Don't Thump Your Melon.

Wear a Helmet.

Black Hills Rehabilitation Hospital
Rapid City Regional Hospital System of Care

South Dakota
Office of Highway Safety
Department of Public Safety

Sioux Valley
Hospitals & Health System

South Dakota
EMSC
Emergency Medical Services for Children

A Bicycle Safety Rodeo Kit For Communities

South Dakota Department of Public Safety
118 W. Capitol Avenue
Pierre, SD 57501-1700
605-773-4949
AND
South Dakota EMS for Children
1400 West 22nd St.
Sioux Falls, SD 57105-1570
605-328-6668

Don't Thump Your Melon.

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Introduction

"Don't Thump Your Melon"

Hold on, you are about to become one of the "Melonheads." That's a good thing.

The materials in this kit are designed to provide you with tools to instruct and encourage bicycle helmet usage and safe cycling. While it is recognized that similar materials are already available from other sources, this kit is presented in a South Dakota specific context. Sections of the "Don't Thump Your Melon" Rodeo Kit were reproduced with the permission of the Minnesota Community Bicycle Safety Project a program of: 4-H Youth Development, Minnesota Extension Service, and University of Minnesota.

This rodeo kit contains two 7 minute video tapes, both of them Closed Captioned (CC). "Great Places to Ride" explores riding locations in South Dakota and reasons to wear a helmet. "How to Fit a Helmet" explains proper helmet fit and maintenance. Included in the curriculum guide is a survey to be conducted during the rodeo event. As an overall program evaluation tool, the survey is very important. Thank you in advance for your cooperation. For further information or to order more materials please call the **SD EMS for Children 605-328-6668 and ask for the Melonheads "(Don't Thump Your Melon)."**

Thank you for taking the time and interest to use these materials in your community. It has been a pleasure developing and providing them to you.

What is the Problem?

Children represent the segment of the population most likely to be involved in a bicycle accident. On the average in South Dakota, the number of accidents involving cars and bikes is 150 annually. The percentage of those accidents involving 6-13 years olds is 60%, averaging nearly 100 reports. Three-fourths of all bicycling related deaths are the result of head injuries. 85% of all head injuries are preventable when cyclists wear a helmet. We can save lives, not to mention hundreds of thousands of dollars in medical costs and untold suffering for parents and family. Other popular sports also take their toll in head injuries and will increase in proportion to their rise in popularity. In-line skating, skateboarding, rock climbing, and horseback riding head injuries could all be reduced through helmet use.

Reasons for low bicycle helmet use have been identified. Lack of understanding of head injury by parents, by children and the public in general is a primary reason. This is accompanied by a lack of awareness and understanding of helmets and their effectiveness. Many people have never thought of wearing a helmet or never thought it was really necessary. Parents report a helmet isn't necessary because they or their children don't ride in traffic, don't ride very far or ride very often.

Children report they don't wear a helmet because their friends don't think it's cool, they don't own one, or because helmets are uncomfortable to wear, they are expensive or unavailable, or they don't fit well.

The Solution

"Don't Thump Your Melon", a South Dakota Department of Public Safety and SD EMS for Children program, is designed to promote bicycle safety and encourage helmet usage for children. It is designed to graphically demonstrate to parents and children the dangers of not wearing a helmet. With your help it will become a vital part of each child's education.

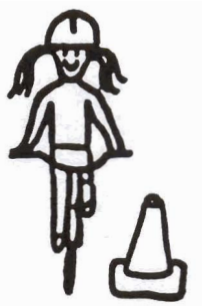
Bike rodeo events are often the main part of a community bicycle safety program. Today's rodeo consists of a driving course designed to simulate actual road situations commonly encountered by bicyclists. It is an effective way to involve parents, teachers and civic and community groups in helping young bicycle riders learn how to ride safely. It is also a fun way for bicyclists of all ages to remain aware of the importance of safe bicycling skills in their communities.

Skills to Be Taught

A bike rodeo skills course should provide a fun and safe environment for bicyclists to learn various skills and practice them until they can drive with confidence and experience. Skills which should be stressed:

- signaling
- scanning for traffic without weaving
- turning
- maneuvering
- entering a roadway safely
- avoiding hazards
- balance
- braking
- helmet safety

The activities described and supported in this curriculum can be used as stand alone projects or integrated with other disciplines. The materials here can be used in conjunction with other programs either existing or planned in your community. PTA's, local law enforcement, Safety Program Officers, EMT's, and private individuals may be planning bike safety events in your community. Don't be afraid to ask who else is involved in your community programs. At the most basic level, all the materials needed for a successful community bike rodeo program are provided in this kit, with the exception of two. You and the children. Thanks for your help.



Getting Started

Form a planning committee. To coordinate a rodeo, it is best to form a committee to help with various tasks and to be volunteers at the event. The committee should also gather after the rodeo to evaluate the program (what went well, what should be done differently for future rodeos), and to write thank you cards to the people who donated time and materials.

Choose a site. You might use a convenient playground, parking lot, or gymnasium for your rodeo site. Once you have selected an appropriate spot, check whether you need permission to use the space.

Solicit sponsors. Ask business people and civic groups in your community to be sponsors for your event. Depending on their resources and ability, they can be asked to help with:

- cost of promotional materials and supplies
- prizes, ribbons, or certificates
- publicity
- refreshments
- volunteers

Recruit volunteers. You will need the help of volunteers throughout the planning process to help with fundraising, purchasing supplies and materials, and developing the course. You will also need volunteers on the day of the event to help set up the course, judge and score the participants, and assist with inspection and registration of bicycles, if included.

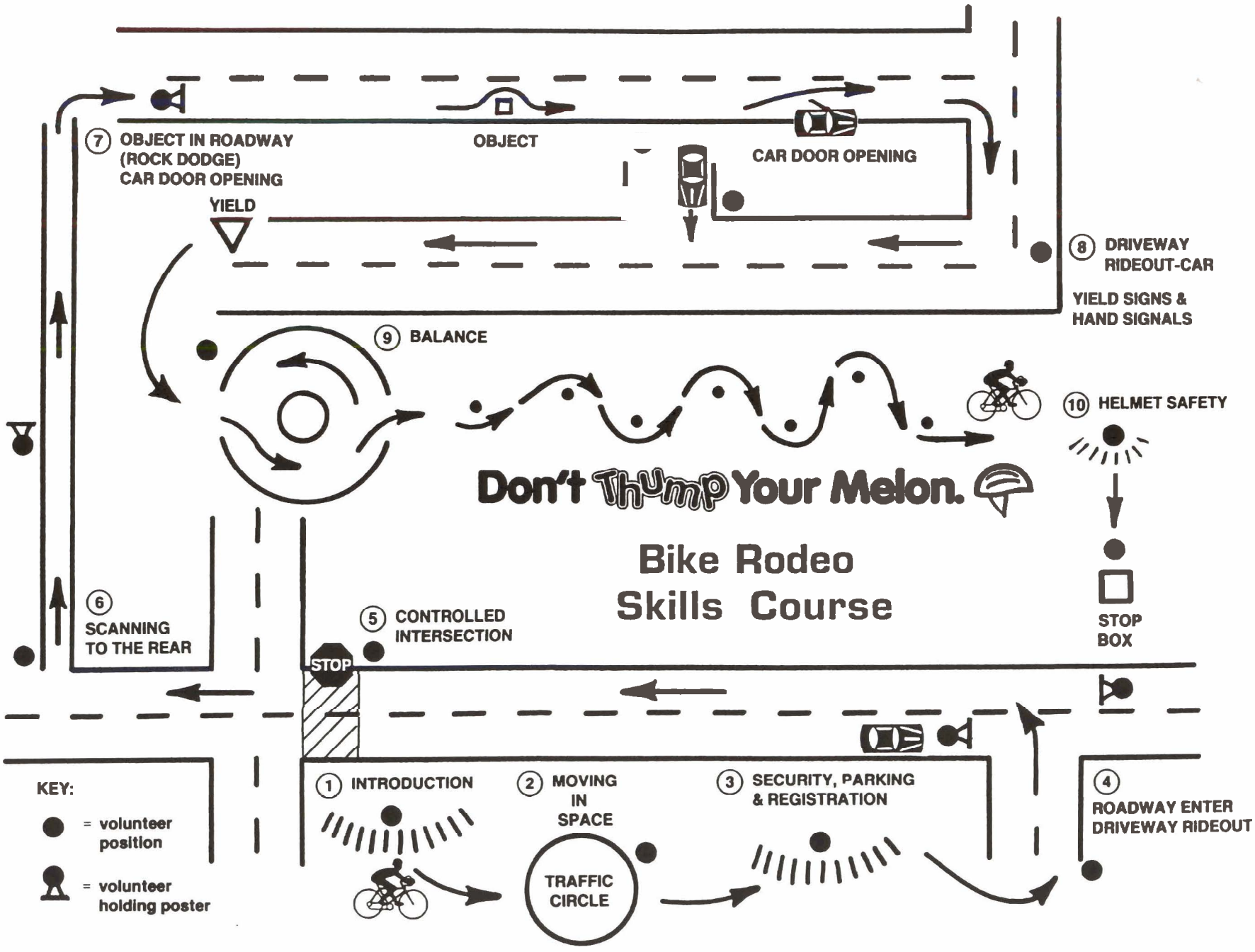
Construct materials. Each volunteer will need a copy of the course layout and scoring instructions. Duplicate the *Bike Driving Skills Test Score Sheet* and the *Bicycle Inspection Checklist* (See pages 29 & 30) back-to-back on heavy stock paper, if possible. A rubber band through a hole punched in the top makes it possible to hang it on the handlebars.

Decide what awards or recognition items you will distribute. You may decide to give each participant a certificate or prize for completing the course. Small prizes such as water bottles, reflectors, leg bands, and coupons for free drinks at fast food restaurants make great prizes. All participants should be acknowledged for their efforts.

