## 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

<table>
<thead>
<tr>
<th>Component</th>
<th>Condition</th>
</tr>
</thead>
<tbody>
<tr>
<td><strong>Size</strong></td>
<td>- Can straddle frame with feet flat on the ground.</td>
</tr>
<tr>
<td><strong>Warning Devices</strong></td>
<td>- Horn or bell</td>
</tr>
<tr>
<td><strong>Lights and Reflectors</strong></td>
<td>- White reflector on front&lt;br&gt;- Red reflector on back&lt;br&gt;- Working night light on front (if riding at night)</td>
</tr>
<tr>
<td><strong>Handle Bars</strong></td>
<td>- In line with wheel&lt;br&gt;- Tightly fitted&lt;br&gt;- Grips tight&lt;br&gt;- Tubing ends covered</td>
</tr>
<tr>
<td><strong>Brakes</strong></td>
<td>A. <strong>Coaster Brakes:</strong>&lt;br&gt;- Stops quickly and evenly</td>
</tr>
<tr>
<td></td>
<td>B. <strong>Hand Brakes:</strong>&lt;br&gt;- Cable condition (not rusted)&lt;br&gt;- Stops quickly and evenly</td>
</tr>
<tr>
<td><strong>Frame</strong></td>
<td>- Straight&lt;br&gt;- No cracks</td>
</tr>
<tr>
<td><strong>Front Wheel</strong></td>
<td>- Little or no wobble&lt;br&gt;- Spins easily&lt;br&gt;- Tire full of air&lt;br&gt;- Treads easily seen</td>
</tr>
<tr>
<td><strong>Rear Wheel</strong></td>
<td>- Little or no wobble&lt;br&gt;- Spins easily&lt;br&gt;- Tire full of air&lt;br&gt;- Even tread</td>
</tr>
<tr>
<td><strong>Spokes</strong></td>
<td>- None missing/broken&lt;br&gt;- Tight and straight</td>
</tr>
<tr>
<td><strong>Seat</strong></td>
<td>- Proper height (easy to get off/on)&lt;br&gt;- Tight and straight</td>
</tr>
<tr>
<td><strong>Crank Assembly</strong></td>
<td>- Chain condition (no rust)&lt;br&gt;- Pedal tread not worn&lt;br&gt;- Pedal tight, spins easily</td>
</tr>
</tbody>
</table>

### Recommendation:

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

Adapted and reprinted with permission from Toronto Public Health. Distributed by Children’s Safety Village, Belleville.
Bicycle Safety Tic Tac Toe Game

Play tic-tac-toe to review student knowledge re: helmet use, rules of the road, and bicycle safety check.

- Draw a tic-tac-toe diagram on the chalkboard, inserting numbers 1-9 in the boxes.
- Divide students into two teams - the X's and the O's.
- Decide which team goes first and line up each team in single file.
- The first person in line of the first team chooses a box.
- The teacher asks a question and that group tries to answer the question (sample questions and answers below). If the group is correct, then their team symbol is placed in the box. If the answer is incorrect, the opposing team has an opportunity to answer the question to insert their own symbol in that box.
- Play continues with the first person in line of the other team choosing a box and their group responding to a question.
- The winning team is the one that has three consecutive symbols in the diagram (i.e. XXX or OOO).

QUESTIONS FOR BICYCLE TIC TAC TOE

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.

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. What 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  
        • All of the above.

15. Q. Name two important safety rules.  
    A. Don’t double ride; ride on the right side of the road; walk your bike across the road; 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.** Helmets should be worn only on long bicycling trips. True or False?  
   **A.** False. You need to wear your helmet every time you ride.

23. **Q.** What should you do when you get to a traffic light and it turns yellow?  
   **A.** Stop.

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
   - 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.** An approval label from CSA, CPSC, ASTM, SNELL B-95 or N-94.
MORNING ANNOUNCEMENTS

To help spread bicycle safety messages to the entire school, have students read some of the following p.a. announcements.

