



Every year nearly 500 children under age 15 die in bicycle accidents involving a car. Most of these deaths are due to the biker's behavior – riding into the street without stopping, running a stop sign, or riding against the flow of traffic. On top of that, nearly one million children suffer biking-related injuries that require medical attention. The statistics are alarming. Clearly, it is important to review bike safety with your students and teach them the rules that can help keep them safe.

Get in Gear! is a free bike safety educational program that can help students learn potentially life-saving lessons. Brought to you by Lee® Jeans, the maker of Lee Pipes, **Get in Gear!** is designed for students in grades four and five and can be easily adapted for students in grade three as well.

Get in Gear! features professional bike rider Ryan Nyquist, who shares his expertise with your students. Through a high-energy and friendly video, interactive worksheets and colorful poster, Ryan will review important rules of bike safety with your students – including pre-ride checks, rules of the road, and rules for trying tricks. At the completion of the program, students receive an official bike safety certificate signed by Ryan.

Get in Gear! encourages parents to become involved, too. A special parent letter highlights specific things to look for when checking a bike for safety, reviews rules of the road, and recommends Internet resources.

We encourage you to share this program with your colleagues. Although the materials are copyrighted, you have permission to make as many copies as you need for educational purposes. And please take a moment to complete and return the enclosed response card. Your feedback helps us create programs that meet the needs of teachers nationwide.



Ryan Nyquist



Educator's Guide

Introduction

Get in Gear! is a bicycle safety program sponsored by Lee® Jeans, maker of Lee Pipes. It features professional bike rider Ryan Nyquist, and is designed to increase safety awareness among young bike riders. The program uses fun, challenging, in-class activities to strengthen students' awareness of bike safety issues that relate to riding on the street or practicing trick riding on courses.

Target Audience

Get in Gear! is designed for the health and safety curriculum in grades four and five. The program can be used as a complete bicycle safety unit or as a supplement to an established unit.

Program Objectives

- Strengthen student awareness of the best ways to prepare for safe bike riding, including rules for practicing tricks.
- Reinforce the rules associated with bike riding.
- Review with students the rules for riding on the road.
- Reinforce student knowledge of the proper gear to wear while bike riding.

Program Components

- A bicycle safety video featuring Ryan Nyquist, professional bike rider.
- This four-page teacher's guide with background information, answer keys, and directions for implementing the program.
- Four reproducible activity sheets which serve as worksheets for students.
- A reproducible parent letter designed to help parents support and encourage their children's safe riding habits.
- A reproducible student certificate with a message from Ryan Nyquist.
- A full-color wall poster designed to reinforce the program's safety message.
- A teacher response card to evaluate the program. Your comments help us create better programs for students. Please take a moment to complete and return the response card.

Implementing the Program

Wall Poster

Display the poster in a highly visible area to introduce the program and as a long-term reminder that will motivate students to practice bicycle safety when street or stunt riding.

Video

Ryan Nyquist will catch students' attention as they watch the magical riding of this professional bike rider. Ryan will talk to the students, giving them lots of great safety tips to follow before they ride and while they ride, either on the road or on the course.

Activities

Make copies of each activity sheet for every student in your class. The activities work best when used together and in order. However, since each class is unique, use your discretion when presenting the program. For example, you may want to do some of the activities as a group,

while assigning other activities as homework or independent work.

Parent Letter

At the conclusion of the program, reproduce the letter and send it home with students. The letter explains the program to parents and encourages families to bike together, and do it safely.

Certificate of Achievement

When your students have completed the program and shown that they're in gear and ready to ride safely, present each with a personalized certificate of achievement signed by Ryan Nyquist. It will give students a sense of pride for successfully completing the program.

Activity One Get in Gear

Objectives

- To strengthen students' knowledge of ready-to-ride rules.
- To emphasize the caution and care professionals use when getting ready to ride.

