

Bicycle Safety

Synopsis

A police officer advises students on how to make bicycle riding safer and more fun. Topics include bicycle maintenance (tighten all bolts), safety gear (always wear a helmet and shoes) and safety rules (DON'T ride on the sidewalk). Review questions and summaries after each segment help fix the concepts in the viewer's mind. The facts presented in this practical program could prevent injuries and even save lives.

Questions to ask before viewing

1. Do you ride a bicycle? For what purpose? (transportation, fun, exercise, etc.)
2. Where do you ride? (on the street, in the park, on trails, etc.)
3. What safety precautions do you take when you ride your bike?
4. Do you or does anyone you know do stunt riding (wheelies, etc.) Where?

Questions to ask after viewing

1. What is the difference between a mountain bike and a racing bike? (A mountain bike has thick tires and a heavy frame and is used primarily for short-distance, recreational riding. A racing bike is lighter, has thinner tires and is more suited to longer distances.)
2. Checking tire air pressure, adjusting the seat and tightening bolts are all part of what aspect of bicycle safety? (maintenance)
3. Besides a helmet, what other protective gear does the video suggest that bicycles riders wear? (eye protection, shoes, brightly colored or reflective clothing)
4. Tom approaches an intersection and sticks his arm straight out. What is he going to do? (turn left)
5. How are the brakes controlled on most bicycles? (The left hand controls the front tire, and the right the rear.)
6. Why shouldn't you squeeze both brakes at the same time? (The sudden stop could throw you forward, and you might fall and get hurt.)
7. Where should you go to do trick riding? (a specially designed course)
8. Give an example of unsafe bike riding. (riding without a helmet, carrying someone on the bike, riding on the sidewalk, etc., etc. Answers from students' own experience is also acceptable.)
9. What is an example of safe bicycle riding? (obeying traffic signs, signaling, keeping speed down, etc. Answers from students' own experience are also acceptable.)

Annotation

A police officer advises students on how to make bicycle riding safer and more fun. Topics include bicycle maintenance, safety gear and safety rules. Review questions and summaries after each segment help fix the concepts in the viewer's mind. The facts presented in this practical program could prevent injuries and even save lives.

Length
15 Minutes

Subject Areas
Life Skills, Health and Guidance

Audience Level
Grades 4 - 10

Catalog Number
2978-EN-VIDP

Related titles in the AIMS collection
#2754-EN-VIDP: Stranger Danger: Playing it Safe
#8233-EN-VIDP: Safety Rules and You
#8842-EN-VIDP: In a Split Second
#8883-EN-VIDP: Firefighters and Fire Safety for Kids
#9921-EN-VIDP: Seat Belts are for Kids Too
#9982-EN-VIDP: Fire Safety



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Discussion Guide

Bicycle Safety

Objectives

- To explain the rules of safety for riding a bicycle
- To introduce various aspects of bicycle safety
- To present practical ways of staying safe when riding a bicycle