Links to the Curriculum: ENGLISH LANGUAGE:
ORAL AND VISUAL COMMUNICATION

Overall Expectation:
4e61 use the conventions of oral language, and of the various media that are appropriate to the grade
4e52 communicate various types of messages, explain some ideas and procedures and follow the teacher’s instructions
4e54 communicate a main idea about a topic and describe a short sequence of events
4e60 create media works

Specific Expectation:
Non-verbal communication skills
4e64 use appropriate tone of voice and gestures in social and classroom activities

Use of words and oral language
4e63 use effective openings and closings in oral presentations

Language: reading
Overall expectation:
4e28 read aloud, speaking clearly and with expression

1.(a) Wearing a bike helmet is an important part of bicycle safety. Did you know that whether your bicycle is moving or not, serious head injuries can happen if you fall and hit your head? Wearing a helmet protects your head. Whenever you ride your bike, put your helmet on.

Smart players wear helmets when playing hockey, baseball, and football. Even professional cyclists and Olympians wear helmets. You must have a proper bicycle helmet when riding. Look inside your bicycle helmet to see if
you can find the approval sticker from CSA or CPSC. As well, the helmet must fit properly. Do you know how to make sure the helmet is fit just for you? Listen in tomorrow for the answer.

(b) Here’s the answer on how to know if your helmet fits you properly! The bicycle helmet must sit level on your head. It should cover your forehead to just above your eyebrows. Now shake your head up and down before you do the straps up. Does your helmet move? If so, what do you do? Stay tuned for the answer tomorrow!!

(c) What can you do to fix a helmet that doesn't fit your head? You may need to add thin or thick foam pads. Extra pads come with the helmet when you buy it. The straps may need to be adjusted. Have an adult check the fit of your helmet before you ride! Have a helmet fitting session in your school or class. Happy riding!

2. A lot of people don’t wear helmets because they think they are ugly or look funny. Have you seen the latest helmets that are now out in the stores? They are very sporty looking and come in all different colours and styles. Look around for one that you like! Ask your friends why they don’t wear a helmet.

3. Did you ask your friends why they don’t wear helmets? Did your friends say helmets are hot and heavy, or that they mess their hair? Helmets now have good ventilation to keep your head cool even on the hot summer days. And for those who don’t want to mess their hair, carry a comb or a brush in your pocket and fix your hair when you get to where you want to be. Remember; don’t forget to protect your head this weekend!!

4.(a) Did you remember to wear your helmet this weekend? This week, let’s think about taking care of our bikes. Many accidents involve bicycles that aren’t safe. It’s time to give our bike an overall check-up after storing it for the winter. Do you know what you should check before you ride your bike? Stay tuned for the answer tomorrow!

(b) Is your bike safe for the road? Every time you ride, you should check to see if the brakes are working and the tires have enough air. Can you think of any other safety checks?
5. Have you thought of any other safety checks for your bicycle? It's important to bounce your bike and listen for rattles. You should also check for loose, bent, or broken spokes in your bike wheels. Does your bike squeak when you ride it? If so, it might need a bit of oil. Ask an adult to help you. It might be a messy job!!

6.(a) Now that your bike is ready for the road and you have your helmet on, are you sure you're not forgetting something else? All bikes should have a bell or a horn. Try the horn or the bell before your ride to make sure it's loud and clear. Remember, before you pass another bike or a person, let them know you are coming by ringing the bell or honking the horn. What else should you do before you pass someone?

(b) Besides ringing the bell or squeezing the horn, what else should you do before you pass a biker or a walker? If you said do a shoulder check, give yourself a pat on the back. It's important to do a shoulder check before you swerve around a pothole, avoid a dog or even pass a biker or walker. Somebody could be trying to pass you at the same time so you don't want to crash into them. Have a safe weekend. If you are cycling, don't forget your helmet!

7.(a) Did you know that a bicycle is a vehicle? That means that you must follow the rules of the road, just like a car. Can you think of any rules? I have one for you... By law, you must ride on the right hand side of the road WITH the cars. Can you think of a road safety tip for tomorrow?

(b) Have you thought of another road safety tip? Did you know that by law, you must stop at all stop signs and for all red lights? What should you do before you stop and before you turn right or left? Stay tuned for the answer tomorrow!!