Presenting the Activity

Once you've distributed the activity sheets to students, explain that they'll be taking a quiz to see what they know about getting ready to ride. Tell students that after they complete the quiz, they'll watch the video, featuring professional bike rider Ryan Nyquist, to learn some of the answers to the quiz. Other answers appear on the poster and below. Invite students to complete the quiz on their own. Then watch the video as a class so that students can find general answers. Then discuss the answers in detail.

Answers

1. *Only beginners and little kids need helmets.*
Disagree. A helmet is the most important piece of bike riding equipment for every rider. In three out of

four bike crashes, bikers suffer a head injury. If you fall, a helmet protects your head, helping prevent injuries to your skull or brain. Today's helmets are comfortable and lightweight, but must fit properly to work right, so buy carefully.

- 2. You're getting a new bike. Choose the biggest one possible. You'll grow into it and it will save you money.**
Disagree. It might save you money, but it won't save you from getting hurt. You have less control over a bike that's too big. Get the right size bike. When you are standing on the ground, straddling the bike, you should have between one and three inches between you and the top bar. For a girl's bike, imagine a bar being there. Allow for a bigger gap if you're buying a mountain bike.
- 3. Grab your shades. They make a difference.**
Agree. Wearing sunglasses helps you maintain control of your bike by keeping sun, dirt, stones or other debris out of your eyes.
- 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. When you are sitting on the seat with your foot on the lower pedal, your knee should be slightly bent.
- 5. Lost a reflector? It's OK. Bright clothes will do if you must ride at night.**
Disagree. You should have at least two reflectors on your bike. One on the front and one on the rear. The one on the rear should be red and at least three inches across. It's best not to ride at night, but if you do, wear bright clothing with reflective materials sewn onto it. And, be sure you have a headlight on your bike.
- 6. Don't forget to check your chain before you ride to make sure it's tight, clean, and lubed.**
Agree. If your chain is dry or dirty, the bike won't go or may stop suddenly. You should check the tension, too.

7. Test both front and rear brakes. Sticky brakes can be a bummer and may even make you take a header.

Agree. Properly functioning brakes are obviously important, so they should be tested every time you ride. The pressure should be equal and they should make your tires skid on dry pavement.

8. Once you've inflated your tires to the right pressure, you're good for weeks.

Disagree. Check your tire pressure before you ride, every time. Usage decreases pressure. Properly inflated tires make for a smoother ride and make it easier to handle obstacles.

9. Loose, comfortable clothes are great for biking.

Agree. The right clothing is an important part of any pre-ride check. Cool comfortable clothing lets you ride better and have more fun.

10. Put on your headphones. It's cool to listen to tunes while riding.

Disagree. Tunes may make the ride more interesting, but with headphones on you can't hear approaching cars or bikers. That spells danger.

11. Practicing jumps or wheelies? Gear up with pads, gloves and a helmet.

Agree. It's a good rule to wear extra gear when practicing stunts. Even the pros agree with that. Spills can hurt.

12. Are dress shoes, flip-flops, or bare feet OK? No way.

Agree. Make sure you have the proper shoes. Flip-flops and shoes with cleats and heels are dangerous — they can get caught in the pedals. And never ride barefoot.

Follow-up Activities

- Conduct a helmet check. Have students check their helmets to make sure they fit right, and look for a CPSC or Snell B-95 sticker inside to be sure the helmet has been tested and approved.
- Encourage students to make a reminder checklist of their own and display it in their room or garage. Students can decorate their checklists with drawings of stunt riding or pictures from a stunt riding magazine.

Activity Two Gear Check

Objectives

- To reinforce students' knowledge of bike safety rules.
- To remind students of the importance of checking bike equipment before they ride.

Presenting the Activity

Introduce this activity by telling students that knowing and following the rules of the road helps.

Part I

Have students complete a crossword puzzle to test and review their knowledge of road rules for safe biking.

Part 2

Encourage students to unscramble the words to find bike equipment they should check out before riding and a word that tells why they should do a pre-ride bike check. Once students finish unscrambling the words, they should use the circled letters to write an important bike safety rule — Stay alert!

