

Activity One

Get in Gear!



Here's a pre-ride pop quiz.

Take the quiz,

then watch the video and check the poster. Ryan Nyquist

will show you the correct answers.

Good Luck!



For more bike safety information, check out www.LeePipes.com/GetinGear

- 1 Only beginners and little kids need helmets. Agree Disagree
- 2 You're getting a new bike. Choose the biggest one possible. You'll grow into it and it will save you money. Agree Disagree
- 3 Grab your shades. They make a difference. Agree Disagree
- 4 Your seat should be at the proper height. Your foot is on the pedal at its lowest position and your knee should be slightly bent. Agree Disagree
- 5 Lost a reflector? It's OK. Bright clothes will do if you must ride at night. Agree Disagree
- 6 Don't forget to check your chain before you ride to make sure it's tight, clean, and lubed. Agree Disagree
- 7 Test both front and rear brakes. Sticky brakes can be a bummer and may even make you take a header. Agree Disagree
- 8 Once you've inflated your tires to the right pressure, you're good for weeks. Agree Disagree
- 9 Loose, comfortable clothes are great for biking. Agree Disagree
- 10 Put on your headphones. It's cool to listen to tunes while riding. Agree Disagree
- 11 Practicing jumps or wheelies? Gear up with pads, gloves, and a helmet. Agree Disagree
- 12 Are dress shoes, flip-flops, or bare feet OK? No way. Agree Disagree



Source: National Highway Traffic Safety Administration

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Activity Two Gear Check

Bike rules are important both on and off the road. Follow the rules and avoid injuries so you can keep riding.

Part 1

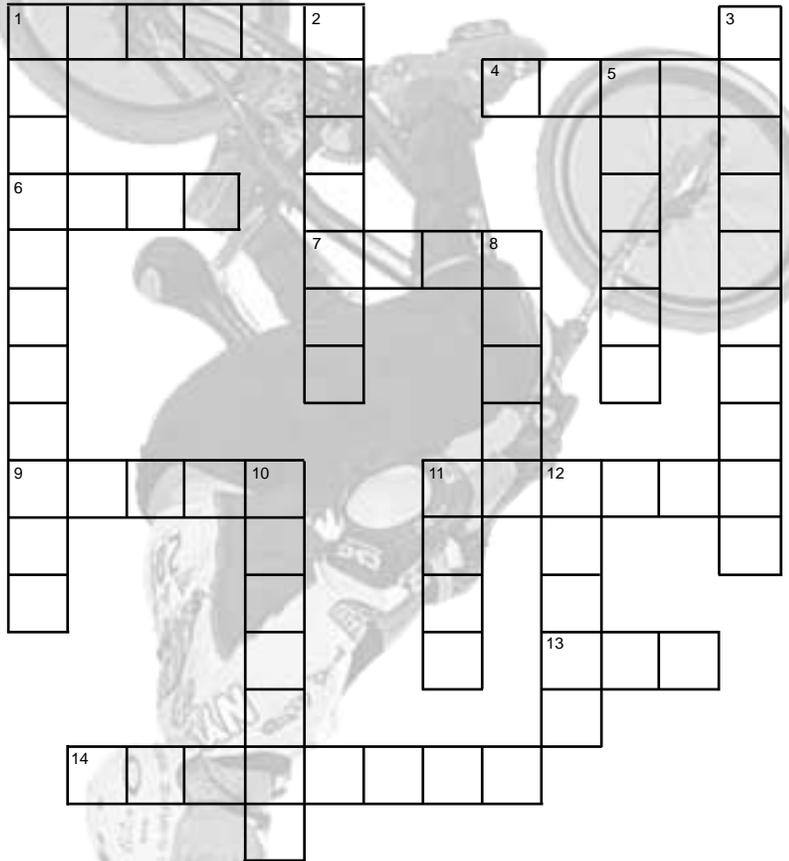
Think you're ready to ride? Complete this crossword puzzle to find out. If you get the clues, you're ready to hop on and go.

Across

- Always wear a _____ when riding – anywhere! anytime!
- Avoid riding at _____. If you do, make sure your bike has reflectors and wear light colored, reflective clothing.
- Stunt riders practice tabletops on a _____ ramp.
- Always go with the _____ of traffic.
- Stay _____! Watch out for road hazards.
- Only one _____ should ride a bike at a time.
- When you do a bunny _____, you take both wheels off the ground.
- A smooth, flat surface is best for doing _____.

