

Steps to a Healthier Cleveland and Ohio City Bicycle Co-Op Bicycle Safety Education

A three part program for 4th grade -- to train and encourage students who are old enough to bicycle to school on their own. The initial assembly can be attended by all students, but must include the 4th grade classes who will then receive the in-class and rodeo sessions.

1) 45 minute assembly: “How to Ride to School for Independence, Fitness, and Fun” for any number of students. *Needs: video and screen; and computer projector or overhead.*

Topics covered:

Safety Check: Steering (air in tires, tight steering, hands on bars), Stopping (brakes, cables) and Security (bike parts on tight, shoes tied, pants secured, helmet on right, how to use a lock).

Riding education: League of American Bicyclists’ Kids 1 video (8 minutes on how to ride safely on sidewalk or roadway). Bike and helmet fit, starting and stopping, traffic scanning.

Cycling skills: mechanical basics (air in the tires and oil on the chain), parking, clothing, and carrying books – how to get the most out of your bike, and get to school on time.

2) 45 minute in-class session: “Getting Ready for a Bicycle Rodeo” for four classes (one class at a time, preferably all on the same day). *Needs: video and screen, teacher and two adult aids in each class, completed assembly evaluations, 30 cu. ft. helmet-storage space.*

Topics covered:

Vocabulary (parts of the bike); review bike size and fit, safety check, mechanical basics and traffic laws; how bike accident happen, parking and locking up, preview rodeo exercises; hands-on tire change; fit student's free Steps helmets, and label and store them until rodeo day.

3) 45 minute parking-lot rodeo: “Bike Riding Skills” after the in-class session (one class at a time, all on the same day, preferably within a week or two of in-class session) *Needs: 30’x100’ (minimum) clear, level parking lot; one teacher and at least three adult aids for each class, completed pre-rodeo evaluations, and post-rodeo evaluations at the end of the school year.*

Topics covered:

Review vocabulary, safety check, and traffic law; check helmet fit and fit bikes; do four rodeo exercises on bike: start, stop, balance and steer, scan back for traffic.

Commitments:

OCBC provides an insured, certified Bike Ed instructor; parent’s info and release forms; all teaching materials; free teacher and aid training at the OCBC shop (see * below); and 33 bikes and all necessary equipment for the rodeo sessions.

STEPS provides funding for complete program; helmets for up to 120 students in the four classes who have attended the assembly, class and rodeo; walk- and bike-ability traffic assessments; and one bike rack for each school by the end of summer 2006.

Each school provides A/V equipment for an assembly and in-class sessions; a clear, traffic-free parking lot; completed release and evaluation forms; teachers and aids * who are strongly urged to attend free training individually or as a group at the OCBC shop before the in-class sessions or rodeo (please see OhioCityCycles.org for individual class times, or call to arrange a group class).

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