Answers

Part I : Across: 1. helmet, 4. night, 6. dirt, 7. flow, 9. alert, 11. person, 13. hop, 14. wheelies. Down: 1. hand signals, 2. traffic, 3. straddling, 5. gravel, 8. weave, 10. teacher, 11. pads, 12. right.

Part 2 : 1. handlebars, 2. helmet, 3. chain, 4. safety, 5. brakes, 6. reflector, 7. pedals, 8. tires, 9. seat. Important safety rule: Stay Alert!

Source: Propelled by Pedals:
<http://library.thinkquest.org>

Follow-up Activities

- Encourage students to create their own posters to complement the wall poster included in this program. They can work in groups and should include the important safety tips they have learned. Students can then display their posters around the school so others can be reminded to follow bike safety rules.

2. Students who are interested in stunt riding may want to work together to create a bicycle park in town. Help students figure out the appropriate person to contact, then write letters. This hands-on civics lesson helps students learn how your local government operates while working toward a common goal.

Activity Three On the Road

Objectives

- To strengthen students' awareness of the importance of keeping alert.
- To demonstrate to students how professionals keep alert while riding no matter how regularly they ride.

Presenting the Activity

Use the secret message from the word scramble in Activity Two (Stay Alert!) to introduce this activity. Discuss the importance of keeping alert always, but particularly when riding a bike. Ask students for examples of possible dangers they should be alert to when bike riding. Possible answers include cars, other bikers, sewer grates, and curbs.

Distribute the activity sheet and explain to students that they'll follow a busy biker as he winds his way through town, helping him avoid obstacles and properly handle risky situations. Students should read each scenario and circle the letter corresponding to the best way to handle it. Students should also write the reasons for their selection.

Answers: 1. b, 2. a, 3. c, 4. c, 5. b, 6. c, 7. a.

Follow-up Activities

1. Have students describe on paper obstacles and sudden situations bikers might confront while riding. Then fold the papers and place them in a box or other container. Next, students take turns drawing a situation, reading it to the class, and describing what they would do in such a situation.
2. Encourage students to use the situations from this activity to create a game to play with younger bikers to help them learn to keep alert while riding. They can visit other classrooms to play the game.

Activity Four Road Scholar!

Objectives

- To review safety rules for biking.
- To evaluate and reinforce students' overall knowledge of bike safety.

Presenting the Activity

Introduce this activity by sharing with students your confidence in their knowledge of bike safety, both before riding and while riding. Explain to students that this final activity is a fun, visual test of the bike safety knowledge they have learned from the **Get in Gear!** program. Encourage student performance by telling them that all students who complete the test satisfactorily will receive a special certificate with a message from Ryan Nyquist.

Answers: Student answers should cover the following situations, but not necessarily in the same order.

1. A biker practicing tricks and not wearing pads.
2. A biker trying to do tricks on an unsafe ramp — board on a pail.
3. Two kids riding on one bike.
4. A biker not wearing a helmet.
5. A biker wearing headphones.

6. A biker with loose straps from a backpack dangling near the rear wheel.
7. A biker riding barefoot.
8. A biker heading for a car door opening, but looking the other way.
9. A biker riding against traffic.
10. A biker carrying a package and riding with one hand.

Follow-up Activities

1. Encourage your students to discuss the program with their families, share the parent letter, and quiz their parents and siblings about bike safety rules they have learned. Students can report back to the class how many times they stumped their families and what they taught them.
2. Familiarize your students with your state's bicycling laws. Use the resource list below. Discuss the laws with your students. Ask them to consider the reasoning behind the laws and how they help the state's citizens.

Online Resources

<http://www.LeePipes.com/GetinGear>
The National Highway Traffic Safety Administration's Safety City Bike Tour offers extensive, kid-friendly information about all aspects of bike safety.

<http://www.nhtsa.dot.gov/kids/biketour/>

You'll find safety tips, statistics and product information at KidsHealth online.

<http://kidshealth.org>

Mass Bike Online presents links to each state's laws concerning bicycles.

<http://www.massbike.org/lawlegis/>

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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Get in Gear!