(c) Here's the answer on what you should do before you stop or turn. You must let cars and others on the road know where you are going by signaling either right, left or stop. Can someone in your class demonstrate the signals? Ask your teacher or an adult how to signal if you're not sure.

8. Have you checked your helmet for fit lately?
9. Did you know that most bicycle crashes don’t involve cars and happen within 5 blocks of home? Make sure you always follow the rules of the road and remember… Always wear a helmet even if you’re only going “just down the road.”

10. (a) The bicycle safety tip of the day is: When riding your bicycle, with others, always ride in single file. Never ride double on your bicycle unless it’s a bicycle built-for-two. Can you think of any safety tips, especially for rainy days?

(b) On rainy days, the roads are very slippery making it very difficult to stop. Did you know it takes longer to stop when you skid? To avoid skids, ease up on the brakes when stopping. What can you do so that other vehicles can see you, especially on a cloudy or rainy day?

(c) You should always wear brightly coloured clothing while riding a bike. This makes you more visible to other people!

(d) Have fun cycling and remember your bicycle safety tips. Cycle safely every time you ride!

Source: BIKE SMART Program
Distributed by: Healthy Lifestyles Department, Hastings & Prince Edward Counties Health Unit
Bike Helmet Check

The following are general guidelines to provide the best fit for your helmet. Any box checked in the 'NO' column indicates adjustments that should be made to ensure a proper fit. This could be because the helmet is not the right style for the shape of your child's head. You should replace a helmet that does not fit properly.

All helmet straps need to be adjusted and tightened regularly.

**YES ** **NO**

☐ ☐ Are there two fingers widths between the eyebrows and the helmet so that the helmet is level across the forehead?

☐ ☐ Do the straps lie flat (and not slack) against the face?

☐ ☐ Do the side buckles meet just below the ear making a 'V' shape under each ear lobe?

☐ ☐ Is the chin strap fastened snugly without hurting, just a finger's width gap in between the chin and chin strap?

☐ ☐ Is there an approved safety standard sticker (CSA, CPSC, ASTM, SNELL B-95 or N-94) located on the inside of the helmet?

☐ ☐ Does the helmet not move around a lot after the above guidelines are carried out?

Adapted and reprinted with permission from Toronto Public Health. Distributed by Children’s Safety Village, Belleville.
## Bike Helmet/Safety Word Search

### Protect Your Head
- always
- cool
- cycle
- everyone
- head
- helmet
- injury
- law
- ride
- safe
- smart

### Use Your Head
- bell
- bright
- fix
- horn
- light
- line
- listen
- look
- rules
- signals
- signs
- think
- stop

<table>
<thead>
<tr>
<th>n</th>
<th>e</th>
<th>w</th>
<th>s</th>
<th>f</th>
<th>s</th>
<th>t</th>
<th>o</th>
<th>p</th>
<th>h</th>
<th>a</th>
</tr>
</thead>
<tbody>
<tr>
<td>j</td>
<td>p</td>
<td>w</td>
<td>a</td>
<td>l</td>
<td>I</td>
<td>c</td>
<td>d</td>
<td>o</td>
<td>e</td>
<td>l</td>
</tr>
<tr>
<td>e</td>
<td>r</td>
<td>b</td>
<td>f</td>
<td>I</td>
<td>g</td>
<td>x</td>
<td>r</td>
<td>b</td>
<td>l</td>
<td>w</td>
</tr>
<tr>
<td>v</td>
<td>d</td>
<td>r</td>
<td>e</td>
<td>n</td>
<td>n</td>
<td>n</td>
<td>e</td>
<td>t</td>
<td>m</td>
<td>a</td>
</tr>
<tr>
<td>e</td>
<td>a</td>
<td>I</td>
<td>d</td>
<td>e</td>
<td>a</td>
<td>l</td>
<td>s</td>
<td>h</td>
<td>e</td>
<td>y</td>
</tr>
<tr>
<td>r</td>
<td>e</td>
<td>g</td>
<td>r</td>
<td>u</td>
<td>l</td>
<td>e</td>
<td>s</td>
<td>I</td>
<td>t</td>
<td>s</td>
</tr>
<tr>
<td>y</td>
<td>h</td>
<td>h</td>
<td>l</td>
<td>I</td>
<td>s</td>
<td>t</td>
<td>e</td>
<td>n</td>
<td>h</td>
<td>m</td>
</tr>
<tr>
<td>o</td>
<td>I</td>
<td>t</td>
<td>o</td>
<td>o</td>
<td>l</td>
<td>o</td>
<td>o</td>
<td>k</td>
<td>g</td>
<td>a</td>
</tr>
<tr>
<td>n</td>
<td>m</td>
<td>x</td>
<td>z</td>
<td>y</td>
<td>r</td>
<td>u</td>
<td>j</td>
<td>n</td>
<td>I</td>
<td>r</td>
</tr>
<tr>
<td>e</td>
<td>l</td>
<td>c</td>
<td>y</td>
<td>c</td>
<td>g</td>
<td>c</td>
<td>o</td>
<td>o</td>
<td>l</td>
<td>t</td>
</tr>
<tr>
<td>s</td>
<td>n</td>
<td>g</td>
<td>i</td>
<td>s</td>
<td>u</td>
<td>n</td>
<td>y</td>
<td>p</td>
<td>h</td>
<td>d</td>
</tr>
</tbody>
</table>

