



# SAFE ROUTES TO SCHOOL

## Traffic Safety Program

September 2010



The Safe Routes to School traffic safety program is a comprehensive 10-hour traffic safety education curriculum developed by the League of American Bicyclists in support of the federal Safe Routes to School program. The curriculum is targeted for older elementary and middle school-aged students, in grades 4 to 7.

The ten hour-long lessons are divided into three teaching levels, with activities ranging from classroom instruction to on-street walking trips and bicycle rides. Each successive teaching level covers bicycle and walking safety in greater depth, teaches more advanced concepts, and offers increased hands-on experiential learning.

The Safe Routes to School Instructor's Manual is available to League Cycling Instructors through the League of American Bicyclists' web site, <http://www.bikeleague.org>.

### Course Outline

#### **LESSON 1: HEADS UP! (Level 1 -- Classroom)**

- Introduction
- Pre-Test
- Brain Function & Injuries
- Helmet Fitting & Use

#### **LESSON 2: THE RULES OF THE ROAD (Level 1 – Classroom)**

- Introduction to Road Rules & Traffic Law
- Who is Traffic? What are the differences between Cars, Bikes, and Walkers?
- Bicyclists must follow the rules of the road (Act like drivers)
- Pedestrians must follow the rules of the road (not vehicle rules)
- What causes collisions and crashes?
- Riding on the Road
- Riding through Intersections
- Right-of-Way, and Intersection types
- Pedestrian right-of-way
- Traffic Signs

- (optional) Indoor Intersection Simulation

### **LESSON 3: FINDING A ROUTE TO RIDE; GEARS; BIKE MAINTENANCE (Level 1 – Classroom)**

- Where to ride? Route Finding & Selection (Part 1)
- Bike & Walking Gear
- Bike Parts & Components
- Secure Bicycle Locking
- Fixing a Flat Tire

### **LESSON 4: WHAT TO KNOW BEFORE YOU GO (Level 2 – On-Bike; parking lot)**

- Helmet & Clothing Check
- Proper Fit of Bicycles
- ABC Quick Check
- Starting & Stopping
- Hand Signals
- Riding with One Hand
- Learning to Look Back – Riding with One Hand
- Looking Back & Riding
- Bicycle Gears & How to Use Them
- Parking Lot Drills
  - Starting & Stopping
  - Hand Signals
  - Avoidance Weave (Slalom course)
  - Scan, Signal, & Turn
  - Shifting Gears
  - Quick Stop
  - Rock Dodge
  - Quick Turn

### **LESSON 5: WALKING & CROSSING THE STREET (Level 2 – Outdoors, on-street)**

- Review Pedestrian Rules
  - How Walking pertains to Me
  - Walking Law & Practice
- Stop At The Edge
- Walking Across the Street
  - Crossing Strategies

- Assess Your Surroundings
- Look Left, then Right, then Left again
- Dealing with Unsafe Conditions
- Gauging Traffic Speed & Crossing Times

#### **LESSON 6: DRIVEWAYS, TURNS, & PATHS (Level 3 – On Bike; On-Road)\***

- Review Traffic Rules
- Be Predictable – Ride on the Right
- Driveways
  - Right turn out of the driveway
  - Left turn out of the driveway
  - Left turn from street into the driveway
- Introduction to Intersections
  - Lane positioning
  - The Rule of Threes
  - Review Right-of-Way
- Right Turns through Intersections
- Riding practice through Intersections (in parking lot, Traffic Skills layout)

#### **LESSON 7: NEIGHBORHOOD RIDE (Level 3 – On Bike; On-Road)\***

- Ride organization & safety briefing
- Riding on the Road (quiet, residential & school neighborhood)
- Riding on Multi-Use Paths
- Ride Review: What did we Learn?

#### **LESSON 8: LEFT TURNS (Level 3 – On Bike; On-Road)\***

- Review Lane Positioning rules
- Review Intersection Types
- Left Turns through Intersections
  - Conventional (vehicular) left turn
  - The Two Corners (Box Left) Turn
  - The Pedestrian Left Turn
- Intersections: Putting it all together
- Practicing Around the Block

### **LESSON 9: COMMUNITY RIDE (Level 3 – On Bike; On-Road)\***

- Supervised ride (in small groups) through the school neighborhood

### **LESSON 10: REVIEW & EVALUATION (Level 1 – Classroom)**

- Review lessons learned from the Community Ride
- Route identification & finding (Part 2)
- Post –Test (& Review)

*\*It is strongly recommended that the parking lot maneuvers at Level 2, and on-bike skills at Level 3 be taught by a certified League Cycling Instructor (LCI).*