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

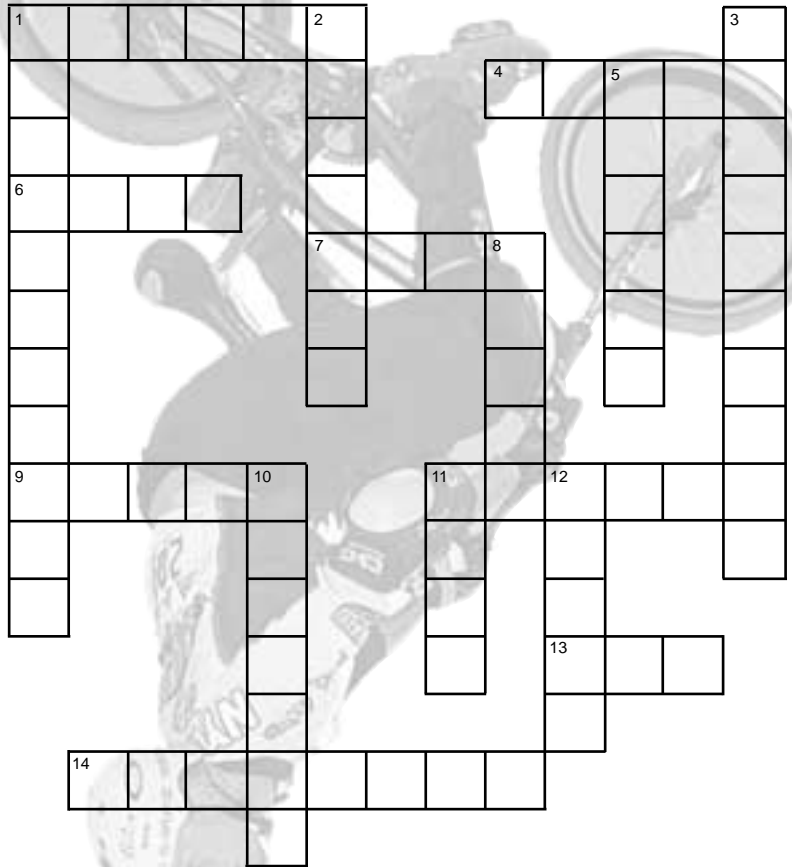
Think you're ready to ride? Complete this crossword puzzle to find out. If you get the clues, you're ready to hop on and go.

Across

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

Down

1. Let other vehicles know what you are doing by using _____.
2. Obey all _____ signals, just like drivers do.
3. Always ride _____ the seat.
5. Some hazards on the road include wet leaves, potholes and _____.
8. Never _____ through traffic.
10. When you begin learning tricks, make sure you have a good _____.
11. When doing stunts, it's best to wear _____.
12. 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(s)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

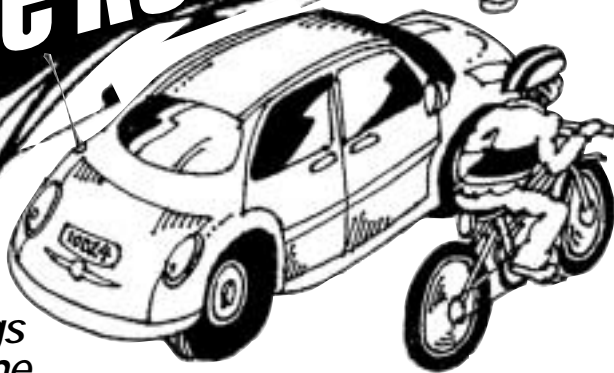
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Activity Three On the Road