Assign a bookkeeper. Someone needs to keep track of the number of participants expected, costs incurred, and donations of time and materials. If this is to be an annual event, this person should write up a brief report as plans progress and tasks are completed - noting what went well and what difficulties were encountered - for use in future years.

Equipment Needed

1. 50' tape measure or yard stick
2. Chalk, tape, or string for lines
3. Stopwatch or watch with a second hand
4. Traffic cones, weighted cans or milk cartons
5. Score sheets and pencils
6. Clipboard for volunteers who will be scoring participants
7. 12" x 12" cards with letter or objects - for scanning exercise
8. Stop sign
9. Cardboard box cutouts (trees, shrubs, others cars, etc.)
10. Sponge or flattened can - for rock dodge
11. Bicycles - participants should be encouraged to bring the one they ride most often
12. Helmets - participants must wear approved bicycle helmets during participation (check into local helmet loaner programs)


7 OBJECT IN ROADWAY (ROCK DODGE) CAR DOOR OPENING
OBJECT
CAR DOOR OPENING
YIELD
8 DRIVEWAY RIDEOUT-CAR
YIELD SIGNS & HAND SIGNALS
9 BALANCE
10 HELMET SAFETY
Don't Thump Your Melon.
Bike Rodeo
Skills Course
6 SCANNING TO THE REAR
5 CONTROLLED INTERSECTION
STOP
STOP BOX
KEY:
= volunteer position
= volunteer holding poster
1 INTRODUCTION
2 MOVING IN SPACE
3 SECURITY, PARKING & REGISTRATION
TRAFFIC CIRCLE
4 ROADWAY ENTER DRIVEWAY RIDEOUT

Station #1 - Introduction/Inspection

Suggested time: 10-20 minutes per group

PURPOSE:

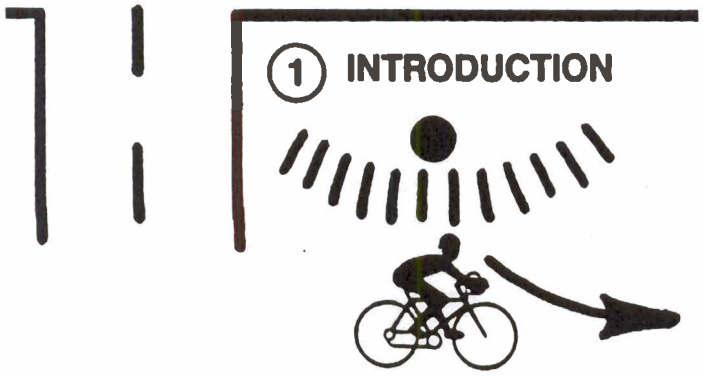
Participants will assemble here, with their bicycles and helmets, to receive overall course instruction. Basic traffic will be reviewed, course layout will be explained, and score sheets will be handed out. A bike inspection should conclude this station.

METHOD:

Refer to Bike Inspection form (on page 30 see other activity section) - A quick and efficient inspection procedure begins with several people making the initial inspection with the participants and their bicycles. Each bike is quickly checked over, with major repairs or problems left to more experienced mechanics. A 'repair station' may be set up to deal with these problems and can be staffed by a local bike shop who can supply the mechanics and tools needed. The most important thing to keep in mind is that the inspection process should be a learning opportunity for the participants. Include the student in the inspection and if repairs are needed, explain what is being done and why. Use the checklist included in this manual and have each participant complete the inspection on their bike. This card can be sent home to parents with recommendations for needed repairs or safety equipment.

OBJECTIVES:

1. To review the course layout.
2. To review traffic rules relevant to bicycling.
3. To inspect each participant's bicycle.



Don't Thump Your Melon.

Station #2 - Moving In Space

Suggested time: 12 minutes

PURPOSE:

Use this station with younger children (8 and under) to introduce the concept of traffic flow and general traffic driving principles. It can be used with bikes as part of the introduction to a bike safety course, or as an indoor option in case of inclement weather without bikes. This station can be used as an overflow, back-up option if there are several groups going through the course. For older children or adults, this station could contain information about commuting, touring, and fitness using activity sheets, hands-on activities or videos.

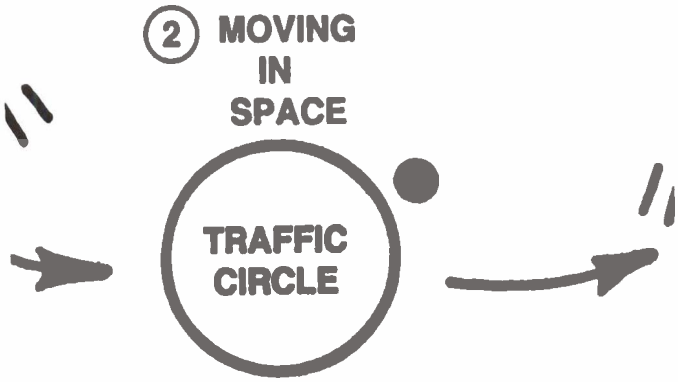
METHOD:

- Draw a circle on a smooth surface, using chalk or tape. Have participants begin walking randomly within the circle, without touching each other.
- After everyone is moving within the circle, instruct them to stop and observe where others are positioned.
- Ask participants to begin moving again, this time running randomly within the circle, again without touching each other.
- After everyone is moving, ask participants to stop, keeping their position and direction.
- Discuss what they observed and felt about their movement within the circle.

  Questions to ask: What is the direction of participants?
  Did a pattern of direction develop?
  What happened as more people entered the circle?
  Did movement (of group or individuals) slow down or speed up?
  Was it difficult to stay in the circle and not bump into others?

OBJECTIVES:

1. Become aware of how much space is needed to move safely.
2. Compare speed and volume to space and mass.
3. Understand traffic principles of driving and movement.
4. Understand the need for rules for safe and efficient traffic flow.



Station #3 - Security, Parking & Licenses

Suggested time: 10-12 minutes

PURPOSE:

Many bikes are lost or stolen each year because they were incorrectly locked, parked illegally, or were not registered. Police officers, bike shop personnel, or bike advocates are good role models to demonstrate and discuss these topics. This station can be used as an additional station to take overload or waiting groups. It can also be done indoors or without bikes (for demonstration purposes).

METHOD:

Display various locks used by bike riders. Using a bike as demonstration, show how to properly lock the bike. The best way to lock a bike is to use a U lock and long cable. Both wheels should be locked, plus part of the frame, to a bike rack or post. Other variations include a padlock and shorter cable (less than 6'). Lock the wheel which is easiest to remove by hand or with small wrench, plus the frame, to a bike rack or post. If a rack cannot be used or is not available, lock the rear wheel and the frame together.

Discuss how to properly and legally park a bicycle. Using a bike rack is the best way to park a bike, but if that is not available, parking and locking the bike to an immovable object is the next option.

To introduce the importance of bike registration, explain how many bikes are stolen in your city each year. Discuss how difficult it is to find a stolen bike. Police don't usually have time to look for stolen bikes, but when they find them they are easier to return if registered. Check with your local police department about issuing bike licenses at this station. It is important that participants know prior to the event that bicycles will be licensed so they can provide the necessary bike description and serial number.

OBJECTIVES:

1. Know how to safely and effectively use a lock and cable to secure a bike.
2. Understand where to park a bike safely and legally.
3. Understand importance of registering a bike.

Station #4 - Driveway Ride-Out & Roadway Entry

PURPOSE:

In a bicycle ride-out collision, the cyclist generally does not look for car traffic and does not slow when entering the traffic stream. Obstructions, such as bushes, parked cars and fences, are factors to consider when approaching from a driveway. Riders need to assess and reassess the traffic flow before entering the roadway as cars are usually coming from both directions. Children often think that if they see the car, the car sees them, which is usually incorrect.

METHOD:

Explain the hazards of roadway entry from a driveway. Discuss the proper way to enter a roadway (check for traffic to the left, then right, and left again). Explain the importance of rechecking in both directions before proceeding.

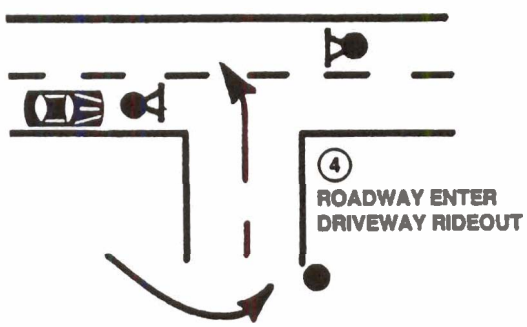
Walk the students to the spot on the road where an approaching car would be visible in a real-life situation. With a bicyclist on the driveway and a shrub and parked car in place, simulate a roadway entry with the bicyclist. Discuss obscured vision and potential crash situations.

Have all students go to the driveway. Two volunteers will hold cardboard cars in both lanes of the road. Tell students that if one of the cars is facing them, that means that the car is coming. When the helper turns the car to the side, that means the car has passed.

Have the students walk their bicycles down the driveway to the roadway entry point. The rider should be ready to ride the bike, either sitting on the bike with feet on the ground or standing over the bike in a ready-to-ride position. Instruct the riders to look left, right, and left. When traffic is clear in the direction to be travelled, the rider proceeds onto the roadway.

OBJECTIVES:

1. Be aware of hazards associated with driveway ride-out and roadway entry.
2. Identify visual hazards that block both driver's views (car and bike).
3. Be able to search and assess traffic conditions before entering the roadway.
4. Demonstrate proper road entry from driveway.



Station #5 - Controlled Intersection

PURPOSE:

Signed or signal intersections are the scene of many traffic collisions involving bicyclists. Bicyclists can contribute to crashes by: using improper hand signals to indicate their movement, not using hand signals, ignoring intersection signage, and illegally passing through the intersection.

