Bike That Route

SAMPLE CURRICULUM EXAMPLE ONLY

Getting to Middle School
6th Grade Bicycle Safety Quiz
Review:
Middle School Top Four Bike Safety Skills

1. Always wear a **helmet** that fits and wear it properly.

2. **Stop** at all stop signs and red lights.

3. Make **eye contact** with drivers before crossing intersections.

4. **Lanes**: ride in the right place for the road you’re on.
What is the Door Zone?

A. The safest place to ride

B. Where passengers wait to be picked up

C. The 5 feet of space an open car door extends

D. Nothing to be concerned about
What is the Door Zone?

C
The 5 feet of space an open car door extends
Door Zone Injuries Can Be Fatal

People on bikes often ride too close to parked cars because they think it’s safer there.

But, getting hit by a driver opening a car door can cause serious injury or death. Never ride in the door zone.

If there’s enough room for an invisible friend, you are safely out of the door zone.
Skateboarders & Scooterers

A  Do not have to wear helmets

B  Are required to wear helmets if under 18

C  Should never be on the sidewalk

D  Must wear knee pads and elbow pads
Skateboarders & Scooterers

B
Are required to wear helmets if under 18
Safe Skating and Scooting

Always wear a helmet.

Ride on the sidewalk.

Be careful and courteous to pedestrians and small children.

Be especially mindful of others if you’re on an e-scooter or e-skateboard that can get going very fast.
What Does “Right of Way” Mean?

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<thead>
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<tr>
<td><strong>A</strong></td>
<td><strong>B</strong></td>
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<tr>
<td>Riding on the right side of the road</td>
<td>Being right handed</td>
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<tr>
<td><strong>C</strong></td>
<td><strong>D</strong></td>
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<tr>
<td>The legal right to “go first”</td>
<td>Suing for your right to ride a bike</td>
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What Does “Right of Way” Mean?

C
The legal right to “go first”
“Right of Way” is a Technical Term

If you have right of way, you get to go first.

Pedestrians always have right of way and other people on the road or sidewalk should slow down, be courteous, and let them go first.
Sidewalks, Shared Paths, Tunnels & Overpasses

What does the community say?

"I could feel their clothing brush against me."
--Palo Alto Resident

“They pay no attention to us — especially us senior citizens”
--Palo Alto Senior

Whizzing cyclists are putting pedestrians on edge

"I could feel their clothing brush against me."
--Palo Alto Resident
Sidewalks

- Avoid riding on sidewalks whenever possible.
- It’s illegal to ride on the sidewalk in Palo Alto’s downtown areas.
- If the sidewalk is the safest choice, ride slowly, be courteous, and give pedestrians the “right of way.”
- Some streets are designed with wide sidewalks that serve as multi-use paths. You may ride on those! (Examples are Louis/Amarillo and Arastradero.)

When riding the wrong way on the sidewalk, be very careful when entering an intersection. Drivers are not expecting you.
Shared Paths
Tunnels & Overpasses

Shared paths:

- Ride on the right side of the path.
- Slow down; pass slower users only when it’s safe.
- Be mindful of small children who often move unpredictably.

Tunnels & Overpasses:

- “If you see others, be a walker.” You may ride through a tunnel or overpass if no one else is using it. Otherwise, you must walk your bike.
What's a Shoulder Check?

A
Looking over your right shoulder while riding

B
Looking over your left shoulder while riding

C
Stopping, then looking over your left shoulder

D
Looking to see if you have a sunburn
What’s a Shoulder Check?

B
Looking over your left shoulder while riding
What’s a Shoulder Check?

Merge into the travel lane
When to Shoulder Check: Making a Left Turn

Option 1 - Turn from the Travel Lane
(Never from the Bike Lane 😈)

1. Check, and double-check, for on-coming cars. Signal with your hands.
2. When it is safe, carefully move into the left-hand lane.
3. Complete your turn like any other vehicle.

