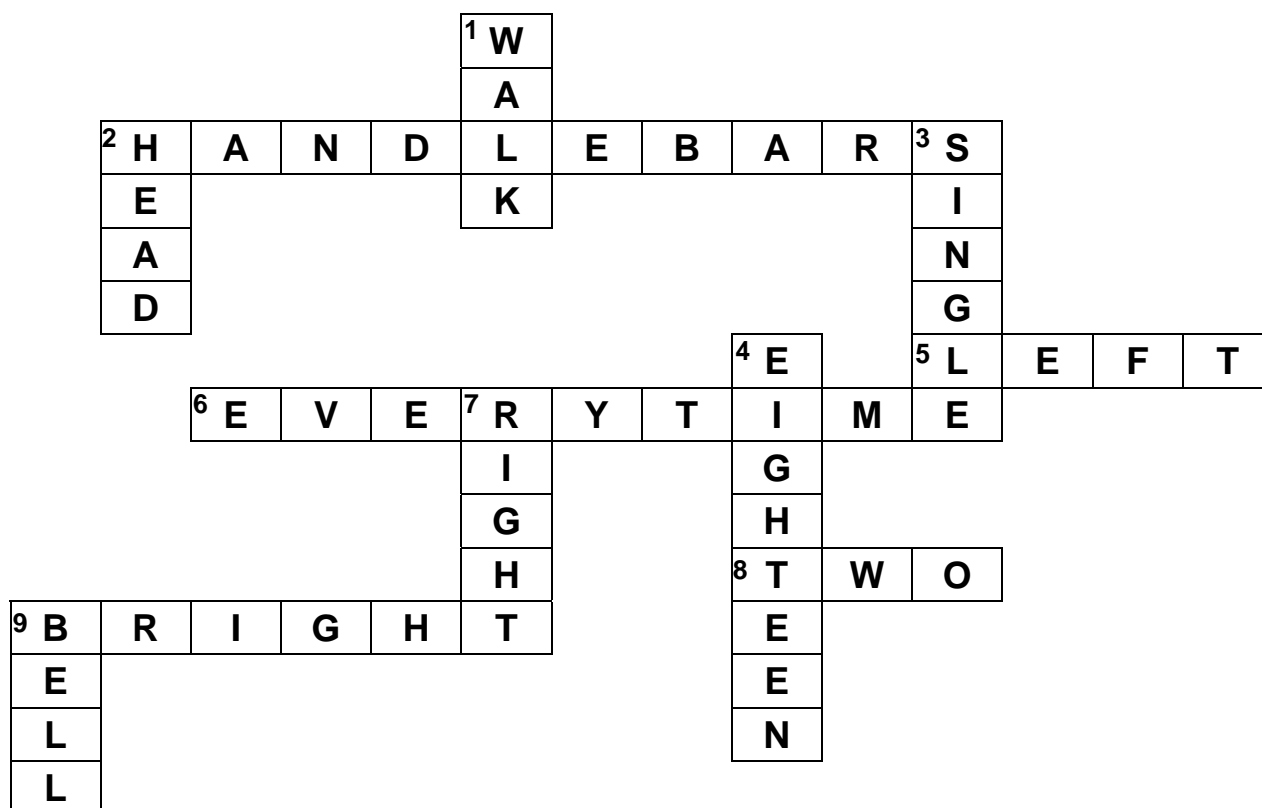
2. You steer your bike with these.
5. To make a left turn, you put your \_\_\_\_\_ arm straight out.
6. Wear a bicycle helmet \_\_\_\_\_ (5,4) you ride a bike.
8. A bike helmet should be worn \_\_\_\_\_ finger widths above your eyebrow.
9. Wear \_\_\_\_\_ coloured clothing when biking.

## Down

1. When you come to a pedestrian crosswalk, get off your bike and \_\_\_\_\_ across.
2. A bike helmet protects your \_\_\_\_\_ from injury.
3. When riding in a group, ride in \_\_\_\_\_ file.
4. The law requires all cyclists under the age of \_\_\_\_\_ years to wear a bike helmet.
7. Always ride on the \_\_\_\_\_ side of the road.
9. Use a horn or \_\_\_\_\_ to warn people you are approaching.

## ANSWER SHEET

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