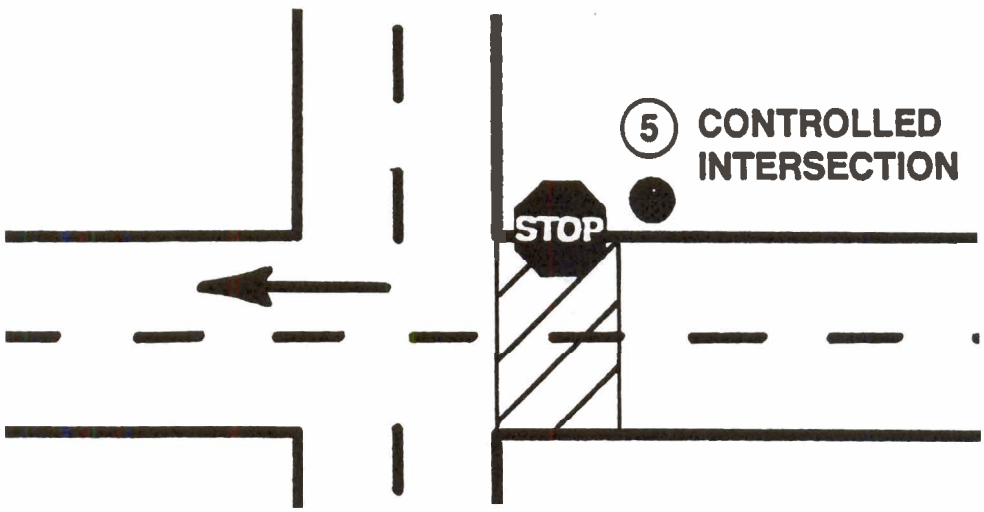
METHOD:

The rider approaches the stop sign or light, makes the appropriate signal, and stops at the intersection. After a thorough search and assessment, following the rules of the intersection signs, the rider proceeds through the intersection. As with Station 4, the student will have to search for the cardboard cars at the intersections.

Stop sign, yield right-of-way, 4-way stop, or lighted intersection can be set up with volunteers using cardboard cars to replicate traffic situations. The instructor will reinforce proper procedures, or correct inappropriate stops, searches, and movement.

OBJECTIVES:

1. Know rules that apply to safe intersection crossing.
2. Demonstrate how to stop, search, and assess for traffic.
3. Use proper hand signals.
4. Demonstrate how to safely and legally proceed through the intersection.



Station #6 - Scanning to the Rear

PURPOSE:

This station emphasizes a critically important skill: looking behind for traffic while biking. Many cyclists have trouble looking back without weaving. Some studies suggest that this causes many of the crashes in which a cyclist turns left unexpectedly into the traffic lane. This is an important lesson for riders of any age. When participants gain confidence with this skill, they will be safer on the roads.

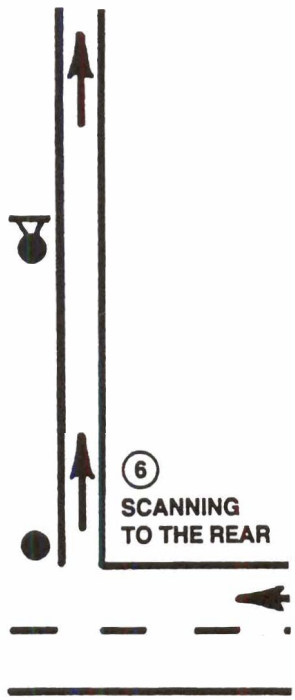
METHOD:

Explain the proper way to scan to the rear while riding. The rider should assess the environment. When it is safe to scan, the bicyclist should turn his/her head to the left, looking over the left shoulder, while maintaining control of the bike. Because of varying road conditions and situations, this skill is important to learn and do well. Participants should be encouraged to practice this skill often.

Cyclists will ride between narrow straight lines. A volunteer holds a card with a letter or number on it and stands behind the rider. As the rider begins to ride between the lines, the volunteer calls out the rider's name. The rider looks to the rear and identifies the card. If possible, do this several times.

OBJECTIVES:

1. Demonstrate proper and appropriate control of bike while looking to the rear.
2. Identify colors or letters on card correctly.



Station #7 - Object in Roadway (Rock Dodge & Car Door Opening)

PURPOSE:

This exercise involves scanning to the rear, control, and balance of the bicycle. Being observant of the traffic environment and riding in a predictable manner is also important. Because hitting a pothole or riding over debris on the road can cause the rider to lose control of the bike and be forced into the flow of traffic, knowing how to avoid a road hazard will prevent many crashes. Being observant and riding at proper speeds will help the rider assess unexpected problems.

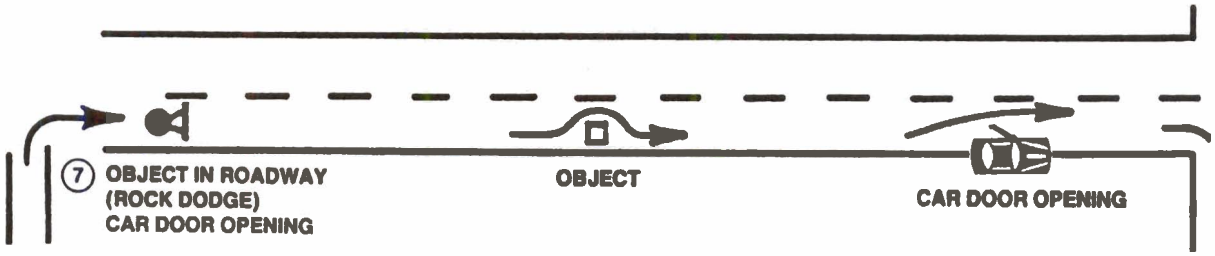
METHOD:

In the Rock Dodge, the cyclist rides along the narrow station lines until the object on the road is seen. At this point the rider begins to scan to the rear and slow down. If it is clear to proceed around the object the cyclist quickly turns to dodge the object. This is accomplished by turning the front wheel one way to avoid the object, turning back the other way to avoid falling, and finally correcting the bike to continue riding down the road. If done properly, the cyclist misses the object with the front wheel but does not swerve more than a foot, staying out of the adjacent traffic flow.

After passing the object, the cyclist watches for the car door opening ahead, rides around it after scanning, and slows down. The cyclist should look to the rear, slow down, move into the adjacent traffic lane, and indicate to the person opening the door that they are approaching.

OBJECTIVES:

1. Be able to assess need to move left in traffic, recognizing the risks involved.
2. Demonstrate a proper scan to the rear.
3. Use proper signals, control the bike and move safely around the object.



Station #8 - Blind Driveway Approach/Yield Signs and Hand Signals

PURPOSE:

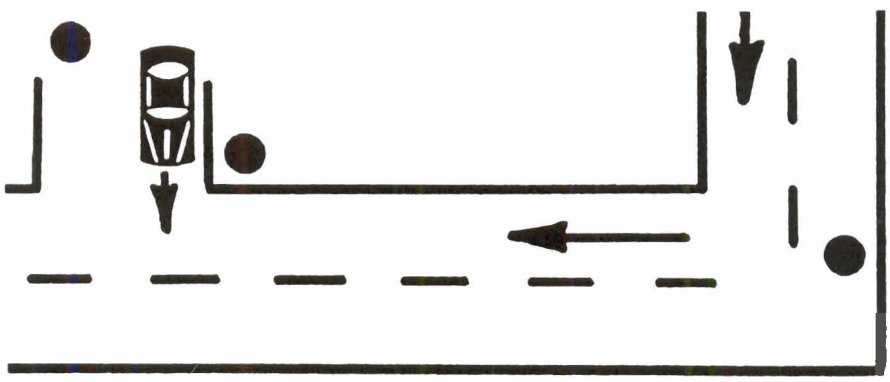
This station places the bicyclist on the road with cars approaching from driveways or hidden roadway entries. The bicyclist, while have the yield of right-of-way, needs to be attentive to approaching vehicles from driveways and be prepared to slow down or stop to avoid collision. Some driveways are visually difficult for both drivers to see each other. As the rider continues through this station, a proper search should be done to complete a legal yield of right-of-way, using the appropriate hand signals to communicate movement through the intersection.

METHOD:

Explain to the participants that as they ride toward the driveway, they should be aware of the car approaching from the driveway. If the car is not moving, the rider should slow down to observe the situation. If the car is entering the roadway, the rider should stop to avoid a collision. If cardboard cars are used, the card facing the rider is an approaching vehicle. If the card is turned to the side, the car is waiting to enter the roadway. The bicyclist should maintain good control of the bike, scan, signal, slow down, or stop as necessary to avoid a crash. As the student continues on the road, hand signals should be used to indicate which way the rider will be turning at the intersection. Rider should slow down, yield to traffic on the right, and proceed through the intersection when it is safe to do so.

OBJECTIVES:

1. To maintain proper control of bicycle by slowing or stopping.
2. To make a proper search for cars in a driveway.
3. To use appropriate hand signal to indicate what action will be taken.
4. To make a proper yield right-of-way at an intersection.