Prepared by: Toronto Public Health Department (North York)
Distributed by: Children’s Safety Village, Belleville
ANSWER SHEET

Bike Helmet/Safety Word Search

Protect Your Head
always  injury
cool  law
cycle  ride
everyone  safe
head  smart
helmet

Use Your Head
bell  listen
bright  look
fix  rules
horn  signals
light  signs
line  stop
think

www.csvbelleville.com
Bike Safety Crossword Puzzle

Across
1. You steer your bike with these.
2. To make a left turn, put your ________ arm straight out.
3. Wear a bicycle helmet __________ you ride a bike.
4. Wear ________coloured clothing when biking.
5. A bike helmet should be worn _______ finger widths above your eyebrow.

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

Adapted and reprinted with permission from Toronto Public Health. Distributed by Children’s Safety Village, Belleville.
ANSWER SHEET
Bike Safety Crossword Puzzle

Across
1. You steer your bike with these.
2. To make a left turn, put your ________ arm straight out.
3. Wear a bicycle helmet __________ you ride a bike.
4. Wear ________coloured clothing when biking.
5. A bike helmet should be worn ______ finger widths above your eyebrow.

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

Adapted and reprinted with permission from Toronto Public Health. Distributed by Children’s Safety Village, Belleville.
Bike Safety Quiz?

Instructions: If the statement is correct, draw a circle around the “YES.” If it is false, draw a circle around the “NO.”

1. Bike riders should obey the same laws as car drivers when riding on the street.  
   YES  NO

2. It is against the law to ride two people on a bike.  
   YES  NO

3. A bike that doesn’t work very well is okay to ride if you’re careful.  
   YES  NO

4. Bike riders do not need to stop at stop signs or red lights if no car is coming.  
   YES  NO

5. Bike riders should not ride three side-by-side on the street.  
   YES  NO

6. You can ride the bike after dark if it has a headlight but no rear light or rear reflector.  
   YES  NO

7. The colour of your clothing is important at night.  
   YES  NO

8. The law says you must signal when you are going to turn or stop.  
   YES  NO

9. Bikes should have bells and horns on them.  
   YES  NO

10. You should walk your bike across the street at a busy corner.  
    YES  NO

11. It is okay to ride without your helmet when you are just going down the street.  
    YES  NO

Adapted from information produced by Kingston, Frontenac Lennox & Addington Health Unit. Distributed by Injury Prevention Program, Healthy Lifestyles Department, HASTINGS & PRINCE EDWARD COUNTIES HEALTH UNIT.
(613) 966-5513 ext. 229, April 1999
Bike Safety Quiz

1. YES Your bicycle is a vehicle of the road under the Ontario Highway Traffic Act. This means you must follow the rules of the road just like the drivers of other vehicles. You must obey all signs and traffic lights.