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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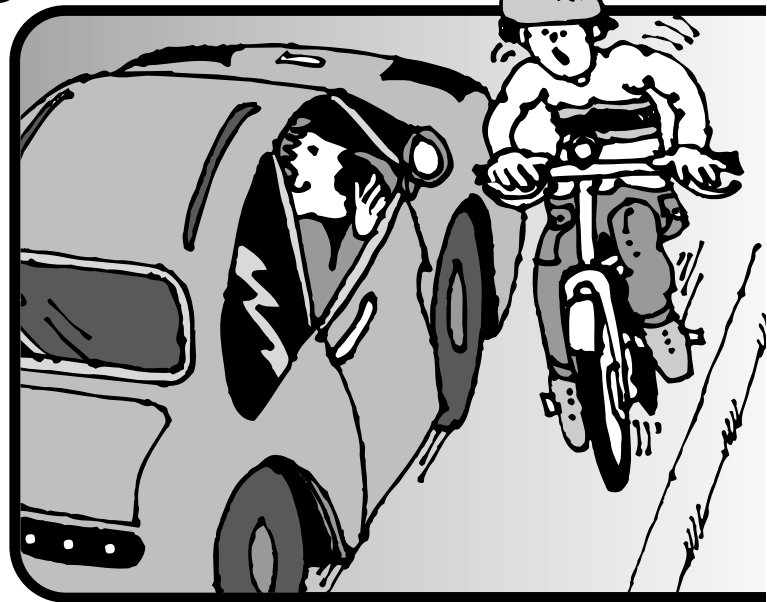