Down

- Let other vehicles know what you are doing by using _____.
- Obey all _____ signals, just like drivers do.
- Always ride _____ the seat.
- Some hazards on the road include wet leaves, potholes and _____.
- Never _____ through traffic.
- When you begin learning tricks, make sure you have a good _____.
- When doing stunts, it's best to wear _____.
- Stay _____ while riding on the road. That's where drivers expect to see you.



Part 2 Things to Check Out

- The mixed-up words below are the names of some bike equipment and a word that tells why you should check them out before you ride. Unscramble the names to find out what they are. When you finish, use the circled letters to write an important bike rule on the lines.

- 1. dle(Ⓢ)barhan
- 2. mel(t)he
- 3. h(a)cin
- 4. t(y)fesa
- 5. kbr(a)es
- 6. f(l)torreec
- 7. dalp(e)s
- 8. (r)esti
- 9. esa(t)

Important bike rule:

_____!

Sources:
National Highway Traffic
Safety Administration
KidsHealth.org
Propelled by Pedals at
thinkquest.org
State of Illinois Bicycle
Safety Center

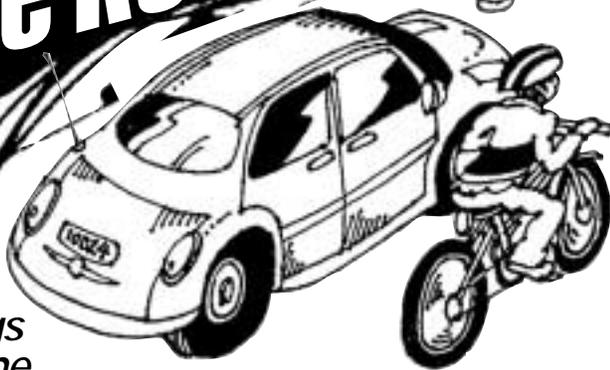
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Activity Three On the Road

Lots of unexpected things can happen on the road, so you need to stay alert when you ride. The biker here has a super busy day and has a lot on his mind. Help him make good decisions to avoid some unexpected obstacles. Circle the letter that represents the best answer and give a reason for your choice. Use the back of this sheet if you need more room.



1. The biker is going down the street to visit his friend. It's only a short distance so he debates about whether or not to put his helmet on. He should:

- a) leave it home.
- b) put it on.
- c) hang in on the handlebars.

Reason:

2. The biker sees a car starting to back out of a driveway in front of him. He should:

- a) stop and wait for the car to back out.
- b) speed up to get ahead of the car.
- c) ride to the left around the car.

Reason:

3. The biker stops for a drink and sees his neighbor who asks him for a ride home. Our biker friend should say to his neighbor:

- a) "Yeah sure. Hop on the front of the bike and I'll give you a ride."
- b) "No problem, but don't get on the front. That's too dangerous. Get on the back."
- c) "Sorry. I can't give you a ride. We'd definitely have a wipeout and I just got these pants."

Reason:

- 4. The biker sees kids playing with a ball and it rolls out into the street. He should:
 - a) speed up to get by quickly.
 - b) ride to the other side of the street.
 - c) slow down and keep an eye on the kids until he passes.

Reason:

5. There's a really slow biker in front of the rider and he wants to pass. He should:

- a) ride onto the sidewalk to pass.
- b) look behind him to see if it's clear to pass and say loudly, "On your left."
- c) ride next to the guy, yell at him for being too slow, then cut him off.

Reason:

6. The biker meets up with a friend on his bike. He should:

- a) ride next to his friend so they can talk.
- b) ride on the opposite side of the street.
- c) ride behind or in front of his friend.

Reason:

7. The biker is riding with traffic and he's almost at a light when it turns red. He should:

- a) slow down and stop at the light.
- b) speed up to make it through.
- c) weave through the cars to go through the intersection.