⑧ DRIVEWAY RIDEOUT-CAR

YIELD SIGNS & HAND SIGNALS

Station #9 - Balance/Quick Stop

PURPOSE:

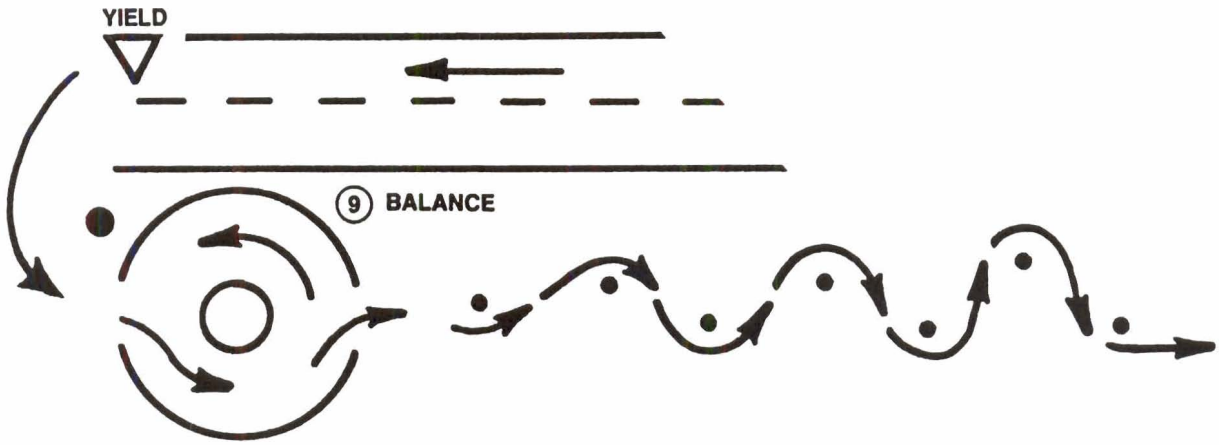
Balance and control of the bicycle are important skills that are acquired early. Yet they can cause serious problems if the rider does not learn proper control and balance in a variety of traffic situations requiring quick thinking and action. In earlier rodeos, the "figure 8" most closely represented this road skill. Be sure to explain to the students the transfer of this activity to street riding.

METHOD:

Have the students enter the orbit, circling it once or twice. They should stay within the boundaries, maintain control of the bike and keep hands and feet on bars and pedals. After they finish with the circle, they should exit and weave through the cones, again maintaining proper control and balance. The distance of straight line to the stop box should be long enough for the rider to gain speed and then quickly stop.

OBJECTIVES:

1. To maintain proper control of the bicycle while maneuvering it around a circle and through cones.
2. To be able to stop the bicycle safely within a prescribed distance and speed.



Station #10 - Don't Thump Your Melon - Helmet Safety

PURPOSE:

Three-fourths of all bicycling related deaths are the result of head injuries. Eighty-five percent of all head injuries are preventable when cyclists wear a helmet. We can save lives, not to mention hundreds of thousands of dollars in medical costs and untold suffering for parents and family. This section is designed to put helmets on children, properly fit the helmet and to demonstrate to children the dangers of not wearing a helmet.

METHOD:

Play video tape "How to Fit a Helmet" (video in kit). Pass out "Don't Thump Your Melon" brochures. Discuss. Note helmet position graphics.

"What do we mean by snug and level fit?"

If you have helmets pass them around. Show a demonstration on how to fit a helmet to a child.

"How do we adjust the straps for a snug and level fit? What are the foam pads inside the helmet for? How do they help us fit the helmet? How do we clean and care for our helmets? When should we replace our helmets?"

"How many will be wearing their helmets every time they ride a bike? TERRIFIC! Now let's have some fun."

Conduct selected activities.

OBJECTIVES:

1. To be aware of how to prevent head injuries.
2. To demonstrate proper fitting of a helmet.
3. To identify what to look for when buying a helmet.

TIMING:

30-45 minutes.

Don't Thump Your Melon.

Bicycle Survey

Survey Instructions

The South Dakota Department of Health believes that increasing bicycle helmet usage among children will reduce incidents of head and brain injury. As a result, the "Don't Thump Your Melon" Program has been prepared for use in communities statewide. The regular collection of data relative to helmet usage from children will prove an essential tool in evaluating the effectiveness of this program. Your assistance in collecting the data is crucial. Please take a minute to review these simple instructions and complete the survey at your community bike rodeo. Please make a copy of the survey form (Bicycle Survey) and return the original to the activities section.

Facilitator records the number of male and female children present at the bike rodeo and reads each question aloud asking children to raise their hands if the answer is "yes". Facilitator or volunteer then counts and records the number of males and females who raise their hands to each question. The entire questionnaire takes less than five minutes to complete. Please return the survey form to: Don't Thump **Your Melon, South Dakota EMS for Children, 1400 West 22nd Street, Sioux Falls, SD 57105-1570.**

NOTES: Discussion among children about helmet usage before they have responded will contaminate the results and should be avoided. Surveys are NOT to be distributed to children. Questions must be asked by the facilitator. No individual child can be identified with any answer. The facilitator simply counts the number of males and females who raise their hands indicating a "yes" response to each question.

Thank you again for your cooperation.

Bicycle Survey

Survey

Thank you for taking the time to assist us with collecting valuable data enabling us to better evaluate the success of our bicycle safety program statewide. When completed please return this form to:

Don't Thump Your Melon
South Dakota EMS for Children
1400 West 22nd Street
Sioux Falls, SD 57105-1570

City _____ County: _____ Zip: _____

Your initials: _____ Date: _____

How many children participated in the rodeo today? _____ Male: _____ Female: _____

For each question record the number of females and males who raise their hands to answer yes.

1. Do you use the proper hand signals when turning to communicate to drivers? #___m/ #___f
2. Do you ride in single file with traffic, not against it? #___m/ #___f
3. Do you own a bicycle or do you have access to one you can ride from time to time? #___m/ #___f
4. Did you ride a bicycle any time in the past month? #___m/ #___f
5. When you rode a bicycle during the last month, did you wear a helmet:
   Every time? #___m/ #___f
   Sometimes? #___m/ #___f
   Never? #___m/ #___f
6. Do you own a bike helmet? #___m/ #___f
7. If not, is there a helmet you can use? #___m/ #___f
8. Did you ride a bike to school today? #___m/ #___f
9. If you did, did you wear a helmet? #___m/ #___f
1. If you do NOT own a helmet now, and if someone bought you one, would you wear it? #___m/ #___f

Organizer:

11. Was the Rodeo Kit easy to use? ___ Yes ___ No
12. Did the Rodeo Kit help children to understand the importance of bicycle and helmet safety? ___ Yes ___ No
13. Please make any comments or suggestions you might have on the Rodeo Kit:_____

_____

Comments you would like to add:

_____

_____

Plan For Rain, In Case It Pours!

Rainy Day Activities:

Bad weather, especially rain, could cancel your outdoor activities. You may want to schedule a 'rain day' - another day to hold your event. If scheduling a make-up day is impossible, or you find yourself with a group of children and a rainy day, the following activities may help:

1. Videos: "Great Places to Ride" & "How To Fit a Helmet" (location kit)
2. Match the Bike Part and the Letter - Have the children do the worksheet and compare answers with one another.
3. Find the Hazards worksheet - Give the children time to find the hazards. Ask them to name the hazards they found and ways to avoid them.
4. Spoke Questions - This game can be used with any size group, any age group and for any length of time.
5. Bicycle Safety Quiz - A short activity to test your group's understanding of safe bicycling rules. Give it at the beginning of your activity, at the end, or as a fill in while other activities are taking place.
6. Word Find - Find the words that describe parts of the bicycle.
7. Bike Rodeo Skills Course
8. Inspection Checklist - Have the children check their own bikes using this checklist.
9. Bike Jeopardy - Played like the TV game. May be played in teams. Answers need to be stated in the form of a question. Here we suggest four (4) categories: Traffic Safety, Bikes, Helmets, South Dakota on Two Wheels. A short list of suggested questions is offered for your consideration. Feel free to expand on this list, have children suggest new categories (Bike Racing, Famous Bike Brands, Local Bike Developments etc.) with questions/answers to match.
10. Roving Report - Prepare a questionaire asking people about bike safety.
11. BIKES Bingo - BIKES Bingo is played like regular Bingo. The object of the game is for children to recognize traffic signs for their function by color and shape. For instance, all regulatory signs are red. The word "red" in the octagonal shape under "B" will be called for by drawing and calling the tear sheet for "B Regulatory", and the octagon under "B" can be crossed off. All the playing cards are the same; as a result several in the class may win BIKES at the same time.

    Copy each game card so each child will have one. Copy the tear sheet, cut into strips so each letter of "BIKES" has one sign quality, place them in a container and draw them at random. After winning BIKES Bingo congratulate the children and review the signs, shapes and purpose one more time as you validate the winning cards out loud with the whole group.

    OPTION: Feel free to reconstruct the game card to provide each child with a unique array of signs constant with regular BINGO.

NOTE: These activities can be used if there is lag time due to the number of participants or the timing of events.

Road Rules

Overview:

The purpose of this lesson is to introduce children to basic traffic laws of bicycle driving, how to communicate in traffic and how to interpret road signs. The activities included are: Roving Reporter, Bikes Bingo and Bike South Dakota. Guests may include a police/safety officer and/or an experienced, mature bicycle rider.

Teaching Materials needed:

Video: "Great Places to Ride" (Location: kit)

Equipment: VCR and monitor

Print: "Road Rules" handout (see page 19A)

Optional: AAA "Bicycling is Great Fun" and AAA "Bike Basics", available from AAA South Dakota, 1300 Industrial Ave., Sioux Falls, SD 57117-5035.

Worksheets: As determined by activities selected. Bike Helmet Survey (see pages 16 & 17), Roving Reporter handout (see page 35), BIKES Bingo: one playing card for each child, tear sheets (see pages 18 & 36-37). Guest: Police/safety officer; experienced, mature bicyclist.

Goal:

Familiarize children with traffic regulations, signage and traffic communication skills.

Objectives:

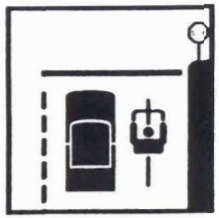
Children will understand bicycling as one of many forms of transportation.

Children will be able to identify standard traffic signs as to their purpose by color and shape.

Children will learn about great places to ride in South Dakota, the need for and the basics of helmet fit.

Timing: 30-45 minutes.

ROAD RULES



Obey all Regulatory Signs and Traffic Lights.