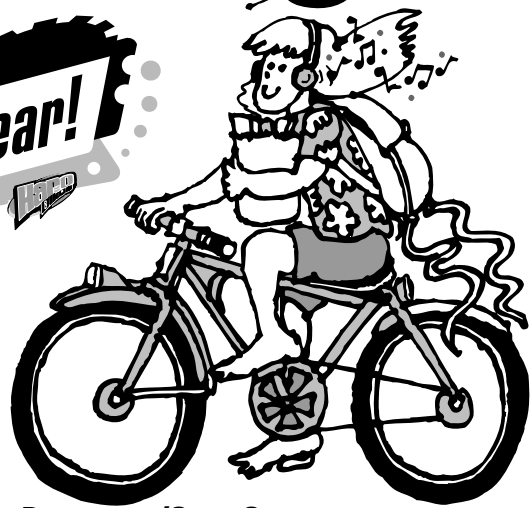
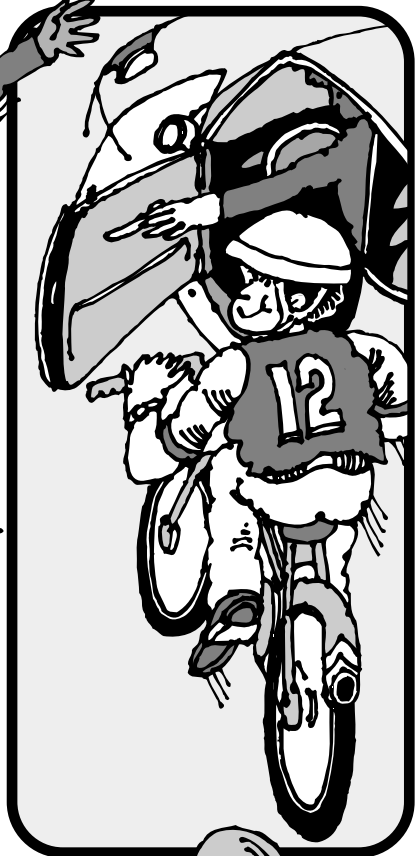
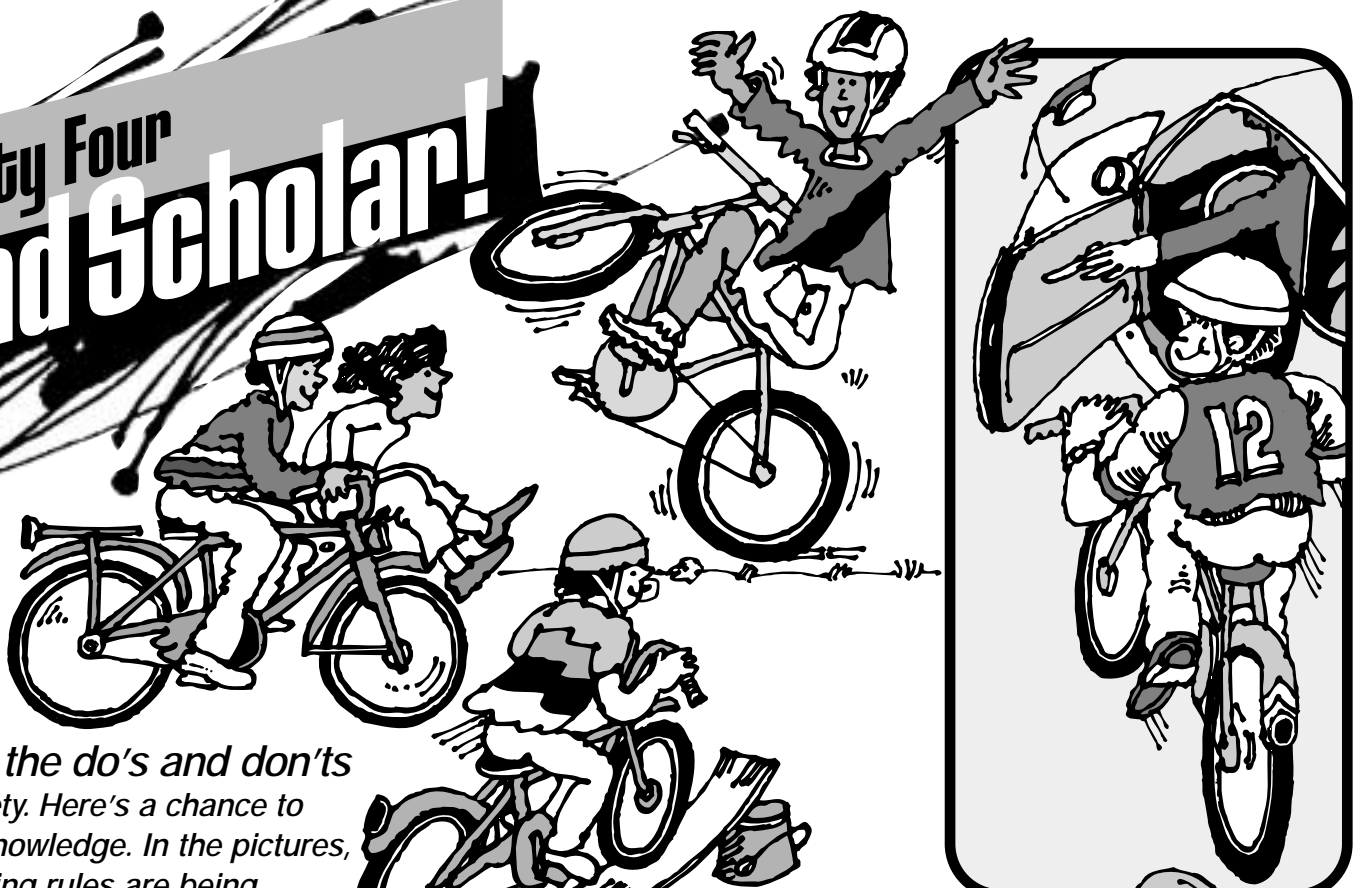
Activity Four Road Scholar!