2. YES Unless you have a tandem (a bicycle built for two) your bike was built to carry only one person. Never carry a passenger on the handlebars, crossbar or seat.

3. NO Before driving your bicycle, make sure it is in good working condition. Every time you ride, you should always check over all the parts to make sure nothing is broken or loose and everything is working well. Regular check-ups can help prevent the possibility of a spill.

4. NO You must come to a full stop at all red lights and stop signs at all times. This is the law.

5. YES Always drive one behind the other. Do not follow too closely.

6. NO You should avoid riding at night. But if you must, make sure you are visible to motorists. You must, by law, have a front white headlight, a red rear reflector or light, and reflective tape on the front and rear forks. Put extra reflective tape on the pedals.

7. YES Wear light or bright colours like red, white or yellow. Wear reflective bands on your wrists and ankles or on the front and back of your jacket.

8. YES Be sure to give the correct hand signal when you are going to stop, turn or change lanes. Get to know the signals and practice them.

9. YES Your bike must be equipped with a bell or horn in good working order and must be loud and clear. This is the law.

10. YES You should walk you bike across all intersections to be safest. Traffic can be tricky at corners. It is against the law to ride you bike in a pedestrian crosswalk.

11. NO As of October 1, 1995, it is the law in Ontario for every cyclist under the age of 18 to wear an approved bicycle helmet. Wear your helmet every time you ride. A spill from your bike can happen anywhere.

April 1999
Bike Smart Word Scramble

Unscramble the words. There is a clue to help you.

1) “made of concrete”
   d w a s l i e k
   __ __ __ __ __ __ __ __

2) “has two wheels”
   e b y i c l c
   __ __ __ __ __ __ __ __

3) “where cars park at home”
   y d a r w i e v
   __ __ __ __ __ __ __ __ __

4) “also called roads”
   t s e r e t
   __ __ __ __ __ __ __ __

5) “eight sided sign”
   n s g t i o s p
   __ __ __ __ __ __ __ __ __

6) “elbow bent, arm straight up”
   l r a g i h s t
   __ __ __ __ __ __ __ __ __ __ __

7) “arm straight out”
   l l a e n f g t i s
   __ __ __ __ __ __ __ __ __ __

8) “fastened under your chin”
   l b e u k c
   __ __ __ __ __ __ __ __ __

9) “protects your head”
   t h e l e m
   __ __ __ __ __ __ __ __ __

10) “full of air”
    s w e l e h
    __ __ __ __ __ __ __ __ __

11) “main part of a bike”
    e b m i a c r y f c e l
    __ __ __ __ __ __ __ __ __ __ __
    __ __ __ __ __ __ __
ANSWER SHEET

Bike Smart Word Scramble

dwasliek   Sidewalk

ebyclicc   Bicycle

ydariwiev  Driveway

tseret     Street

nsgtiosp   Stop Sign

lraingihst Right Signal

llaenfgtis Left Signal

lbeukc     Buckle

thelem     Helmet

swelah     Wheels

ebmiacryfcel Bicycle Frame
BRAINSTORM AND DISCUSS:

Brainstorm...

Why are helmets important?

Why do some people not wear helmets?

What is the function of the brain?

What happens if you don't wear a helmet?

Discuss...

- the answers you have come up with to the above

- solutions to some of the problems identified

Curriculum Link: ENGLISH LANGUAGE EXPECTATIONS: ORAL AND VISUAL COMMUNICATION

Specific Expectations:

Group Skills
4e66 listen to others and stay on topic in group discussion

4e67 use appropriate strategies to organize and carry out group projects (e.g. brainstorming, summarizing, reporting, giving and following instructions)

Word Use and Vocabulary Building
4e20 introduce vocabulary from other subject areas into their writing

4e22 choose words that are most effective for their purpose (e.g. to describe vividly)

Writing
4e7 revise and edit their work using feedback from their teacher and their peers
4e9 use and spell correctly the vocabulary appropriate for this grade level

4e10 use correctly the conventions (spelling, grammar, punctuation, etc.) specified for this grade level

Visual Presentation
4e26 print legibly and use cursive writing

MORE BRAINSTORMING...