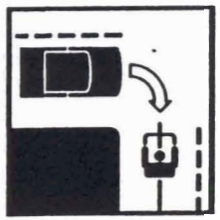
Bicycles must be driven like other vehicles if they are to be taken seriously by other drivers.

Choose the Best Way to Turn Left.

You can do it the way a car does: look, signal, move into the left lane and turn left. Or you can do it like a pedestrian: ride straight to the far-side crosswalk, then walk your bike across.

Avoid Road Hazards.

Watch out for sewer grates, glass, debris, oily pavement, gravel and ice. Cross railroad tracks and speed bumps carefully at right angles.



Ride on the Right.

Always ride on the right with the flow of traffic. Motorists are not looking for bicyclists riding on the wrong (left) side of the road.

Do Not Pass on the Right.

Motorists do not expect a bicyclist to pass on the right, and they may not see you. Pass on the left side of vehicles.

Ride a Well Equipped Bike.

Be sure your bike is adjusted to fit you properly. Outfit it with a water bottle, reflectors, tool kit, fenders and bike bags. Always use a strong headlight and tail light at night and when visibility is poor.

Use Hand Signals.

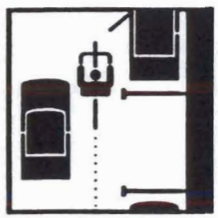
Hand signals tell motorists what you intend to do. For turn signals, point in the direction of your turn. Signal as a matter of courtesy, safety and as required by law.

Go Slow on Sidewalks and Bike Paths.

Pedestrians have the right-of-way. Give them an audible warning when you pass, such as "On your left." When you cross a driveway or intersection, slow to a walker's pace and look very carefully for traffic, especially vehicles turning right on a green light.

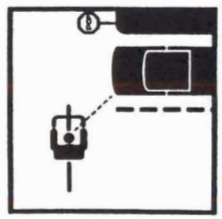
Dress Appropriately.

Wear your helmet every time you ride your bike. Wear light color clothes at night. Bright clothes aid visibility. Dressing in layers allows you to adjust for temperature changes.



Ride in a Straight Line.

Ride in a straight line whenever possible, to the right of traffic, but one car door width away from parked cars.



Watch for Cars Pulling Out.

Make eye contact with drivers. Assume they do not see you until you are sure they do.

Lock your Bike.

Buy the best locking system you can afford: none is as expensive as a new bike. A U-shaped high security lock is best. Lock the frame and the rear wheel to a fixed object. If you have a quick release, lock the front wheel, too.

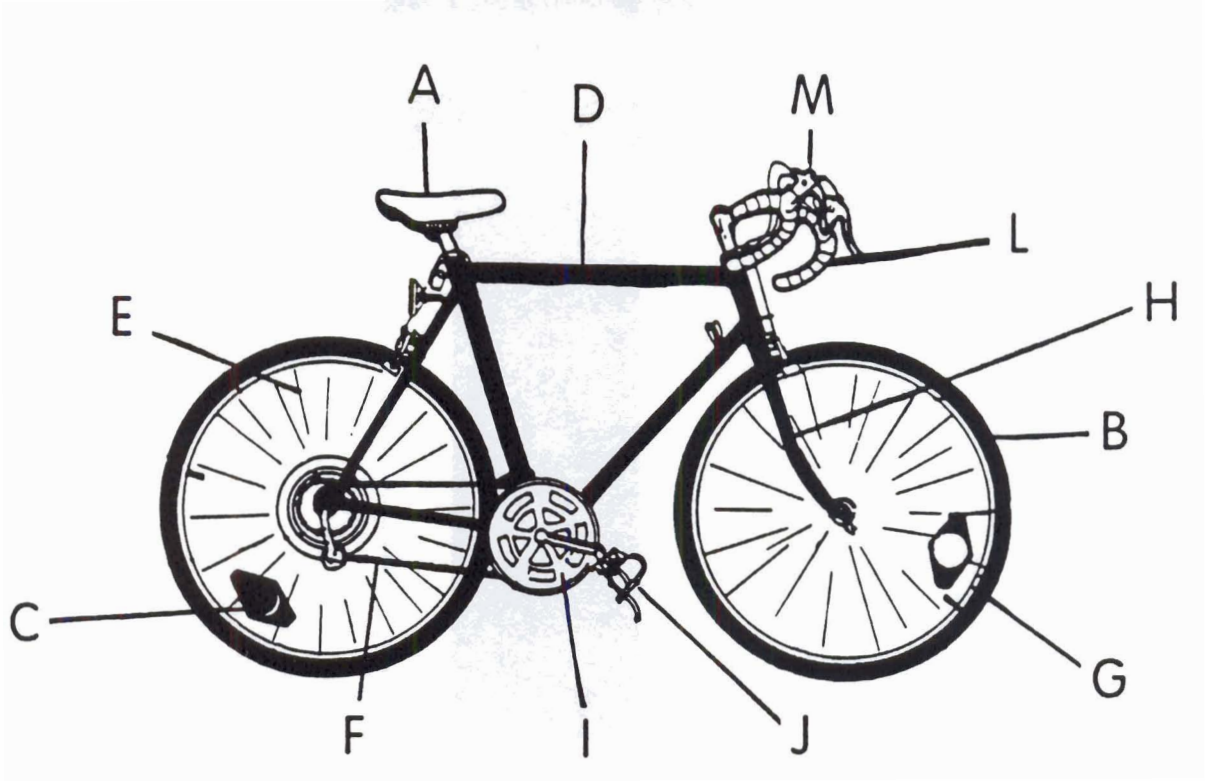
Scott Dixon

Department of Public Safety
AND
EMS for Children

Don't Thump Your Melon.

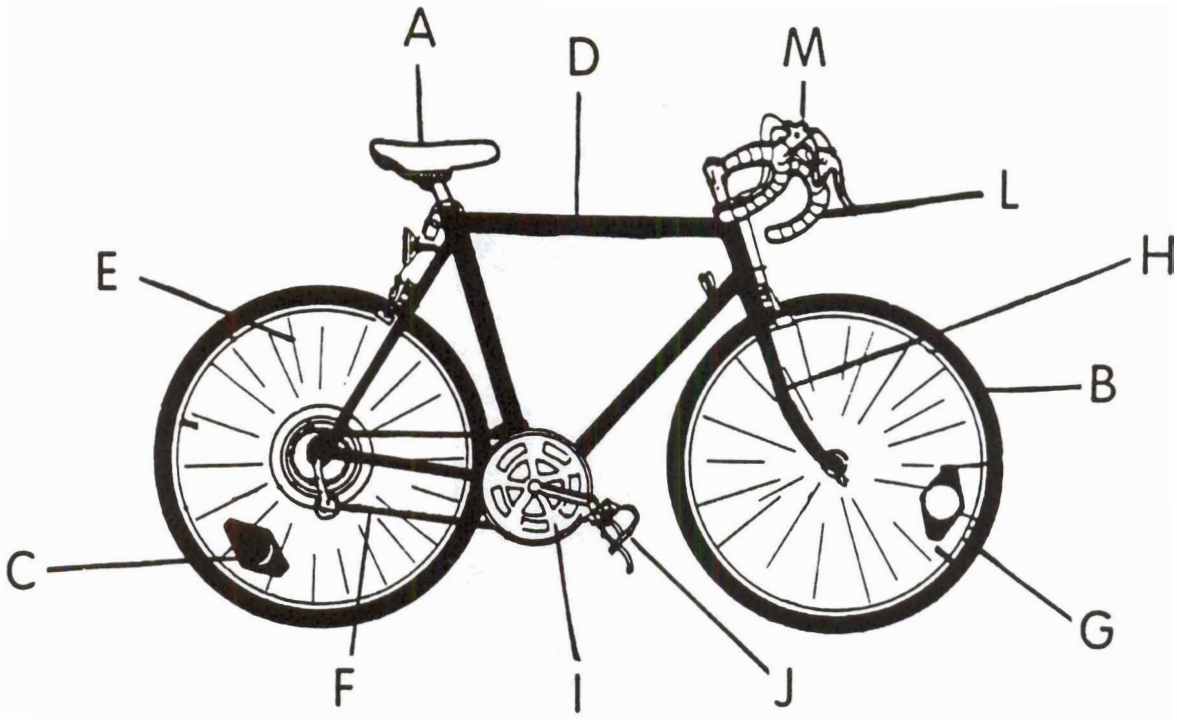
"Parts is Parts"

Match the bike parts to the letter.

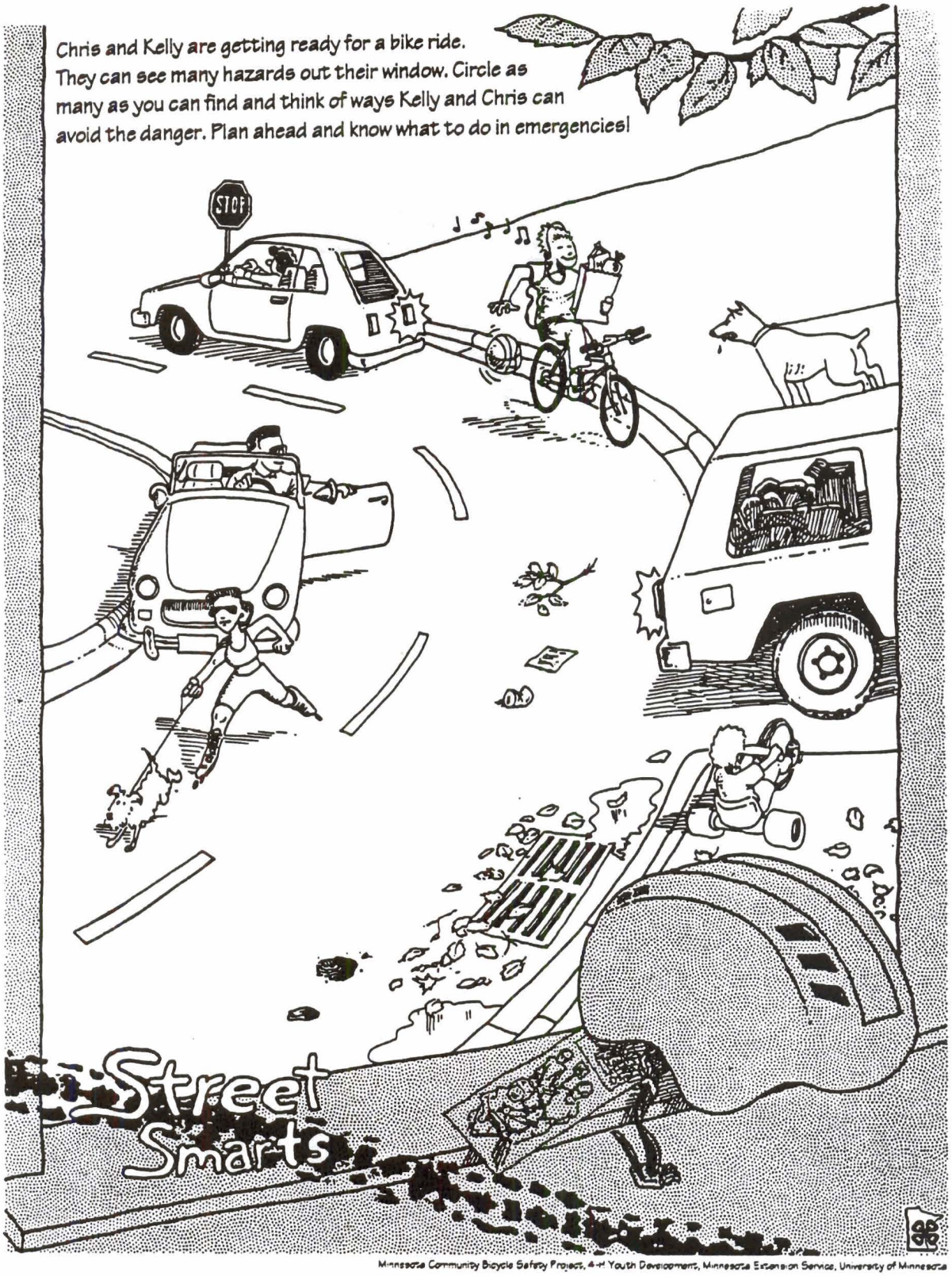


____ Frame	____ Fork
____ Saddle	____ Rim
____ Reflector (Rear)	____ Handlebar
____ Tire	____ Chain
____ Spoke	____ Brakes
____ Pedal	____ Cranks

"Key"



D	Frame	H	Fork
A	Saddle	G	Rim
C	Reflector (Rear)	L	Handlebar
B	Tire	F	Chain
E	Spoke	M	Brakes
J	Pedal	I	Cranks



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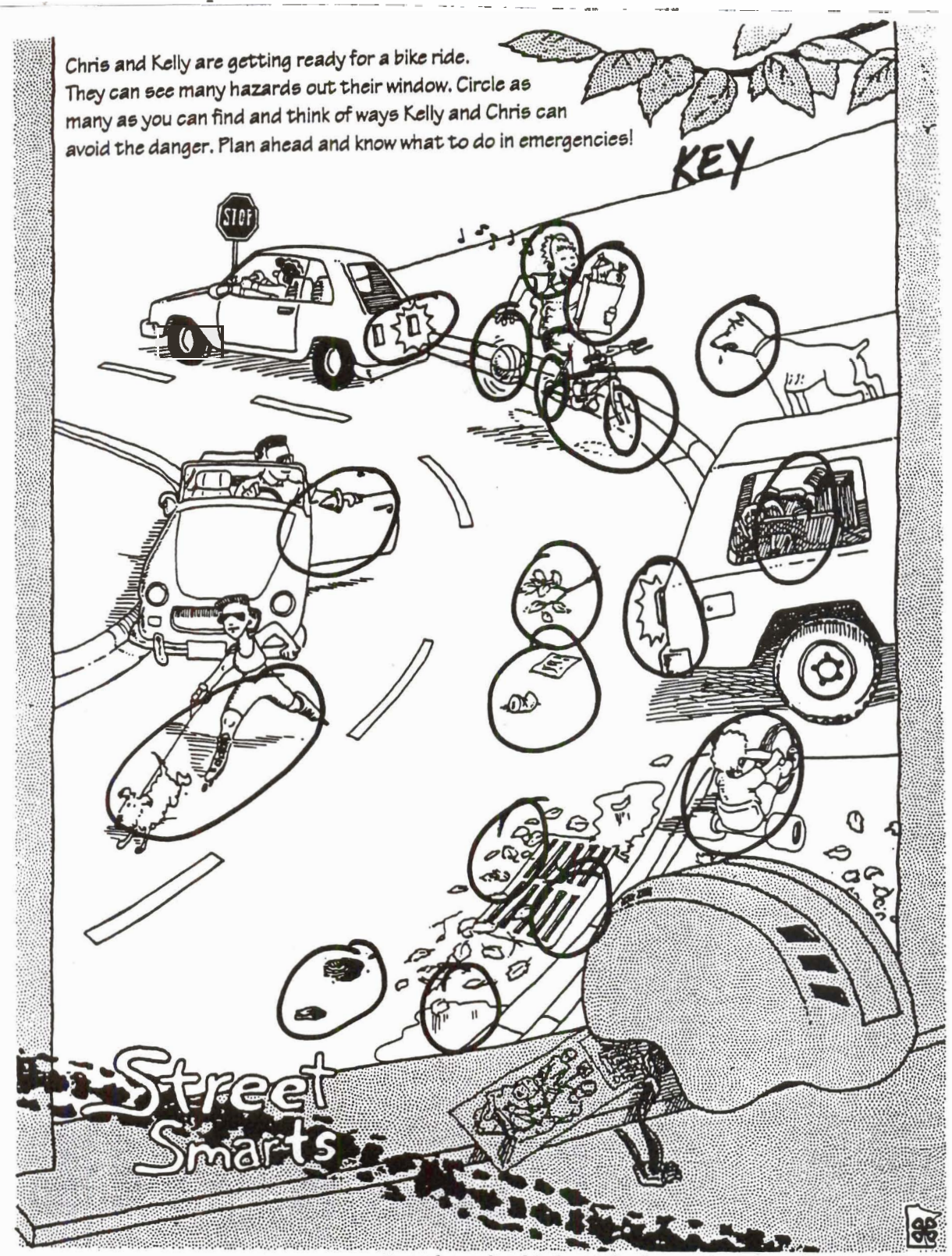

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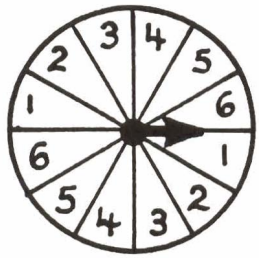
Spoke Questions

Purpose:

To teach and test knowledge of traffic laws which govern bicycle driving.



Age:

Elementary grades 2-6

Materials:

Wheel divided into 12 parts with a spinner
(A real bicycle wheel mounted vertically works well.)
Questions cards*
Chalkboard and chalk or flipchart and marker for keeping score.

Activity Description:

Divide the group into two or three teams. Choose an independent scorekeeper and an independent MC who asks the questions (the leader may wish to do this). Each team must order their players and keep this order throughout the game. To determine which team starts, have the number 1 player from each team spin for starting. The lowest number starts.

Start the game by having the starting team's first player spin. The number spun determines the number of points the team receives for a correct answer. If the first team misses, the same question goes to the next team, etc.

The game continues, alternating teams, until each team has had the same number of turns and/or the cards run out. The scorekeeper totals the scores to determine the winning team.

Variations:

1. Cards could be numbered so that difficult questions correspond to higher numbers.
2. Instead of individuals answering questions alone - they could caucus with their teammates and come up with a team answer. This might work well with a smaller group and more subjective and technical questions.
3. Older children could prepare the game for younger children.

*The question cards on the next page can be copied and/or new ones can be made.

T or (F) Young bicyclists should drive facing automobile traffic.

T or (F) Is there a state bicycle registration fee? (Local jurisdiction may require a fee).

T or (F) It is okay to drive at night without lights if you are close to home.

(T) or F It is legal to ride 2 abreast on South Dakota roads.

(T) or F It is against the law for a bicyclist to run a stop sign in South Dakota.

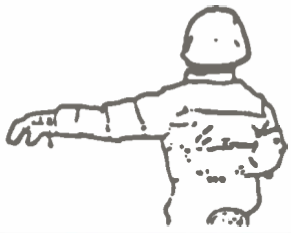
(T) or F Bicyclists can be given tickets for traffic violations in South Dakota.

T or (F) In South Dakota it is illegal to drive bicycles on freeways and interstate highways.

T or (F) Bicycle accident victims can be identified by their South Dakota bicycle registration sticker.

Demonstrate a stop signal.

Demonstrate a left turn signal.



Demonstrate a right turn signal.

(T) or F Bicyclists have the same rights and responsibilities for South Dakota traffic laws as drivers of automobiles.

