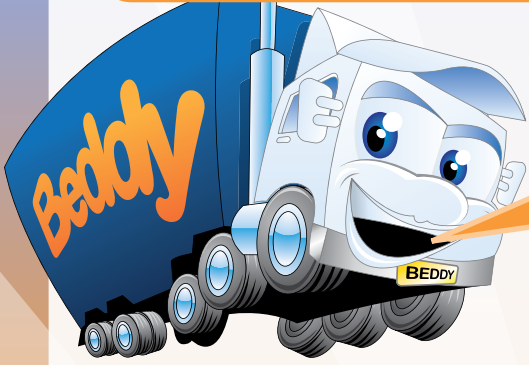


Be safe on your bike



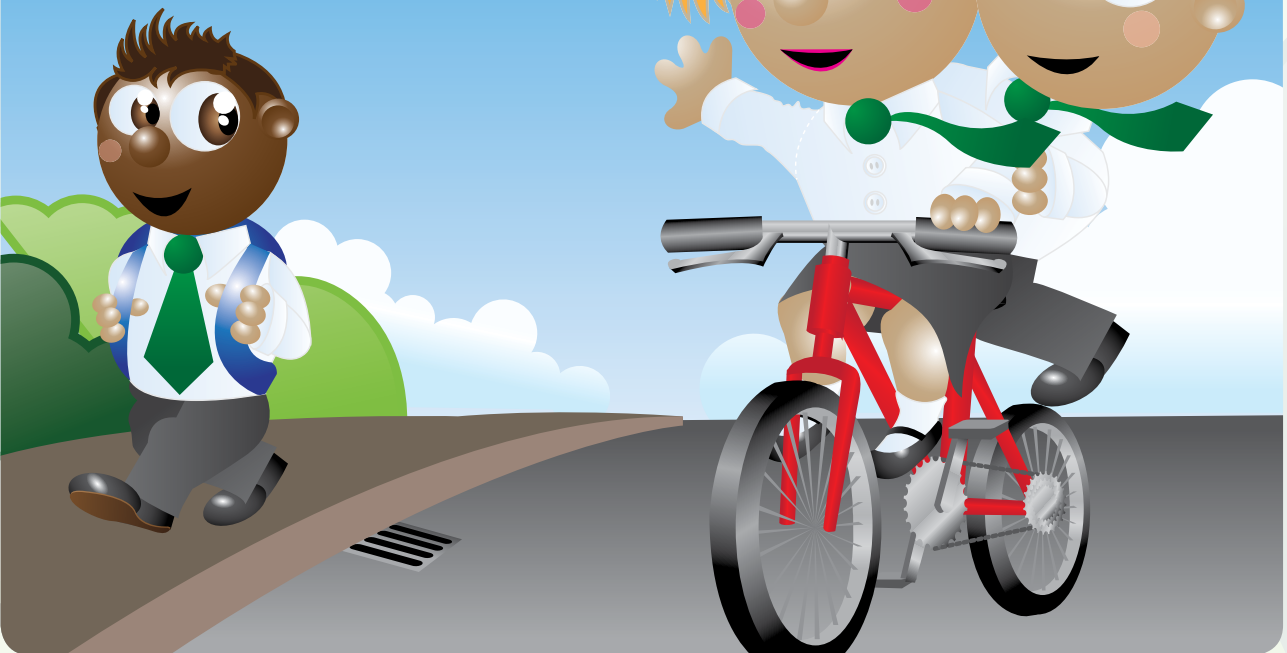
“Riding your bike is lots of fun but you have to be careful when cycling on roads. Here are some educational and fun tasks to do in class or with a group of children.”

TASK 1: Look at the sentences below and decide which ones are true and which ones are false:

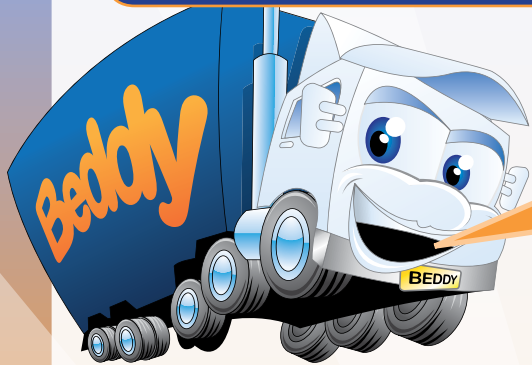
- 1 You should wear light, bright clothes when out on your bike
- 2 When biking, you should be aware of cars coming out of entrances and exits
- 3 If you travel faster, you will have less time to react if anything unexpected happens
- 4 Cycling in snow, fog or icy conditions is a great idea
- 5 Be aware of any animals who may cross the road
- 6 Keep to the side of the road

True	False
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

TASK 2: Look at the cyclist below... Kate & Joe do not look very safe, do they? Why?



Be safe on your bike



“Riding your bike is lots of fun but you have to be careful when cycling on roads. Here are some educational and fun tasks to do in class or with a group of children.”

TASK 3: You must wear a safety helmet at all times.

Do this experiment with your class

- Drop an egg from a height of 30cm on to a solid surface

Does the egg break?

This is what could happen to your head if you fall off a bicycle without a helmet.

Now make a helmet for your egg. You can use cardboard, cotton wool or polystyrene. Remember that a crash helmet protects your head from being crushed by taking most of the impact.

- Now try dropping the egg with the helmet on

Does the egg break?

What does this teach us about wearing helmets?

When picking a helmet, make sure you choose one which:

1. Does not cover your eyes or ears
2. Fits closely to your head
3. Has slots to let air in
4. Has a strap to hold it firmly in place