Divide the students into groups (give each a piece of chart paper) and give them a reasonable period of time in which to brainstorm all the bike safety rules they know.

Then have them share them with the class. Discuss and correct as necessary.
CALLING 9-1-1

Parents, please review this information with your children and help them complete the cards below.
Post the completed cards near the phone at home, cottage, grandparents’ etc.

1. In an emergency call 9-1-1, try to speak slowly and calmly.
2. The 9-1-1 operator will ask you for your name. Tell her/him your first and last name.
3. The 9-1-1 operator will ask for the problem. Tell her/him slowly and calmly why you are calling.
4. The 9-1-1 operator will ask where you are. Tell her/him the address of where you are.
5. The 9-1-1 operator will tell you to stay on the phone until help arrives. Do not hang up.
6. Follow any instructions the 9-1-1 operator gives you, i.e. go unlock the front door for the ambulance.

Curriculum Link: 4p11

My Telephone Card
For Home

My name is __________________________
My address is __________________________
____________________________________
My telephone number is __________________
My parent’s name is ____________________
Right now I’m at ________________________
I need help because ______________________
My Telephone Card
For __________

My name is ___________________________
My home address is ______________________

My telephone number here is _______________
My parent’s name is _______________________ 
Right now I’m at ___________________________
They live at ______________________________

I need help because _______________________

My Telephone Card
For __________

My name is ___________________________
My home address is ______________________

My telephone number here is _______________
My parent’s name is _______________________ 
Right now I’m at ___________________________
They live at ______________________________

I need help because _______________________

H:\HL\Karen\Kerri\Children’s Safety Village\Grade 4\Post-Visit\Calling 911.doc
CLAIM WRITING

Have the students complete one of the following statements using facts and information from what they have been learning about bicycle safety. Or you may give them your own suggestion.

1) **My bicycle helmet needs to be adjusted properly because...**

2) **If my bicycle helmet is not properly adjusted, I could be injured because...**

3) **If my bicycle isn't properly adjusted to fit me I could...**

4) **Traffic signs and signals keep us safe by...**

Curriculum Link: **ENGLISH LANGUAGE EXPECTATIONS: WRITING**

**Overall Expectations:**
- **4e2** begin to write for more complex purposes (e.g. to present and discuss their opinions and viewpoints, to pose questions, to record information)
- **4e3** organize and develop ideas using paragraphs (e.g. to tell a story)
- **4e4** use simple and compound sentences and vary their sentence structure
- **4e9** use and spell correctly the vocabulary appropriate for this grade level
- **4e10** use correctly the conventions (spelling, grammar, punctuation, etc.) specified for this grade level

**READING:**

Specific Expectations:
- **Reasoning and Critical Thinking**
- **4e37** make judgments about what they read on the basis of evidence

- **4e40** develop their opinions by reading a variety of materials
**Vocabulary Building**

4e49 understand specialized terms in different subject areas (e.g. science, technology)
Decision-Making and Problem-Solving

RE: BIKE SAFETY

Review the type of 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).

(Source: 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, perhaps some of his friends will 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.

1. 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.

2. 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.

3. 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.

4. 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.”

5. 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.

Bike Safety Review

Suggested Activity: Use bicycle safety tic tac toe game to review knowledge on helmet use, rules of the road and bike safety check.

Adapted and reprinted with permission from Toronto Public Health. Distributed by Children’s Safety Village, Belleville.
Problem-Solving Scenarios

The following scenarios are excellent for discussion and problem-solving. They are taken from the OPHEA Health and Physical Education Grade 4 Binder (Healthy Living - Personal Safety and Injury Prevention. Unit 1 - Appendix N).

Curriculum Link:
Health and Physical Education: Healthy Living
Specific Expectation:
Personal Safety and Injury Prevention
4p10 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)

Jason is nine years old. Last time he rode his bike the brakes sometimes would work and at other times he had to squeeze and squeeze the handbrakes before he could stop. He told his dad and he said Jason could not ride it until he had a chance to look at the bike. It is Saturday and Jason wants to go with his friends. But Jason’s dad has not fixed the bike yet. Jason thinks that if he can squeeze hard to get his brakes to work, ride carefully and wear his helmet, he could go with his friends. What should he do?

