

# **BICYCLE SAFETY**

## **Learning Objectives**

After completing this station, participants should be able to:

1. Identify types of bicycle crashes and the seriousness of injuries.
2. Identify things that they can do to prevent bicycle injuries.
3. Understand the consequences of not following bicycle safety rules and the seriousness of injuries.
4. Identify the bicycle helmet as a primary injury prevention intervention.
5. Determine the proper size and fit of a bicycle helmet.
6. Identify bicycle laws in their states and understand that adherence to these laws can prevent needless injuries.

## **Safety Requirements**

1. An educational component is mandatory prior to a bicycle rodeo or riding exercise.
2. Show safe and well-maintained equipment. Equipment should be certified by latest standard (CPSC – Consumer Product Safety Commission, ANSI – American National Standards Institute, SNELL – Snell Memorial Foundation).
3. Assure that riders are properly fitted with helmets and protective gear.
4. Provide a safe riding area, isolate from traffic.
5. Keep participants and spectators a safe distance from demonstrators and riders.
6. Warn participants and spectators that specialized demonstrations require a skill level and they should not try these exercises at home.
7. Prep riders on safe practices and make sure that the demonstration results in the safety message that you desire.
8. Specifics for Bicycle Rodeos: