

**BIKE SAFETY –
Officer Script (7/23)**

Hi Everyone. I'm Officer _____



I'm so excited to be here today to teach you about being safe on your bike, or your scooter!

I KNOW how much fun it is to ride a bike or scooter.

BUT you need to learn the **RIGHT** way to ride so you can be **SAFE** and avoid serious injuries, like **BIG** cuts or broken bones.

Give me a **THUMBS UP** if you are ready to learn about staying safe when you ride! ****THUMBS UP**** Fantastic! Let's get started!

Raise your hand if you have a bicycle.

Now, raise your hand if you have a scooter.

It's so cool that so many of you have bikes and scooters!

And it's OK if you don't have a bike or scooter right now. Maybe someday, you will ride a bike or a scooter. And safety is so important, I want you to know what to do!

Everything I say today is true for bikes and scooters.

First, let's make sure we are always wearing a **HELMET**.

Raise your hand if you have a helmet. Great!

We wear a helmet to protect our head from injury. The helmet protects our brain where all our thinking takes place.

Make certain your helmet fits properly. Make sure your helmet is level on your head and does not move around. Safe Routes to School can help you with that.

Now what **CLOTHES** are best to wear when riding a bike or scooter?

The answer is: Wear bright colored clothing so that cars can see you. Bright colors can be yellow, orange, green, and even white.....raise your hand if you have clothes in any of these colors.

I see students right now in colorful clothes. (point out 2 -3 kids) — please stand up— that's perfect! Thank you!

Lights and reflectors on your bike make it very easy to see you at all times..even when its dark.

Next we will talk about HAND SIGNALS. On a bike, Our hand signals tell cars and everyone that we are turning left or right, or stopping. In traffic, cars cannot hear your voice. So, your hand signals are like your voice because they tell others what you are going to do.

Your fingers point the direction you want to go. Here is the signal for LEFT TURNS — arm straight out. (demonstrate). Finger pointing in the direction you want to go. On the count of 3.... put your left arm out. Great. That's the hand signal for left turns.

The hand signal for a right turn is to bend your LEFT arm up like this. LIKE THE LETTER "L". Or you can bend it down like this. There's 2 different ways to show a right turn.

Let's practice bending your arm up and pointing in that direction. WATCH carefully (demonstrate) Remember, make the letter "L" with your arm.

Now lets practice with your right arm down like this. This is a right turn.

One more time, right turn, LEFT arm up?

Pretend time. Pretend we're turning right into a driveway, left arm up? Make your turn. Well done.

To show that you are stopping, use your LEFT ARM and point your finger and your arm straight down like this. Can everyone do this? Great job. That show's everyone that you are about to stop.

When you are riding your bike in the street...Always ride in the same direction as the cars.

If you ride your bike or scooter on the sidewalk, be extra careful of driveways and cars backing up that may not see you.

Remember, use your Eyes and Ears. Always look around you as you ride a bike...just because you see other cars doesn't mean they always see you. Be Safe.

One last safety idea from Rocket and Safe Routes to School. When you are on a bike, you should get off your bike and WALK TO CROSS THE STREET

with a street light.... we all know never to cross on a RED LIGHT or DON'T WALK SIGN. When the light turns green, on a GREEN LIGHT, wait for a WALK SIGN." Always make sure you cross a busy street with a trusted adult.

(Ask for Kids questions.....)

Before I go, I want us to say the ROCKET PROMISE.
So everyone, raise your RIGHT hand and repeat after me:

I promise that when I ride my bike or scooter to always
wear a helmet,
use hand signals,
wear bright clothes,
and to always watch for cars in the street,
so I can stay safe!

That was fantastic! Don't forget - I care about your safety and I care about YOU too!

WONDERFUL! stay safe on your way to and from school! Bye now!

STAY SAFE ON YOUR BIKE!

1. Always wear a helmet! Color Rocket's helmet **BLUE**.
2. Ride in the bike lane if possible, in the same direction as the cars. Color the arrow that shows the direction Rocket should ride **GREEN**.
3. It's important for cars to be able to see you! Wear bright colored clothing. Color Rocket's shirt **YELLOW**.





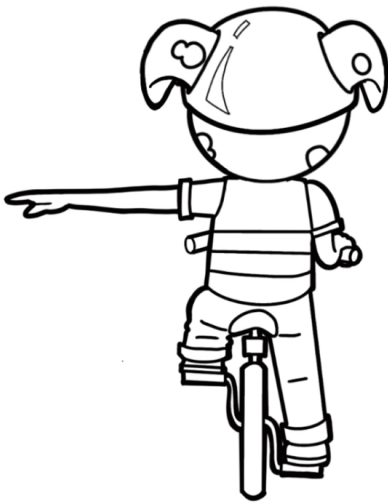
Rocket Says...