Bicycle Safety Quiz

T	F	1.	Bicycle riders must obey traffic laws, signs and stop lights the same as motorists.
T	F	2.	Bicycle riders should ride on the right hand side of the road.
T	F	3.	It is all right to "hitch a ride" on a truck or other motor vehicle as long as the driver gives permission.
T	F	4.	Bicycle riders should give hand signals before turning and stopping.
T	F	5.	If there is a bicycle path, you may use either the path or the right side of the road.
T	F	6.	A passenger may be carried on the crossbar of a bike.
T	F	7.	Bicycle riders must obey posted speed limits.
T	F	8.	The most important thing to consider when buying a new bike is the color.
T	F	9.	A bicycle rider must yield the right of way to motorists when entering or leaving a driveway.
T	F	10.	Hand signals should be given until the turn is completed.
T	F	11.	A bicycle seat is at the right height when the leg is slightly bent and the pedal is in the lower position.
T	F	12.	Riding alongside parked cars is dangerous only on busy streets.
T	F	13.	Bicycles are required by law to be equipped with a rear red reflector. And when ridden at night, they must have a white headlight and an optional red tail light.
T	F	14.	A bicycle should be checked often for mechanical defects.
T	F	15.	It is OK to just slow down, look and keep going through a stop sign.
T	F	16.	Children on small bicycles are hard for motorists to see.
T	F	17.	Bikers have the right of way on sidewalks and crosswalks.
T	F	18.	Riding "no hands" is OK if you are a good rider.
T	F	19.	Brakes are not necessary on a bike, your feet will make you stop safely.
T	F	20.	The bike rider usually causes the accident.

Choose One Answer

21. Which of the following is not a safe riding technique?
    a. Signaling your turns
    b. Riding on the right side of the road
    c. Riding with no hands on the handlebars
    d. Looking both ways at intersections

22. What should you do if a dog is chasing you?
    a. Swerve to the left side of the road
    b. Pedal as fast as you can
    c. Yell, "no bad dog"

23. Railroad tracks should be crossed without slowing down.
    a. True
    b. False

24. Riding on the right side of the road means
    a. Riding on the right half of the street outside of the sand, glass and gravel
    b. Riding right next to the curb.

25. Using a lock and chain when leaving your bicycle is necessary:
    a. Only if it is a crowded place.
    b. If you see a bike thief standing around.
    c. Any time you leave your bicycle unattended.
    d. Even when you are riding your bicycle.

Bicycle Safety Quiz KEY

(T)	F	1.	Bicycle riders must obey traffic laws, signs and stop lights the same as motorists.
(T)	F	2.	Bicycle riders should ride on the right hand side of the road.
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(T)	F	9.	A bicycle rider must yield the right of way to motorists when entering or leaving a driveway.
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    (c) Any time you leave your bicycle unattended.
    d. Even when you are riding your bicycle.

Name _____

BICYCLE

Find these bicycle terms in the word search puzzle. The words in the puzzle may appear horizontally, vertically or diagonally and forwards or backwards.

C E C A N K L I N G M P Y K S L S A

A O E D K Z G O R K A E P M P Z I D

D A D J B R A K E S I A O I R R B J

E F L U D C K B J M N C S P O K E S

N P N S E N U L F Y T E T C C I A N

C J R T S T C D R S A L U B K Q R B

E B J I H X O Q W C I D R P E U I C

A L B N V D B A L A N C E W T M N T

I U O G R E C H C B I G O M I U G E

I B I B N C T O U L N N V R O U S E

T R C K I A J H I E G E U F R I V O

C I W B A N K L E S W Z M J W Q S Y

K C J U H A N D L E B A R S R I T E

R A V A C A L I P E R S A X E B H O

V T K L O V E N O O L B T N F U P M

O E Z A G Y O G I O B S T A C L E S

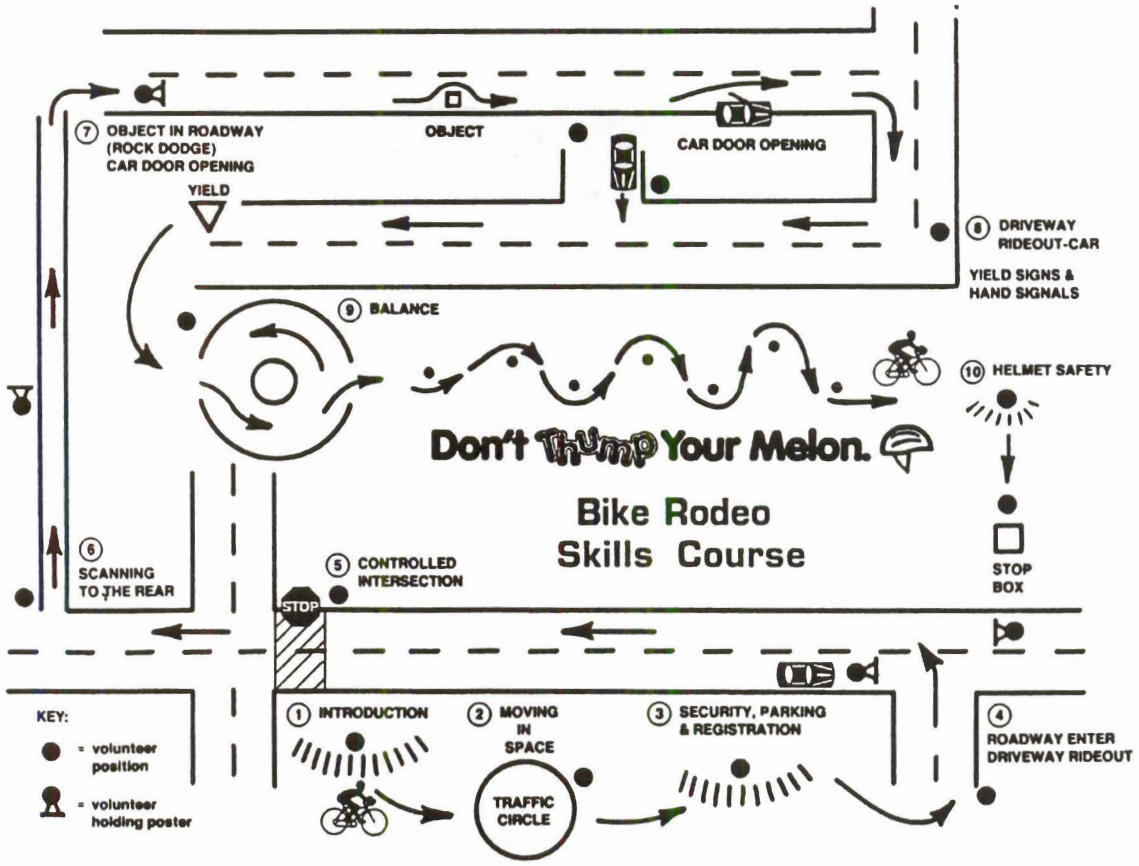
Adjusting	Cables	Hub	Rim
Ankling	Candence	Lubricate	Rivet
Balance	Calipers	Maintaining	Spokes
Bearings	Chain	Obstacles	Sprocket
Brakes	Handlebars	Posture	Tube

BIKE DRIVING SKILLS TESTS

Name _____ Date _____

Age _____ County _____ Scorer _____

TOTAL SCORE _____



Score each of the following items. There are 105 points possible with the extra 5 bonus points.

