

# Bicycle Safety

## Student Handbook

ENGLISH AS A SECOND LANGUAGE





## Activity 1: Who Rides a Bicycle?

**Instructions:** Ask your classmate yes/no questions. Find someone who does each of the activities listed below. If your classmate answers, Yes, I do, write his or her name in the blank. If your classmate answers, No, I don't, ask somebody else.

### Example:

Find someone who...

...bikes for fun.

Question: *Do you bike for fun?*

Answer: *Yes, I do. OR No, I don't.*

Find someone who...

Classmate's Name

1. ...bikes for health
2. ...bikes for transportation
3. ...bikes to protect the environment
4. ...bikes because it's cheap
5. ...bikes for fun
6. ...thinks biking is dangerous
7. ...has an old bike
8. ...bikes with children
9. ...wears a bike helmet
10. ...doesn't bike

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## Activity 2: A Safe Bicycle

**Instructions:** Look at the picture of the bicycle below. Write the names of the numbered items in the blanks. Choose from the words in the box.

pedals  
reflector  
handlebars

headlight  
brakes  
tires

rear light  
seat  
chain

1. \_\_\_\_\_
2. \_\_\_\_\_
3. \_\_\_\_\_
4. \_\_\_\_\_
5. \_\_\_\_\_
6. \_\_\_\_\_
7. \_\_\_\_\_
8. \_\_\_\_\_
9. \_\_\_\_\_





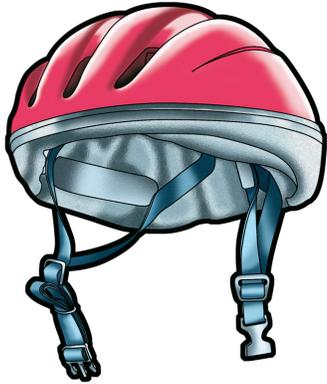
## Activity 3: Bicycle Safety

### Activity 3a

**Instructions:** Look at picture of Nati and Samuel, her son. What is Nati doing?



## Activity 3b



A bicycle helmet is the most important piece of bicycle safety equipment. The helmet protects your head and your brain from serious injury if you are in a crash. Make sure your helmet fits well. Look at the pictures and follow the step by step instruction provided below.

**Instructions:** Review with your instructor how to properly fit a bicycle helmet.



For a copy of the entire brochure on Easy Steps for Fitting a Bicycle Helmet, see:  
<http://www.nhtsa.dot.gov/people/injury/pedbimot/bike/EasyStepsWeb/images/EasyStepsEngColor.pdf>.

## Activity 3c

**Instructions:** Read the bicycle safety information that Officer Oveda gave to Nati.

### Bicycle Safety Rules for the Family



**Follow these rules when you ride your bicycle:**

- Always wear a bicycle helmet--every time you ride.
- Ride on the right, in the same direction as other vehicles. The bicycle is a vehicle. Bicyclists and drivers follow the same rules of the road.
- Ride a bicycle that fits you and has working parts.
- Always ride with at least one hand on the handlebars.
- Obey all traffic laws, signs, and signals.
- Be visible. Wear bright clothing and reflective materials.
- If you have to ride at night, you must have a white headlight in the front and red lights or reflectors on the back of your bike.
- Always pay attention to traffic. Never use headphones or talk on a cell phone while you bike.

## Activity 3d

**Instructions:** Draw a line between each word in the first column and similar words or phrases in the second column.

**Example:** laws — protection for the head and brain  
vehicle — the right size  
visible — rules  
helmet — car, truck, motorcycle, bicycle  
fit — something that is not safe (holes in the road, wet leaves)  
dangerous — you can see it easily

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## Activity 3e

**Instructions:** Ask and answer these questions with a partner.

1. Why should you always wear a bicycle helmet?
2. Should bicyclists ride facing traffic or in the same direction as traffic? Why?
3. How can you be more visible to cars and other traffic?
4. Riding a bike at night can be dangerous. Why?
5. What can you do to make bicycling at night less dangerous?



## Activity 4: Dangers in the Road

When bicycling, look for dangers in the road and go around them.

**Instructions:** What dangers for bicycles do you see in the pictures? Work with a group or partner and write them in the spaces below. Can you think of other dangers in the road for bicycles?



A. \_\_\_\_\_



B. \_\_\_\_\_



C. \_\_\_\_\_



D. \_\_\_\_\_

Other Dangers in the Road



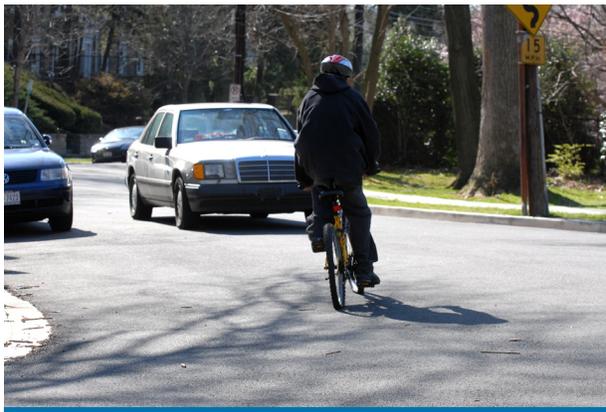
## Activity 5: A Bicycle Crash

David is Carlos Lorenzo's son. He rides his bike everywhere. Unfortunately, he does not always ride his bike safely. Unsafe riding puts David at risk for a crash.