USE HAND SIGNALS

WHEN RIDING YOUR BIKE



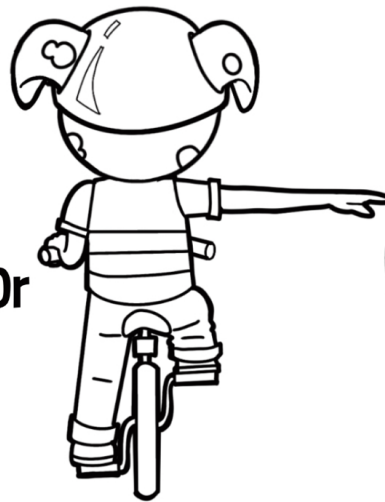
**Rocket uses these hand signals when riding his bike.
Practice each signal with a friend.**



Left Turn



Or



Right Turn



Stop

Cars will be able to tell which way you are going, or if you are stopping when you use hand signals. This will keep you safe.

PRACTICE HAND SIGNALS



Draw a line to match the sentences with Rocket's hand signals.



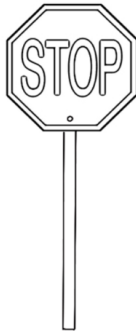
Rocket is going to stop.



Rocket is turning right to go to a park.



Rocket is turning right to go to school.

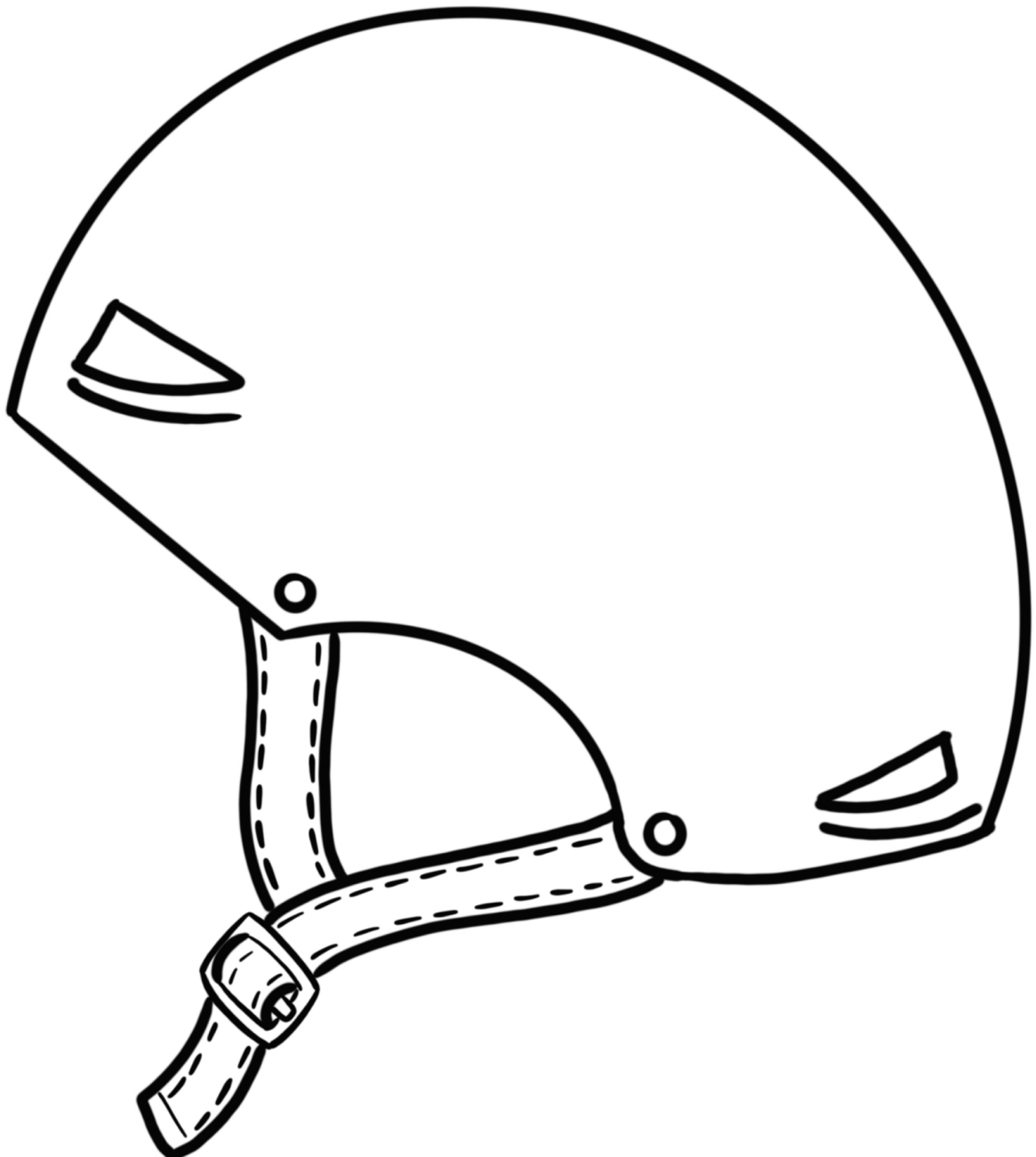


Rocket is turning left to get some ice cream.



**ALWAYS WEAR A HELMET
WHEN RIDING A BIKE OR A SCOOTER**

**A helmet protects your head and keeps you safe!
Color and Design a Helmet You Would Like to Wear!**



Congratulations!

For Completing the lessons

Stay Safe on a Bike

You're a Rocket Rules

Safety Super Star!



Instructor signature _____

Signature Rocket  _____ Date _____