As Salt Lake City continues to grow as a bicycle friendly community it is important to instill safe practices in our youth population. The goals of this program are to:

- Increase bicycle safety knowledge for youth
- Improve cycling abilities in students at the 5-7th grade level
- Teach the importance of physical activity in improving quality of life

**TAKE AWAY:** This packet provides information about bicycling safety for your student(s) and family. The details provided in the following pages closely follows the curriculum given during the classroom bicycle safety education program, and can be a reference for future learning. The packet also includes resources for your child/family on where to find cycling laws in Utah, trails, upcoming projects & events, and partnering organizations.

**TIMEFRAME:** Classes will be conducted in all elementary schools in the Salt Lake City School District from August through November, and from March to June.

**CLASS BREAKDOWN:** Five sessions, roughly one-hour per session during regular classroom hours.
IN CLASS PROGRAM COMPONENTS

**DAY 1**: One hour lesson
Benefits of Riding a Bicycle
Proper Helmet Fitting
Basics of Bike Safety

**DAY 2**: One hour lesson
Rules of the Road
Fitting Bikes

**DAY 3**: One hour lesson
Gaining Confidence Riding
Avoiding Hazards
Right-of-Way

**DAY 4**: One hour lesson
Intersections/Right of Way

**DAY 5**: One hour
Skill Development on Roadways Resources
**BASICS OF BIKE SAFETY & FITTING HELMETS**

**WHY IT’S IMPORTANT:**
- Staying active and healthy provides a better quality of life
- The cost of riding and maintaining a bicycle is inexpensive
- There are environmental benefits to a no-emission ride
- It’s fun, and something the whole family can do together!

**BASICS OF BIKE SAFETY:**
Visibility - use lights & reflectors, and wearing bright colors
Predictability - ride single file, use hand signals
Laws - obey stop signs, stop at red lights, go the speed limit, and yield to pedestrians

**HELMETS:**
Fitting a helmet, using the “2 Finger Rule”:
The helmet should fit snugly on your head
There must be 2 fingers of space from your eyebrow to the bottom of your helmet
The sliders must be right under your ears and the straps make a “v” around your ears (like the two fingers in a peace sign)
The chin strap should be tight enough that it doesn’t slip over your chin; about 2 fingers should fit between the strap and your chin.

**BICYCLE HAND SIGNALS:**

![Bicycle Hand Signals](image)
During this lesson, students will learn how to start and stop safely, and will become more comfortable performing hand signals and looking over their shoulders while riding.

Team Oath:

- Always wear and respect your helmet;
- Always ride single file with ghost space;
- Always follow all laws; save tricks for the park;
- Always show respect.

**BASICS OF BIKE SAFETY:**

Visibility - use lights & reflectors, and wearing bright colors
Predictability - ride single file, use hand signals
Laws - obey stop signs, stop at red lights, go the speed limit, and yield to pedestrians

**BASIC BICYCLE LAWS & RULES OF THE ROAD:**

- Cover basic bicycle laws and rules of the road:
- Ride in the same direction as traffic and as far to the right as is practical
- If you must ride on the sidewalk, ride at a slower speed
- Obey traffic signs
- Use hand signals
- Yield to pedestrians

**PERSONAL SAFETY CHECK:**

- Check that your helmet is on properly
- Roll up pant leg to avoid the chain
- Tie your shoes and tuck the laces in

**BIKE SAFETY CHECK:**

- Check the air in your tires
- Squeeze both brakes; push bike backward and forward
- Make sure your chain is on the cogs
- Check your quick releases (if applicable) to make sure they’re closed
INTERSECTIONS AND RIGHT OF WAY

This lesson introduces students to right of way rules, and prepares them for real-world riding on streets.

THE ROLE OF BICYCLES:

Where do bicycles ride?
- Bicycles are permitted on sidewalks, but not in the downtown area
- Bicycles must ride slowly on the sidewalk in order to be seen by cars
- The streets with bike lanes can be a very safe option for riding a bike

Why do bicycles ride in the street?
- Cars entering & exiting driveways cannot see cyclists on sidewalks well
- People are looking for faster moving vehicles like bicycles, etc. on the street

Right of Way Rules:
- First to stop, first to go
- Furthest to the right goes first
- Turning left goes last
- Don’t get hit no matter what!

INTERSECTIONS: The instructor will review lane positions with students, to ensure safe riding practices. The students will learn how to make left turns by transitioning from the left side of the lane to the turning lane safely by performing a shoulder check before merging.

TURNING: The students will also have the opportunity to practice turning in an “intersection” created by the instructor on the playground.
PRACTICING ON ROADWAYS

It is important for students to become comfortable and knowledgable about bicycling on roadways as they learn these skills. By giving students practice time on the street, it ensures they will be able to make smarter and safer decisions as they move forward as a potential future cyclist.

In this final lesson, students are given the opportunity to ride on a low-stress intersection that has been predetermined by the safety instructor and the classroom teacher.

Students will practice:
- Stopping
- Performing shoulder checks
- Changing lane positions
- Right of way drills
- Turning left & right
- Avoiding road hazards

Students will be encouraged to setup community rides with their school, friends, and family, to stay active and healthy, and have a great time exploring their neighborhood.
RESOURCES

BIKE UTAH
www.bikeutah.org
Utah’s non-profit bicycle advocacy group. Bike Utah works closely with lawmakers and agencies throughout Utah and lets members know when they need to make their voice heard. Bike Utah brings all bicycle users together for a common voice and greater impact.

SALT LAKE CITY BICYCLE COLLECTIVE
www.bicyclecollective.org
The mission of the Bicycle Collective is to promote cycling as an effective and sustainable form of transportation and as a cornerstone of a cleaner, healthier, and safer society. The Collective provides refurbished bicycles and education programs to the community, focusing on children and lower income households.

BIKE SLC
www.bikeslc.com
Salt Lake City Transportation Division’s bicycle program. Bike SLC provides comprehensive bicycle information including: bike routes, trails, events, state and local laws, and other resources for cycling in the city. Salt Lake City Transportation is also responsible for bicycle infrastructure in the city.

Other materials included:
  - Bikeways map for SLC
  - Pocket laws for cyclists
  - Reflective sticker
BIKE MONTH  
www.utahbikemonth.org  
May has been officially recognized by Governor Gary Herbert as Bike Month in the state of Utah. There are events almost daily in Salt Lake City and throughout the state to celebrate the bicycle.

NATIONAL BIKE TO SCHOOL DAY  
www.walkbiketoschool.org  

Bike to School Day 2015 - May 6, 2015

BICYCLE RODEOS  
Salt Lake City Police Department  
The Salt Lake City Police Department offer bicycle rodeos for students and youth groups. Although the Bicycle Safety Curriculum is more extensive than a Bicycle Rodeo, they are great opportunities for refreshers as well as for younger children.