

# 2a

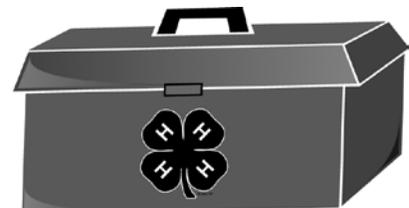
## "Bike Safety and Rules"

### Lesson

### Plan

**VOLUNTEER**IN

4-H Toolkit for Success





## Learning Objectives

1. Demonstrate the proper use of hand signals for turning corners, slowing, and stopping.
2. Understand other safety rules that apply to bicyclists.

## Intended Audience

4-H Club members



## Supplies & Resources Needed

- Lesson plan outline



## References

National 4-H Cooperative Curriculum System, Inc. (2006). *Bicycling for Fun* (BU-08334).  
[4hcurriculum@n4hccs.org](mailto:4hcurriculum@n4hccs.org).

Purdue University Extension. (1992). *Bike Safety and Rules* (4-H 760). West Lafayette, IN.

## Projected Length

15-20 minutes

## Introduction



*Biking provides great exercise and is a fun hobby. However, when riding a bicycle, there are a number of rules to keep in mind. The information in this lesson will help you to be a safe, responsible bicyclist.*



### Objective 1

Demonstrate the proper use of hand signals for turning corners, slowing, and stopping.



*What could happen if drivers just turned in front of other cars without letting them know what their plans were? To drive safely they must show others their intentions with signal lights. Since bicycles don't have these lights, bike riders need to know how to signal correctly with their hands before turning.*

On your bike, you make signals with your hands to “talk” to other riders and drivers. These signals are easy to remember:

**Making Right Turns** – If you are going to make a right turn, the first thing you should do is scan all around you for traffic that would be in your way. Then put your left arm out with the elbow bent upward, or use your right arm and point to the right. Pointing in the direction of the turn is easiest, but you'll need to check the laws where you live for the correct hand signal. When you come to the intersection, stop so you can look left, look right, and look left again. If it is safe, turn right, start pedaling and stay to the right.

**Making Left Turns** – A left turn is a little trickier. When you get to the intersection, get off your bicycle and look left, right, and then left again. When there is no traffic, walk your bicycle straight across the street. At the corner, look left, right, left, and right again. When there is no traffic, walk across the street. Scan and start pedaling to continue your ride. When turning left on a road signal, put your left arm out and keep it straight, pointing to the left.

**Slowing or Stopping** – When you slow down or stop, put out your left arm and bend your elbow down.

Ask 4-H Club members to practice the proper hand signals they must use when stopping or slowing, making a left turn, and making a right turn. Discuss with club members how they would make a right turn on their bicycle. How would they make a left turn? When should they start to signal with their hands?

### Objective 2

Understand other safety rules that apply to bicyclists.



*There are a number of additional bicycle rules for you to know and understand. We'll discuss these next.*

1. Everybody who rides a bicycle must have a bell or other device capable of giving a signal that can be heard at a distance of at least 100 feet. However, bicycles may not be equipped with sirens or whistles. Note: The human voice can be the audible signaling device, if the voice can be heard at least 100 feet away.



2. Discuss on which side of the road bicyclists should ride.
  - a. Two-Way Streets – Bicycles should be ridden on the right side of the road, in the same direction as traffic is moving.
  - b. One-Way Streets – Bicycles may be ridden in the outer left or right lane of the street, going in the same direction as traffic.

Note: It is important that you always ride the same direction as traffic. Riding against the flow of traffic is dangerous, because an oncoming motor vehicle has less time to avoid hitting you and you have less time to move out of the way.
3. Lights and reflectors are necessary on a bike if the bicycle is used on a public highway or bicycle path from ½ hour after sunset (dark) to ½ hour before sunrise. There must be lamps on the front and rear of the bicycle. The front lamp must have a white light that is visible from a distance of at least 500 feet. The rear lamp must have a red light that also is visible from a distance of 500 feet.

Note: A red reflector may be substituted for the red lamp on the rear.
4. Every bicycle must be equipped with a brake that allows the braked wheel(s) to skid on dry, level, clean pavement.
5. Never carry more people on a bicycle than it is designed and equipped for.
  - a. Example: One seat = One rider  
Two seats = Two riders (maximum)
6. A bicyclist is required to follow all traffic rules, such as coming to a complete stop at a stop sign or red traffic light, coming to a complete stop before making a right turn on red, and signaling turns.
7. No more than two bicyclists may ride side-by-side unless they are riding on a path set aside for bicycle use only.
8. A bicyclist may never attach him- or herself to any motorized vehicle (truck, car, etc). Grabbing hold can cause the bicyclist to lose control of the bicycle.
9. Bicyclists may never carry any packages, bundles, or articles that prevent them from keeping both hands on the handlebars.
10. Indiana state law does not require that bicyclists wear helmets, but all bicyclists should wear helmets.
11. Parents or guardians are responsible for the behavior of children riding bikes. The parent or guardian of any child may not knowingly allow him or her to break any bicycle safety rules mentioned above.



## Group Discussion

Ask the group some of the following discussion questions.

- What is important for you to know before you start making turns in traffic?
- Why should everyone in any type of vehicle on the street signal if he or she plans to turn or stop?
- Describe places where you must make turns correctly to be safe in traffic.
- What will you do differently the next time you need to make turns with your bicycle on the street?

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