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



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Get in Gear!

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

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

Dear Parents,

At school, your child has successfully completed **Get in Gear!**, a bike safety program sponsored by Lee® Jeans. Using proper equipment and knowing rules for riding a bike are extremely important. Every year nearly 500 children under age 15 die in bicycle accidents involving a car and nearly one million suffer biking-related injuries requiring medical attention.

You can help your child learn bike safety rules by participating in family biking activities. It's easy to do and fun. Check out biking safety tips on the Internet together, and learn the safe way to ride.

Remember: Before riding, check equipment and review the rules for both on road and off road biking safety.

Pre-ride Equipment Checklist

- The bike should be the right size. Have your child stand on the ground straddling the bike. There should be between one and three inches between your child and the top bar. For a girl's bike, imagine a bar.
- The seat should be set to the proper height. When sitting on the seat with feet on the pedals, your child's knee should be slightly bent while the foot is resting on the lower pedal.
- The bike should have a reflector on the front and back. The back reflector should be red.
- The bike's chain should be clean and lubricated. If it's loose, tighten it.
- Check the brakes. They shouldn't stick. The back wheels should skid on dry pavement.
- Check the tire pressure. Usually, the correct pressure level is on the side wall.
- Make sure the handlebars are tightly secured, and the right height.
- Check other parts for wear or damage – spokes, tires, pedals, handle grips. Repair or replace if needed.

Pre-ride Child Check

- Always wear a helmet. When the child's helmet is on, it should rest level on the child's head and be secured with chin straps. Look for a helmet standards sticker inside that says CPSC or SNELL. These acronyms stand for the Consumer Products Safety Commission and the Snell Memorial Foundation, both of which test helmets.
- Knee and elbow pads, mouth guards, and gloves are important gear, especially if your child is doing trick riding.
- No shoes, no riding! Flip flops, bare feet, and dress shoes are inappropriate.
- Look for loose straps or pieces of clothing that could get caught in the chain or spokes.
- Wear clothing that is bright, cool, and loose (except for pants).

Safety Rules for Riding

- Let someone know where you're riding and with whom.
 - Use hand signals.
- 
- Obey traffic laws.
 - Ride on the right, with the flow of traffic.
 - Ride single file when riding with friends.
 - Pass another biker or a pedestrian on the left and give warning.
 - Stay alert for possible hazards or unexpected situations.
 - Stop and walk your bike through intersections with the light, checking both ways for traffic.
 - Only practice tricks in a safe, appropriate place and with proper supervision.
 - Never ride two on a bike.
 - Never wear headphones.
 - Never weave through traffic.
 - Ride defensively. Always assume that cars cannot see you.



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

Sources: The National Highway Traffic Safety Administration: <http://www.nhtsa.dot.gov/kids/biketour/equipment/index.html>
The Nemours Foundation: <http://Kidshealth.org>

Before you ride

Check Your Bike

- ▲ Be sure your bike is the right size. Stand on the ground straddling your bike. You should have one to three inches between you and the top bar. For a girl's bike, imagine a bar.
- ▲ When sitting on your seat with your feet on the pedals, your leg resting on the lower pedal should be slightly bent.
- ▲ Have a clear reflector on the front and a red one on the back.
- ▲ Keep the chain well-oiled and free of goo, and have the tension correct.
- ▲ The brakes shouldn't stick.
- ▲ Keep the tires inflated. Always use a bicycle pump if the tires feel soft.
- ▲ The handlebars should be the right height and tight. The grips should be tight but not worn.

Check Your Gear

- ▲ Your helmet should fit properly. It should sit level on your head and be strapped on under your chin. It should have a sticker inside that says CPSC or SNELL, which means it was tested for safety.
- ▲ Wear knee and elbow pads, gloves, and a mouth guard if you are doing tricks.
- ▲ Wear the right shoes. No flip flops, bare feet, etc.
- ▲ You should not have any loose straps or pieces of clothing that could get caught in the chain or spokes.

Get in Gear!

Practice bike safety – Just like Ryan Nyquist, rider for Team Haro/Lee Pipes.

Sources: The National Highway Traffic Safety Administration
The Nemours Foundation (KidsHealth.org)
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- ▲ Walk your bike through intersections. Go with the light and look both ways.
- ▲ Only practice tricks in a safe, appropriate place, and with a good teacher if you're just learning.
- ▲ Never give another person a ride on your bike.
- ▲ Pass another biker or a pedestrian only on the left and give warning.
- ▲ Tell someone where you're riding and with whom.
- ▲ Obey all traffic laws.
- ▲ Ride on the right, with the flow of traffic.
- ▲ Ride single file when riding with friends.
- ▲ Never wear headphones.
- ▲ Stay alert for possible hazards or unexpected situations.
- ▲ Never weave through traffic.
- ▲ Know and use hand signals.
 - left – left arm and hand extended straight out to the left
 - right – left arm out, bent at elbow with hand pointing up
 - stop – left arm and hand pointing down

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Follow Safety Rules