### Activity 5a

**Instructions:** Look at the four pictures below and on the next page. Discuss the questions with a partner.

1



What is David doing wrong?

2



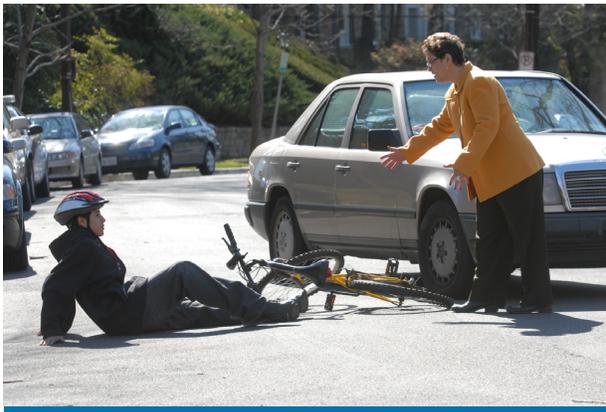
What does she see?  
What does she do?





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What happened?  
Why did it happen?

4



What do you think  
Officer Oveda is say-  
ing to David?

## Activity 5b

**Instructions:** Listen to Officer Oveda and David's conversation after the crash. Then, read along as you listen again. Practice the dialogue with a partner.

**Officer Oveda:** Hey! Are you OK?

**David:** Yes. I think so.

**Officer Oveda:** Well, you're lucky that you're not hurt. What's your name?

**David:** David Lorenzo.

**Officer Oveda:** Listen, David. You were riding on the wrong side of the road. The driver almost hit you.

**David:** I was just riding home from school.

**Officer Oveda:** You must ride your bike in the same direction as traffic. You are a vehicle, just like a car. You must follow all the same rules as cars.

**David:** Oh, I'm sorry. I didn't know.

**Officer Oveda:** It's a good thing you were wearing your helmet. Bike crashes can cause head injuries. Bike helmets protect your head and brain!

**David:** I've never fallen before.

**Officer Oveda:** Well, even good riders fall. Sometimes drivers don't see you. Wear bright clothing and always look out for vehicles. You need to be responsible for your own safety. Follow the rules of the road.



## Activity 5c

**Instructions:** Write the past tense of the verbs below:

wear \_\_\_\_\_ ride \_\_\_\_\_

leave \_\_\_\_\_ cause \_\_\_\_\_

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## Activity 5d

**Instructions:** Look at the pictures on pages 9 and 10 again. What did David do wrong? Talk with your partners about the mistakes that David made. Use the past tense. Try to use the verbs above.

Examples: David wore a dark shirt.

David didn't wear bright colors.



## Activity 5e

**Instructions:** David's behavior must change so that he is safer. Listen to his conversation with Officer Oveda again. Write down rules for David's new behavior. The first one is an example.

New Rules
David must wear bright clothing.
David must...
David must...
David must...
David must...



## Activity 5f

**Instructions:** Discuss the following question with your partners. Write your ideas. Then, discuss them with your instructor:

**What can a driver do to help keep bicyclists safe?**

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## Activity 6: Stay Safe While Biking

David Lorenzo crashed on his bicycle. He was lucky that he did not have a serious injury. But he might not be so lucky next time. His father, Carlos Lorenzo, is making new bicycle safety rules for David. The rules will help keep David safer on his bike.

### Activity 6a

**Instructions:** Discuss with your partner the safety rules that Carlos will give David. Write three bicycle safety rules in the box below. Follow the example of the first rule shown below for a total of four safety rules. You may select from the rules you used in Activity 5e on page 13 or use rules shared by others in your class.

#### Bicycle Safety Rules

1. Always wear a helmet.
- 2.
- 3.
- 4.

## Activity 6b

**Instructions:** Role play a conversation between Carlos and David.

1. Write your name and your partner's name after the name of the character each of you will play.

Carlos Lorenzo (Dad) \_\_\_\_\_

David Lorenzo (son) \_\_\_\_\_

2. Practice your role play.
3. Perform your role play for the class.

**David — back on his bicycle!**





## Family Safety Rules for Bicycle Riding

### Follow these rules when you ride your bicycle:

- Always wear a bicycle helmet—every time you ride!
- Ride on the right, in the same direction as other vehicles. The bicycle is a vehicle. Bicyclists and drivers follow the same rules of the road!
- Ride a bicycle that fits you and has working parts.
- Always ride with at least one hand on the handlebars.
- Obey all traffic laws, signs, and signals.
- Be visible. Wear bright clothing and reflective materials during the day.
- If you have to ride at night, you must have a white headlight in the front and red lights or reflectors on the back of your bike. Reflective material on your clothing, helmet, backpack, is helpful at dusk, dawn, in bad weather or at night.
- Always pay attention to traffic. Never use headphones or talk on a cell phone while you bike.
- Avoid dangers in the road.

### Follow these rules when driving around bicyclists:

- Obey all signs and signals.
- Bicyclists are allowed to ride on the roadway unless there is a sign that says no bicycles.
- Stop, wait, or pass bicycles as you would a car.

Take home and share with your family.