Name _____ Age _____ Date _____ Event _____

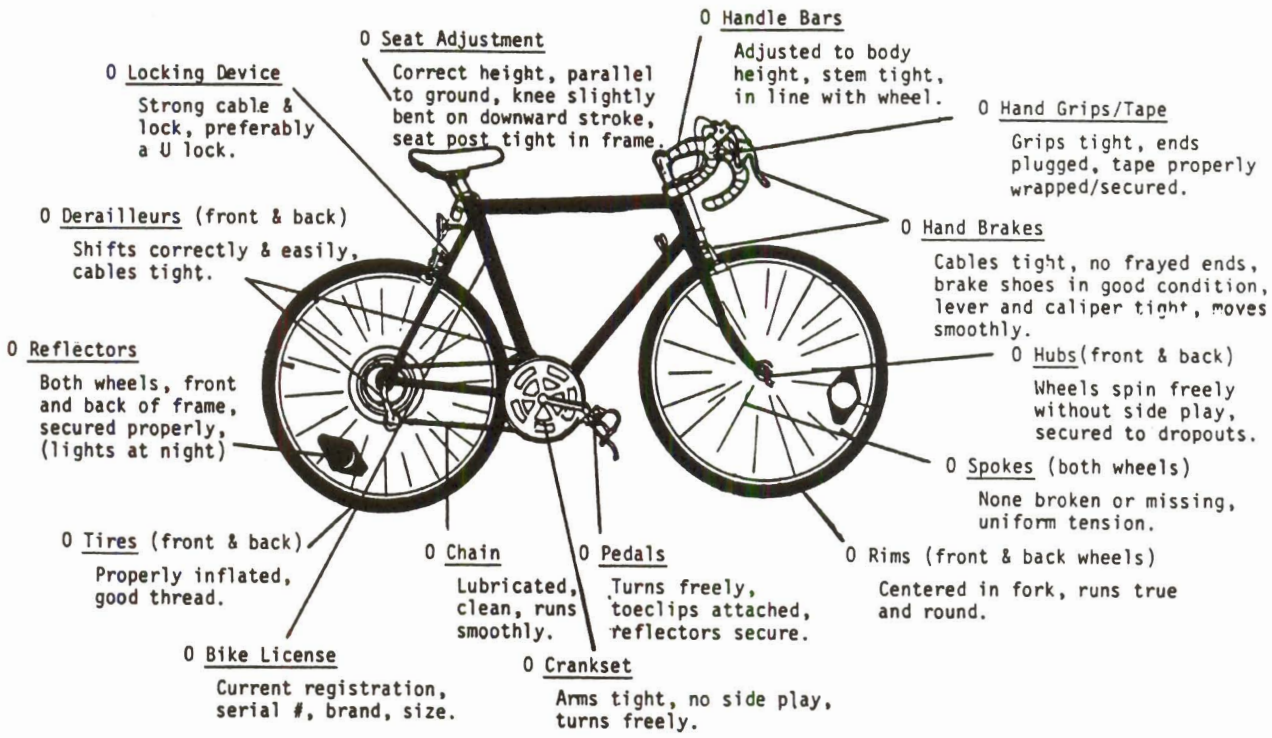
SCORE

1. Stations 1-3
   Understanding the importance of bike inspections, licensing & flow of traffic _____ (5 pts.)
2. Driveway Ride - Out & Roadway Entry
   Check for traffic (look left, right, left) _____ (5 pts.)
   proper signal _____ (5 pts.)
3. Controlled Intersection
   proper signal _____ (5 pts.)
   stop before crosswalk _____ (5 pts.)
   checks before proceeding _____ (5 pts.)
4. Scanning to the Rear
   Looking ahead _____ (1 pts.)
   Looking behind _____ (1 pts.)
   Slow or stops for traffic _____ (1 pts.)
   Dodging grate and rocks _____ (1 pts.)
   No swerving _____ (1 pts.)
5. Object in Roadway
   Hit no rocks _____ (5 pts.)
   No touching lines or foot on ground _____ (5 pts.)
   Stayed in lines _____ (5 pts.)
   Correct response _____ (5 pts.)
   No swerving _____ (5 pts.)
6. Blind Driveway Approach/Yield signs
   Proper signals _____ (5 pts.)
   Slows or stops for cars _____ (5 pts.)
   Check behind _____ (5 pts.)
   Make a proper yield right-a-way _____ (5 pts.)
7. Balance Quick Stop
   Maintain proper control of the bike _____ (5 pts.)
   No touching lines or foot on ground _____ (5 pts.)
   No early stop _____ (5 pts.)
   Slow balance - 30 seconds or more _____ (5 pts.)
   Score _____ /100
8. 5 Bonus points for
   Helmet Safety
   Snug and level fit of the helmet _____ (5 Bonus pts.)
   _____ Total Points

Name _____ Date _____

Age _____ School/Club _____ Inspected by _____

Bicycle Inspection



Check List

	Needs Repair	OK
Brakes		
Cable tight		
Brake Shoes		
Levers		
Calipers		
Drive Train		
Cable tight		
Shifts correctly		
No side play		
Spins freely		
Front Wheel		
Rims true & round		
Spokes missing/loose		
Tire tread		
Air pressure		
Secured safely		
Safety Features		
Proper reflectors		
Headlight (for night riding)		
License		
Lock & cable		
Helmet		
Chain		
Clean		
Lubed		
Handlebars, Seat		
Adjusted correctly		
Attached securely		
Headset moves freely		
Tape/grip properly attached		
Rear Wheel		
Rims true & round		
Spokes missing/loose		
Tire tread		
Air pressure		
Secured safely		
Optional Equipment (check general condition)		
Bike bags		
Tool Bags		
Frame pump		
Lock		
Helmet		
Proper size		
Proper fit		

Bike Jeopardy

Category One: Traffic Safety

A: Never make one from the left lane.
Q: What is a right hand turn ?

A: Always with the flow of traffic.
Q: What is the best way to ride ?

A: Always on the right.
Q: What side of the street should you ride on ?

A: A bell, lights, reflectors, bike bag, fenders, racks and a proper fit.
Q: What is a well equipped bike ?

A: A left arm held straight out.
Q: What is a left hand turn signal ?

A: A left arm bent up at the elbow, or a right arm held out straight.
Q: What is a right hand turn signal ?

A: Like a pedestrian.
Q: What is walking your bike in a crosswalk for a left hand turn ?

A: Look, signal, move to the left and turn.
Q: What is making a left hand turn like a car ?

A: Look 'em right in the eye.
Q: What is eye contact ?

A: Look backwards over your shoulder every now and then without swerving.
Q: What is scanning the road behind ?

A: Sewer grates, broken glass, pot holes, oily spots, wet leaves, gravel and ice.
Q: What are road hazards you should avoid when riding ?

A: Slowly and at ninety degrees.
Q: What is the best way to cross railroad tracks on a bike ?

A: " On your left."
Q: What should you say when passing a pedestrian.

A: U-shaped, high security and good advice.
Q: What is a good bike lock ?

A: Aware of traffic, avoiding hazards, riding with the flow.
Q: What is driving defensively ?

A: Scan left, look right, then left again.
Q: What is the best way to enter the street from a drive way ?

Bike Jeopardy

Category Two: Bikes

A: Two of them for your feet.
Q: What are pedals ?

A: On the wheels and on the front and back of the frame.
Q: What are bike reflectors ?

A: This part connects the chain ring with the free wheel.
Q: What is the chain ?

A: Clean and lightly oiled.
Q: What is the best condition for your chain ?

A: If this were a car, this would be the steering wheel.
Q: What is the handlebar ?

A: Not too high, not too low, not too narrow, not too wide.
Q: What is a bike seat ?

A: It determines what kind of bike you are driving.
Q: What is the frame ?

A: Rims, spokes, tires and hubs and reflectors.
Q: What are the parts of a wheel ?

A: Coaster or Levers apply these gently.
Q: What are brakes ?

Bike Jeopardy

CategoryThree:Helmets

A: They let out heat and keep your head cool.
Q: What are helmet vents ?

A: Snell, ANSI and ASTM.
Q: What kind of sticker should be on the inside of your helmet.

A: Oregon, California, Tennessee, Maryland, Georgia, Pennsylvania, Connecticut, Rhode Island, Delaware, New Jersey.
Q: What are some states that require you to wear a helmet on your bike ?

A: Has a buckle and can be adjusted to keep your helmet snug on your head.
Q: What is a chin strap ?

A: These should form a "Y" around your ear.
Q: What are the temple and nape straps ?

A: Removable, thick and thin, washed with clear water.
Q: What are the foam lining pads inside the helmet ?

A: With this on, you can reduce your chance of serious head injury 85 %.
Q: What is a helmet ?

A: Football, hockey, rock climbing, skateboarding, In-line skating, spelunking, baseball bicycling.
Q: In what sports do participants wear helmets ?

A: Not on the back of your head, not on your brow, not tilted left or right.
Q: What is the correct position for a helmet to be worn ?

Bike Jeopardy

Category Four: South Dakota on Two Wheels.

A: Deadwood to Edgemont.
Q: What is the beginning and end of the Mickelson Trail?

A: Built in 1977 this could be the state's first paved bike path.
Q: What is the Sioux Falls Recreational Trail ?

A: With thirteen miles paved and some in gravel this path goes around town.
Q: What is the Sioux Falls Recreational Trail ?

A: From Bear Butte to Wind Cave Park this 111 mile trail for hikers, horses and bikes was built to celebrate our statehood.
Q: What is the Centennial Trail ?

A: When the Burlington Northern Railroad abandoned the line in 1983, this governor was a strong supporter of building a bike trail on the old railroad bed.
Q: Who was Governor George Mickelson ?

A: Through the city and out to Farm Island this twelve mile trail is nice and level.
Q: What is the Pierre bike trail ?

A: Horse trails work great for mountain bikes in these two state parks.
Q: What are Newton Hills and Sica Hollow ?

A: Six miles of trail along the Missouri and four more into town make this trail a camper's treat.
Q: What is the Yankton route of the Lewis and Clark Recreation Area ?

A: A bubbling creek, a golf course and a fish hatchery make this trail unique.
Q: What is the Rapid City bike path ?

A: The start of this growing trail follows Dry Run Creek in the Corn Palace City.
Q: What is the Mitchell bike path ?

A: With one trail running through Wiley Park and another along Moccasin Creek, this town has two bike paths.
Q: What is Aberdeen ?

Roving Reporter

This activity is designed for small groups of 3 to 4 children. The object is to determine the level of bike safety awareness in your area. Reporters have a "new assignment meeting" to determine a list of interview questions about bike safety and person to interview in and around your community. Have half the children play report and the other half be interviewed by them. The tabulated results would be reported. Solutions to the hazards should be discussed. You may have ten to twelve questions on your questionnaire. Be sure to include questions about how often they ride their bikes, if they were a helmet and the hazards they see in bicycle riding. A sample question might be:

When was the last time you rode your bicycle?

Conduct the interviews.

Tabulate the results.

Count how many people rode their bicycles yesterday. How many rode the day before? Earlier? Use a copy of the questionnaire to record your results.

Write the story.

Use the results of your survey to write a story. Write a version for the newspaper. Write a version that might be read as a TV news story.

Develop a campaign.

Select a bicycle safety issue you can promote. Create a campaign tool to promote that bicycle safety issue. The campaign may include posters, bookmarks, or other items.

Share the results of your survey and campaign.

B I K E S

RED	YELLOW	GREEN	BROWN	ORANGE
YELLOW	BROWN	RED	ORANGE	GREEN
BROWN	ORANGE		GREEN	RED
ORANGE	GREEN	BROWN	RED	YELLOW
GREEN	RED	ORANGE	YELLOW	BROWN

Don't Thump Your Melon.

BIKES Bingo Tear sheet. Directions: Photocopy this page. Cut the page into strips on the vertical and horizontal so each resulting strip has a letter and descriptive word on it. Put the strips into a box or bag and draw out at random. Call out the letter and word like regular BINGO.

B Regulatory	B Recreation	B Guide
I Regulatory	I Recreation	I Guide
K Regulatory	K Recreation	K Guide
E Regulatory	E Recreation	E Guide
S Regulatory	S Recreation	S Guide
B Warning	B Construction	
I Warning	I Construction	
K Warning	K Construction	
E Warning	E Construction	
S Warning	S Construction	

Don't Thump Your Melon.

Safe Bicycling Award

South Dakota

DEPARTMENT OF PUBLIC SAFETY
AND
EMS FOR CHILDREN

_____

is recognized for driving safely, obeying traffic laws, and
setting an example for her/his peers, younger bicyclists, and adults.

_____ _____

Date

Black Hills Rehabilitation Hospital
Rapid City Regional Hospital System of Care

Sioux Valley
Hospitals & Health System

South Dakota
Office of Highway Safety
Department of Public Safety

South Dakota
EMSC
Emergency Medical
Services for Children

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