Option 2 - Cross the Street Twice
(Box Turn)

1. Ride carefully next to the crosswalk with the “Walk” signal.
2. Wait for the light to advance.

Option 3 - Walk Your Bike in the Crosswalk
What are you **NOT** supposed to do when riding a bicycle through a roundabout?

- **A** Shoulder check and carefully merge into the travel lane
- **B** Yield to pedestrians and bikes/cars in the circle
- **C** Ride in the center of the lane
- **D** Make a left turn when entering the roundabout
Roundabout Review

What are you **NOT** supposed to do when riding a bicycle through a roundabout?

D  Make a left turn when entering the roundabout
Roundabout Review

Shoulder check, signal and merge into the travel lane when it’s safe.

Yield to pedestrians, cars and bikes already in the roundabout. Yield means STOP when there are pedestrians in the crosswalk or cars/bikes already in the circle.

Enter the circle to the right of the central island and ride in the center of the lane. Ride in front of or behind cars, never to the side.
What’s the Correct Way to Ride on a Bike Boulevard?

A. Ride in a straight, predictable line

B. Ride about 5 feet to the left of parked cars

C. Don’t weave in and out of parked cars

D. All of the above
What’s the Correct Way to Ride on a Bike Boulevard?

A. Ride in a straight, predictable line

B. Ride about 5 feet to the left of parked cars

C. Don’t weave in and out of parked cars

D. All of the above
What’s the Correct Way to Ride on a Bike Boulevard?

Bike boulevards are residential streets that have been designed to give people on bikes a comfortable ride.

Ride in a predictable, straight line to the left of the parked cars and well away from the door zone.

People on bikes have the right of way, and car drivers should slow down and pass them only when it’s safe.

Which one of these two cyclists is easier to see?
What Does this Green Paint Mean?

A  Bicyclists have the right of way

B  Cars will cross the bike lane

C  Drivers have the right of way

D  Pedestrians may run out at any time
What Does this Green Paint Mean?

B
Cars will cross the bike lane
What Does this Green Paint Mean?

Bike lanes with skip-striping show areas where bicyclists and drivers merge.

These lines increase awareness of potential conflicts.

Bicyclists should slow down and be aware of cars entering the lane.
When Riding in a Pack:

A
Your group should take up the whole travel lane

B
You don’t need to pay attention to red lights

C
Ride with no more than one person next to you

D
Do whatever the rider in front of you does
When Riding in a Pack:

C  Ride with no more than one person next to you
Safe Pack Riding

Spread out and stay to the right.

Be polite -- make sure faster moving traffic can pass.

Be responsible for your own safety! Just because the riders in front of you went through the signal doesn’t mean it’s safe for you to go through.
A Proper-Fitting Helmet Should:

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<tr>
<td>A</td>
<td>Be worn snug, level, and low on your forehead</td>
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<tr>
<td>B</td>
<td>Hang off your handlebars</td>
</tr>
<tr>
<td>C</td>
<td>Enable you to wear a baseball cap under it</td>
</tr>
<tr>
<td>D</td>
<td>Be used for both snowboarding and biking</td>
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A Proper-Fitting Helmet Should:

A. Be worn snug, level, and low on your forehead.
Helmet Basics

Wearing your helmet the right way reduces your chances of head injury by 85%.

Low, level and snug:
- 2 fingers above your eyebrows
- Straps form a Y under your ears
- 1 finger between strap and chin
Earbuds and Cell Phones: What’s the Law?

A
No earbud use
No holding phone

B
Both earbuds OK
No holding phone

C
Both earbuds OK
Holding phone OK

D
One earbud OK
No holding phone
Earbuds and Cell Phones: What’s the Law?

D
One earbud OK
No holding phone
Earbuds and Cell Phones: What’s the Law?

You may only use ONE earbud while riding. No headphones.

No holding your phone while riding.

It’s hard to hear other road users if both ears are covered.

The same law applies to bicyclists and drivers.
One More Note:
Lock It or Lose It!

Lock your bike **every time** you leave it.

Best: U-Lock through frame and wheel to a designated bike rack.

Register your bike with BikeIndex.org.
Let’s Take a Virtual Tour