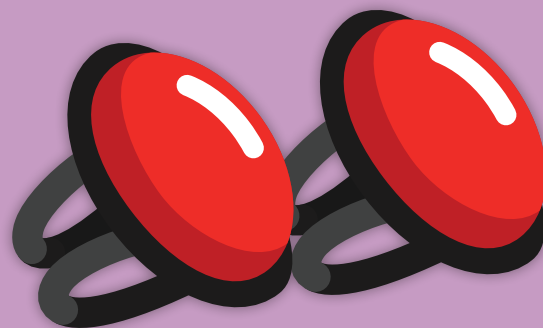


WHEEL SAFETY



BIKES, BLADES & BOARDS



**LEARNING
AND
ACTIVITY
BOOK**

WHEEL SAFETY



BIKES, BLADES & BOARDS

INTRODUCTION

What could be better than getting outside on a beautiful day? Whether you're biking, rollerblading, or skateboarding, there's always fun to be had exploring your neighborhood and enjoying some fresh air with friends (and it's a great way to get some exercise).

When you're out enjoying life on wheels keeping safe is a must! Did you know that almost 600 kids in the U.S. are hurt in bike or skating accidents every hour? That's more than 200,000 every year! With good safety habits and some tips in this booklet, you can keep yourself safer and avoid getting hurt too.

There are a few simple rules to help keep you and your friends safer when you're having fun on wheels. Keeping your bike, skates, or skateboard in good shape, always wearing the right protective gear, and making sure to follow the rules of the road can help you from becoming one of the 600 kids hurt every hour.

The next few pages are filled with fun and helpful activities to help you learn more about staying safe whether you're biking around your neighborhood, skateboarding in the park, or skating with your family. It's always better when everyone gets home safe, so you can also keep your friends and family from getting hurt by sharing these great tips with them!

**HAVE FUN
AND
BE SAFE!**



SAFETY WORD SEARCH

Find and circle all of the safety words that are hidden in the grid.

P C S U K B I C Y C L E C K P
V R G K R T R A F F I C S F Q
Y T O M A E B M H E Y S K S Y
P S S T J T F K I R H A A W B
M K K L E Z E L Y X O F T H R
Q A N A J C M P E C J E E E A
S B I E T B T G A C S T S E K
C L P N E E K I Q R T Y U L E
Z A N I T P B B V Y K O T S S
O D L M Y E A O Q E M G R X L
H E L M E T N D A H G W J S Y
U S R X Q R G A E R F E B J I
M K I L M Y N T N Q D V A S E
D X J N R B P E H C R L C R L
Y S D O C C S M K X E G G T D

WORD BANK

BICYCLE
SAFETY
HELMET
KNEEPAD
WHEELS

BRAKES
BLADES
SKATES
TRAFFIC
YIELD

MAINTENANCE
SKATEBOARD
REFLECTORS
SKATEPARK
PROTECTIVE GEAR

RULES OF THE ROAD

Follow these rules for bikes, boards and blades and you'll be on a roll!

Bikes



- Always wear a helmet.
- Always obey traffic laws, road signs and traffic lights.
- Ride in a straight line with traffic, never against it.
- Walk your bike across busy or major streets.
- Pass on the left side of vehicles.
- Use hand signals for turning and stopping.
- Watch for cars pulling out of driveways and cars turning in front of you.
- Watch for opening doors when riding alongside parked cars.
- Go slow on sidewalks, yielding to walkers and other joggers.
- Pass to the left of a person by slowing up and giving a warning such as "Passing on your left."
- Never carry others on the seat or handlebars.
- Wear bright colored clothing with reflective strips, particularly at night.



Boards and Blades

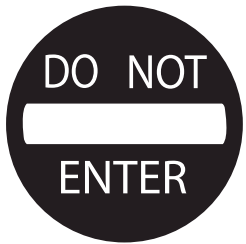
- Always wear safety gear — a helmet, wrist guards, elbow and knee pads.
- Never ride in the street.
- Do not skate in crowds of non-skaters, such as on busy sidewalks.
- Always yield to walkers and joggers.
- Pass to the left of a person and give a warning such as "Passing on your left."
- Never "hitch" a ride from any vehicle.

SAFETY SIGNS

Following the rules of the road is very important to keeping safe on wheels. No matter where you're riding, always keep an eye out for the signs below and do what their instructions say.



Stop Sign: This sign means you should come to a complete stop. Make sure to look both ways for any traffic before going forward.



Do Not Enter: This may mean one of two things: you are about to enter a one-way street and traffic is flowing in the opposite direction, or there is a hazard up ahead. Either way, do not ride any further and find another route.



Yield: This means you should slow down and check for any people or cars, waiting for everyone to pass before going.



Railroad Crossing: This means you are about to go over a railroad track. Make sure to stop and check both ways for any oncoming trains, then proceed with care if none are coming.



