



# BICYCLE *SAFETY BASICS*

6th Grade Curriculum







# Who Needs to Know About Bicycle Safety?

**Anyone who rides a bike or plans to learn!**

When you ride, you're sharing the road.

Let's learn how to ride safely to protect yourself and others.

# Why Does Bicycle Safety Matter?

Because crashes happen — and most are preventable.

In the U.S. in 2022:

**1,105** bicyclists were killed

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**46,195** bicyclists were injured

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The highest injury rates were in the 15-to-20 age group followed by those in the 10-to-14 age group.

SOURCES: [crashstats.nhtsa.dot.gov/Api/Public/ViewPublication/813591](https://crashstats.nhtsa.dot.gov/Api/Public/ViewPublication/813591)  
[pubmed.ncbi.nlm.nih.gov/29677686/](https://pubmed.ncbi.nlm.nih.gov/29677686/)



# Use the *Right Gear*



You don't need fancy equipment, but you do need the basics:

- A bike that fits you — if it's too big or small, it's harder to control.
- A bike that works — it doesn't matter how well you ride if the brakes don't work.
- A white front light, red rear light and reflectors on your bike.
- Bright clothing, reflective gear and a helmet.



# Let's Talk *Helmets*

**Listen, we know they're not the most fashionable accessory — that's not what they're for. Staying alive is in style.**

## **YOUR HELMET SHOULD:**

- Sit low and level on your forehead
- Buckle snugly under your chin
- Not move side-to-side or fall off when you shake your head

**Wearing a helmet  
reduces your risk  
of head injury by  
UP TO 88%!**







# More About Helmets

**Helmets protect your brain. That's why we wear one every time we ride.**

- Even if you're "just riding down the street."
- Even if you're going slow.
- Even if your friends aren't wearing one.

**Street smart riders protect themselves. No one wants permanent brain injuries.**



# Before You *Ride*

Don't forget to do these things before you leave on your ride:



Put any items you're carrying in a backpack or a basket attached to the bike.



Tie and tuck shoelaces and fold up pant legs so they don't get caught in your bike chain.



Plan your route — when possible, choose routes with less traffic, slower speeds and bike lanes.



# Know the Rules of the Road & Stay Alert

When you're on a bike, you're expected to pay attention and follow **THE SAME TRAFFIC RULES** as drivers.

**OBEY** street signs, signals and road markings.

**DRIVE** with the flow of traffic, in the same direction.

**YIELD** to pedestrians.

**WATCH** for cars pulling out of driveways or turning at intersections.

**LOOK** for things that could make you fall, like potholes, cracks, pebbles or wet leaves.

**DON'T** text, listen to music or do anything that distracts you by taking your eyes, ears or mind off the road.





# Hand Signals 101

**Bikes don't have blinkers — you are the signal!**

Learning **THREE BASIC** hand signals can protect you from hazards and help prevent crashes.

Use these about **100 FEET** before you turn or stop so drivers and other road users know what to expect.

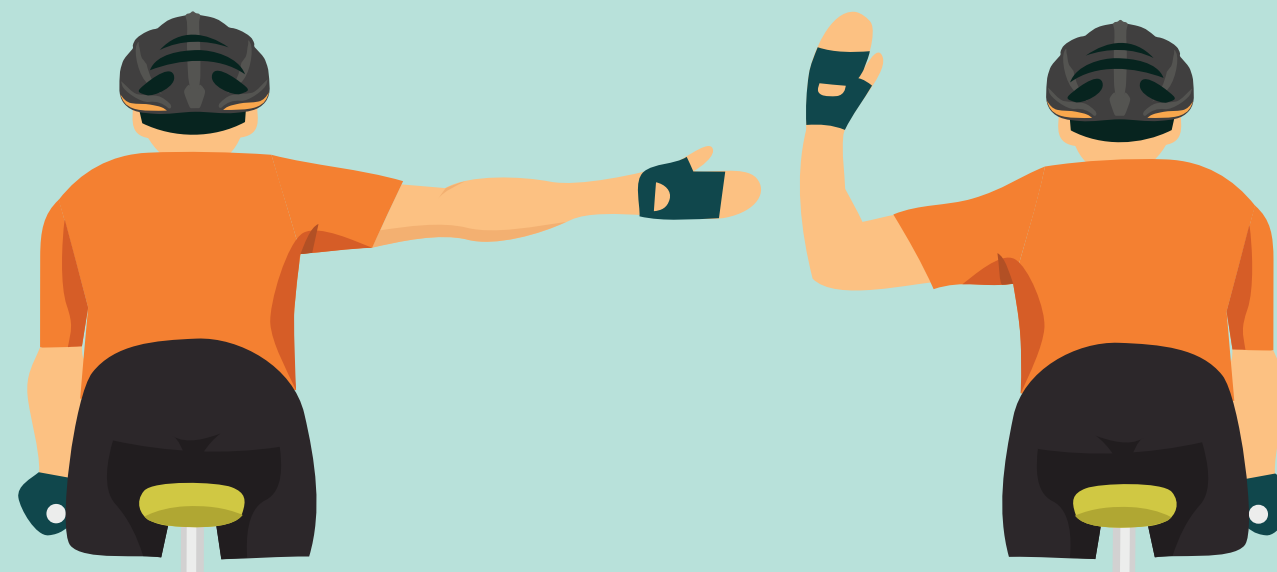


# Hand Signals 101



## LEFT TURN

Left arm out  
to the side



## RIGHT TURN

Right arm straight out  
OR left arm bent up



## STOP

Left arm bent down  
with hand flat





# RIDE PREDICTABLY.

Talk with your hands.

Bicycle Safety Basics



 **PLAY VIDEO**







# Be *Predictable*

**Don't surprise drivers — let them know what you're doing!**

- Don't weave, swerve or cut through traffic.
- If riding with others, ride in a straight line.
- Signal and look over your shoulder before changing lane positions or turning.
- Limit sidewalk riding. Use caution when there are pedestrians or when cars are backing out of a driveway. Use a shared bike path, when possible.





# *Improve Your Skills*

No one learns to drive a car safely without experience, and it's the same for riding a bike in traffic.

Practice in a safe environment away from cars until you feel more confident on your bike!



# *NOW THAT'S* **STREET SMART!**

What's one thing you learned  
today about bike safety that  
you didn't know before?

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