Reason:



National Highway Traffic Safety Administration
The Nemours Foundation (KidsHealth.org)
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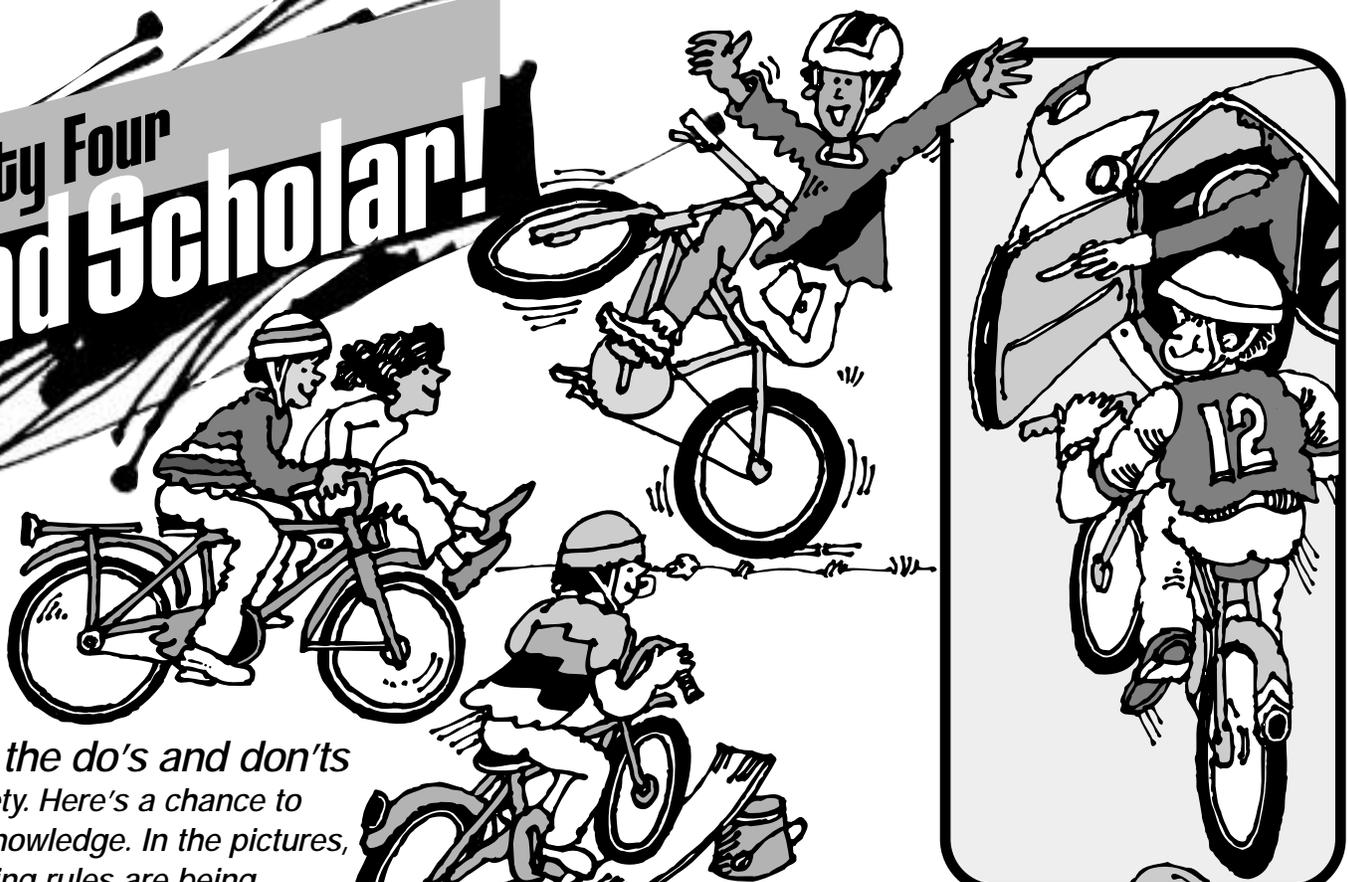
Activity Four Road Scholar!

By now you should know all the do's and don'ts of bike safety. Here's a chance to test your knowledge. In the pictures, 10 bike riding rules are being broken. See how many you can find. Good Luck!



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1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____

Official

Lee
PIPES
Get in Gear!

HARO

Bike Safety Certificate

***Congratulations!** Forget dirt ramps, street courses, and flatlands – you've just completed the most important course of all – BIKE SAFETY! Remember: before you ride, always **Get in Gear!** and practice everything you've learned here.*



Let it be known that

name of student

*has successfully completed the **Get in Gear!** bike safety program and promises to follow bike safety rules both on and off the road.*

Happy and safe riding,

Ryan Nyquist

Team Haro/Lee Pipes

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www.LeePipes.com/GetinGear**