



Safety in Schools Week June 8th to 12th 2009

AGENCY ACTIVITY

Agency

Cycling WA

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Activity Title Better on a Bike- before you ride

Activity Outcomes

Learning Area	Link to K-10 Syllabus	Outcome
Health and Physical Education	Context: LIFESTYLE CHOICES Topic: Fitness	Knowledge and Understanding <ul style="list-style-type: none"> The meaning and dimensions of health Ways to keep healthier and safer
	Context: SAFETY Topic: Personal Safety	Interpersonal Skills <ul style="list-style-type: none"> Communicating Co-operating and collaborating in groups
	Context: SAFETY Topic: Safety at home/ school/ community <ul style="list-style-type: none"> Bike Safety 	Self-management Skills <ul style="list-style-type: none"> Understanding emotions Reviewing the situation

Phases of Development

Early Childhood (K-3)
 Middle Childhood (4-7)

Resources Required

- 1 bicycle
- 1 helmet
- Pen, colour pencils and paper each student
- Teacher resource: "Cycling WA Bicycle Safety – Before you ride" checklist and resource sheet, available from Cycling WA www.wa.cycling.org.au or wa.info@cyclimg.org.au

Approximate Time Required

1 hour:
 20 minutes Bicycle check
 20 minutes Bicycle safety checklist
 20 minute helmet check and drawing

Procedure

Bicycle Check:

1. Teacher to discuss with students the benefits of riding a bike. Physical activity, fitness, skill development etc.
2. Teacher to talk about the importance of road worthy equipment. Use the analogy of a car falling apart that might not get you to school or with how the car might not stop with good brakes and may have an accident.
3. Introduce a bicycle into the group, asking students to come forward and identify potential hazards and safety features of the bicycle.
4. Encourage care of the bicycle and maintenance. For younger students reporting to the parents and older students encouraging maintenance.

Use the "Cycling WA Bicycle Safety – Before you ride" checklist and resource sheet.

Bicycle safety Checklist

1. Have the Children make a list or drawing of Bicycle safety checklist that they can pin up at home with their bicycle.

Helmet Check and Drawing:

1. Teacher to talk about the importance of a helmet. Use the analogy of 12 eggs without a box around it.
2. Show the students the Australian Standards Mark AS/NZS 2063.
3. Encourage the use of bright and easy to see, helmets that fits snugly.
4. Have the children draw a helmet with the Australian Standards Mark AS/NZS 2063 and their own imagination.

Conclusion discussion points:

1. The importance of road worthy equipment.
2. Potential hazards and safety features of the bicycle.
3. The importance of a helmet.
4. How to identify a good helmet.

Community Links

How could the school involve the local community in Safety in Schools Week?

Cycling WA can have a coach conduct bicycle skills sessions to the students at the school. These can reinforce the "Better on a bike- Before you ride" activities above.

How could the school involve parents and seniors in Safety in School Week?

- Visit Cycling WA website for information on Cycling activities in Western Australia.
- Visit Kidsafe website for further Bike safety information.
- Contact a Bike shop for advice on Helmet fitting, Bicycle fitting, bicycle repairs.
- Encourage seniors to share bicycle repair skills with students.

Policy and Procedures

Are you aware of the School's written Health and Safety Policy? If not: -

- Check with administration
- Refer to the Department of Education and Training's Risk Management Policy and Occupational Safety and Health Policy

Do you have safety structures and procedures in place?

- Does the school have a first aid person? (Structure)
- Is there a plan of how to access the first aid person? (Procedure)

Other Resources Available

- Cycling WA website: www.wa.cycling.org.au
- Kidsafe website – Bicycle safety information
<http://www.kidsafewa.com.au/bicyclesandotherdevices.html>