Pete is nine years old and enjoys riding his bike, especially trying stunts and tricks. Pete’s friends Ron and Mary are building a ramp and have invited Pete over to try it out. Pete’s parents say he can only try the ramp if he wears protective gear and an adult is present. Pete really wants to try it but he feels if he goes to Ron’s house with a helmet, knee pads, elbow pads, wrist guards and asks whether his parents are home, he will be laughed at and called a baby. If Pete went after school tomorrow, before his parents get home from work, then they would not even know. What should Pete do?
PULLEYS AND GEARS

To address the concepts of pulleys and gears, there are excellent activities in the book entitled, “Science and Technology. Pulleys and Gears” Unit 4 (Addison Wesley). This is the Ministry of Education approved text for science strands “pulleys and gears” under “structures and mechanisms.” See curriculum expectations listed below.

The Health Unit has two copies of this book. They may be borrowed by calling the Health Unit Library at 966-5513, ext 214.

SCIENCE AND TECHNOLOGY EXPECTATIONS
Structures and Mechanisms

Overall Expectations:
4s77 demonstrate an understanding of the characteristics of pulleys and gears

4s78 design and make pulley systems and gear systems, and investigate how motion is transferred from one system to another

4s79 identify ways in which different systems function, and identify appropriate criteria to be considered when designing and making such systems

Specific Expectations:
Understanding Basic Concepts
4s83 demonstrate an awareness of the concept of mechanical advantage by using a variety of pulleys and gears

4s96 explain how various mechanisms on a bicycle function, (e.g. levers for braking; gears and chains for changing speed)

4s100 identify common devices and systems that incorporate pulleys (e.g. clotheslines, flagpoles, cranes) and/or gears (e.g. bicycles, hand drills, wind-up or grandfather clocks)
ENGLISH LANGUAGE EXPECTATIONS

Reading

Overall Expectations:
4e27 read a variety of fiction and non-fiction materials (e.g. short novels, myths, biographies, short articles) for different purposes

Specific Expectations:
Vocabulary Building
4e49 understand specialized terms (i.e. gear ratio) in different subject areas (e.g. science, technology), understanding and using the correct terminology for pulleys and gears
ROLE – PLAYING

Have the students create and perform bicycle safety “TV Commercials.”

Curriculum Link: ARTS EXPECTATIONS: DRAMA AND DANCE

Overall Expectations:

Knowledge of Elements

4a54 demonstrate an understanding of voice and audience by speaking and writing in role as characters in a story (e.g. using the first-person point of view)

4a56 identify and explain the use and significance of symbols or objects (e.g. gestures to represent grief, letters in an old trunk in drama and dance)

LANGUAGE: ORAL AND VISUAL COMMUNICATION

Overall Expectations:

4e52 communicate various types of messages, explain some ideas and procedures, and follow the teacher's instructions

4e54 communicate a main idea about a topic and describe a short sequence of events

4e56 contribute and work constructively in groups

4e60 create media works

4e61 use the conventions of oral language, and of the various media, that are appropriate to the grade

Specific Expectations:

Use of words and oral language

4e63 use effective openings and closings in oral presentations

Non-verbal communication skills

4e64 use appropriate tone of voice and gestures in social and classroom activities
Group skills

4e65 present information to their peers in a focused and organized form on a topic of mutual interest

4e67 use appropriate strategies to organize and carry out group projects (e.g. brainstorming, summarizing, reporting, giving and following instructions)
Solve the Bike Smart Mystery, Using Math

When should you wear your bike helmet?

www.csvbelleville.com

<table>
<thead>
<tr>
<th>A</th>
<th>B</th>
<th>C</th>
<th>D</th>
<th>E</th>
<th>F</th>
<th>G</th>
<th>H</th>
<th>I</th>
<th>J</th>
<th>K</th>
<th>L</th>
<th>M</th>
</tr>
</thead>
<tbody>
<tr>
<td>N</td>
<td>O</td>
<td>P</td>
<td>Q</td>
<td>R</td>
<td>S</td>
<td>T</td>
<td>U</td>
<td>V</td>
<td>W</td>
<td>X</td>
<td>Y</td>
<td>Z</td>
</tr>
</tbody>
</table>

