

SafeRoutes



NAPA COUNTY OFFICE OF EDUCATION
COMMUNITY PROGRAMS

Bike Safety Curriculum Summary

BICYCLE SAFETY OVERVIEW

Safe Routes to School programs teach grades 4 to 6 bicycle safety during 5 to 10 hours of in class and on bike curriculum. The lessons cover benefits of biking, how to check and fit both a bike and helmet, and teaches how to stay safe when riding in traffic. The unit culminates in an off campus group ride through the school's neighborhood giving students the opportunity to practice the skills learned in the classroom and on the playground in a real world application.

BICYCLE SAFETY

Bicycle Safety begins with an introduction to the health benefits of cycling. Students learn key phrases for safety that help them to avoid solo bike crashes. A safety check and fit is demonstrated and practiced for both helmets and bikes. Then students get active to experience proper bike and helmet-fit first hand. We discuss how car trips contribute to air pollution and traffic congestion while our bikes do not.

OUTDOOR BIKE DRILLS

Outdoor Bike Drills get students on the bikes! After the safety check of the bikes and helmets, we cover the basics of biking to get everyone up to speed. We first discuss and practice proper braking. We then move on to shifting gears and maneuvering the bicycle. After this we discuss group rides and prepare for the traffic safety skills lesson. Our drills are designed to accommodate varying skill and confidence levels; this lesson is equal parts fun and skill building.

TRAFFIC SAFETY

Traffic Safety expands on safely riding in traffic through a focus on traffic laws. Settling around a realistic model street, the instructor discusses common car/bike conflicts. Finally, students negotiate mock intersections and scenarios as practice for the off campus ride.

BICYCLE RODEO

Bicycle Rodeos are provided in partnership with the Napa Police Department. We support the event by providing volunteers and materials. The Safe Routes program will also sometimes provide our own bicycle rodeos at the request of community organizations and events. Any school not receiving the full bike education program is a primary target for the rodeo events.