One Way: This means that traffic only goes in the direction indicated by the arrow on the sign. You should always follow the flow of traffic shown on these signs.



Pedestrian Crossing: This means people may be crossing the road ahead. Make sure to slow down and check for anyone walking, and always let them go first before you start riding again.

MAINTAINING YOUR WHEELS

Before you go out on your wheels, you should make sure everything is in good working order. Regular checkups and preventive maintenance on your bike, skates or skateboards can help you avoid injury. Examine your bike, skates or skateboard and answer the following questions. If something needs repair or replacement, take care of it before your next ride.

Bikes



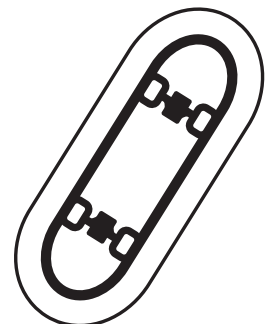
- ☐ Are all nuts and bolts tight?
- ☐ Do the gears and brakes work properly?
- ☐ Are the wheels and tires in good shape, and are the tires properly inflated?
- ☐ Is the chain the right tension and properly lubricated?
- ☐ Is the seat at the right height for you?
- ☐ Does the bike have reflectors at the front and back and on the wheels?

Inline Skates



- ☐ Are the wheels tightly fastened?
- ☐ Do the wheels need to be rotated or replaced?
- ☐ Are the bearings clean and properly lubricated?
- ☐ Is the brake of the skate securely attached?
- ☐ Is the brake excessively worn down?
- ☐ Is the frame securely attached to the boot?
- ☐ Does the skates' closure system (laces, buckles or a combination) work properly?
- ☐ Does the liner need to be replaced?

Skateboards



- ☐ Are the trucks and wheels securely attached to the board?
- ☐ Can you turn and stop smoothly on the board?
- ☐ Is the skateboard deck solid and free of cracks?



WORD SCRAMBLE

Using the clues provided, rearrange the following sets of letters into words related to cycling and skating safety.

1. A cyclist's most important piece of safety equipment

TLMEHE _____

2. The most commonly injured body part in skating accidents

SWRTI _____

3. Part of an inline skate used for stopping

EABRK _____

4. Kind of intersection cyclists should walk their bikes across

OJAMR _____

5. Thing involved in 90 percent of all fatal cycling accidents

TAUOMBLOEI _____

6. Safety devices that help automobile drivers see cyclists at night

EFOTRSLERC _____

7. People should yield to these on paths

SKLWREA NDA GUGORSE _____

8. Something to control on skates

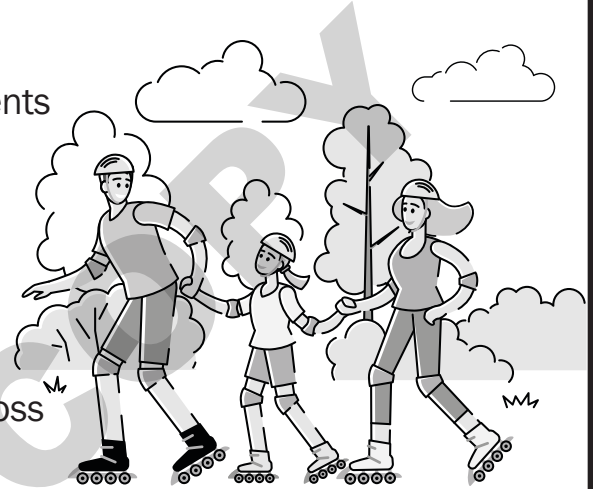
URYO EDPSE _____

9. Kinds of areas to avoid when riding

UNDARGESO RO IMAFINURLA _____

10. Place devoted solely to skating, with ramps, half-pipes, etc.

ETKSA APKR _____



Answers: 1. helmet, 2. wrist, 3. brake, 4. major, 5. automobile, 6. reflectors, 7. walkers and joggers, 8. your speed, 9. dangerous or unfamiliar, 10. skate park

DO'S & DON'T OF WHEEL SAFETY



DO keep your bike, skateboard, or skates in good condition.

Ask an adult if you need help fixing something

DON'T ever ride your bike, skateboard, or skates if something is broken.

DO always wear the proper protective gear like helmets, knee/elbow pads, and wrist guards. Wear these every time you go for a ride.

DON'T wear protective gear that doesn't fit right. If something is too small or too big, it won't keep you as safe.

DO wear bright or reflective clothes. This will help drivers see you better!

DON'T wear headphones or make phone calls. These can distract you and make it harder for you to be aware of your surroundings.

DO obey all traffic laws while on the road. This helps keep everyone safe!

DON'T ride during peak traffic times (early in the morning when people are going to work or late in the afternoon when they're going home) if you can avoid it.

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