8 – 7  8 + 4  27 – 4  5 – 4  12 + 13  14 + 5

10 + 13  8 – 3  9 – 8  9 + 9

21 + 4  7 + 8  17 + 4  23 – 5

3 + 5  8 – 3  4 + 8  8 + 5  17 – 12  22 – 2

13 + 10  2 + 6  19 – 14  7 + 7

16 – 14  3 + 6  14 – 3  18 – 9  6 + 8  3 + 4

H:\HL\Karen\Kerri\Children's Safety Village\Grade 4\Post-Visit\Solve the Bike Smart Mystery.doc
# Solve the Bike Smart Mystery, Using Math

When should you wear your bike helmet?

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

<table>
<thead>
<tr>
<th>A</th>
<th>L</th>
<th>W</th>
<th>A</th>
<th>Y</th>
<th>S</th>
</tr>
</thead>
<tbody>
<tr>
<td>8 - 7</td>
<td>8 + 4</td>
<td>27 - 4</td>
<td>5 - 4</td>
<td>12 + 13</td>
<td>14 + 5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>W</th>
<th>E</th>
<th>A</th>
<th>R</th>
</tr>
</thead>
<tbody>
<tr>
<td>10 + 13</td>
<td>8 - 3</td>
<td>9 - 8</td>
<td>9 + 9</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>Y</th>
<th>O</th>
<th>U</th>
<th>R</th>
</tr>
</thead>
<tbody>
<tr>
<td>21 + 4</td>
<td>7 + 8</td>
<td>17 + 4</td>
<td>23 - 5</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>H</th>
<th>E</th>
<th>L</th>
<th>M</th>
<th>E</th>
<th>T</th>
</tr>
</thead>
<tbody>
<tr>
<td>3 + 5</td>
<td>8 - 3</td>
<td>4 + 8</td>
<td>8 + 5</td>
<td>17 - 12</td>
<td>22 - 2</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>W</th>
<th>H</th>
<th>E</th>
<th>N</th>
</tr>
</thead>
<tbody>
<tr>
<td>13 + 10</td>
<td>2 + 6</td>
<td>19 - 14</td>
<td>7 + 7</td>
</tr>
</tbody>
</table>

<table>
<thead>
<tr>
<th>B</th>
<th>I</th>
<th>K</th>
<th>I</th>
<th>N</th>
<th>G</th>
</tr>
</thead>
<tbody>
<tr>
<td>16 - 14</td>
<td>3 + 6</td>
<td>14 - 3</td>
<td>18 - 9</td>
<td>6 + 8</td>
<td>3 + 4</td>
</tr>
</tbody>
</table>
The BIKE SMART Song*

Sing to the tune of “She’ll Be Comin’ Round the Mountain When She Comes”

When you’re riding on your bike in sun or rain
Just remember that you only have one brain
You might listen to some fool
Saying "helmets just ain’t cool,"
But remember that you only have one brain.

When you’re riding on your bike next to a friend
Just remember that your friendly chat might end
Underneath a motor car
’Cause one of you was out too far
When suddenly a car came round the bend.

When you’re riding on your bike and want to turn
Just remember all the signals that you learned
Practice “left” and practice “right”
Signal when you stop your bike
Give them lots of warning that you’re going to turn.

When it’s getting dark and you are on your bike
Just remember it’s the law to use a light
At the front and at the rear
Show the world that you are there
When it’s getting dark and you are on your bike.

If you’re riding on your bike in wind and sun
And you feel like pedaling on and on and on
Just remember ev’ry rule
Wear a helmet to be cool
And your spring and summer will be endless fun.

Lyrics by Christine Kirsi, a teacher at Madoc Public School

* The Bike Smart Song is used with permission from Bike Smart, an Injury Prevention Program of Hastings & Prince Edward Counties Health Unit, Healthy Lifestyles Department.