

Andy's Bicycle Safety Video

Discussion Guide

About this guide: Andy's Bicycle Safety Video is designed for use by educators, safety coordinators, law enforcement officers, scout leaders and anyone else with an interest in child safety issues. Many of you will be able to enhance an already existing program simply by playing this video for your kids. Others may need a little inspiration, hence this guide.

About "Andy's Bicycle Safety Video": Why make another video on a subject that, quite frankly, has been done time and again already? Simple: Each year thousands of kids are injured or killed while riding their bikes. Either they were doing something unsafe or the motor vehicle that hit them wasn't paying close enough attention.

We have been teaching our kids safe riding techniques for a long time, and we could go on and on with suggestions about how to turn the tide of negative statistics, but the bottom line is this: education, (repeat) training, and practice are the keys to safe biking.

How do we make bike safety education more effective? The answer is credibility and realism. Kids know when they're being *talked at* instead of being *talked with*. And no matter how we "big people" go about it, in their eyes we're not the bicycle-riding experts. Kids don't typically see adults riding down the street popping wheelies or getting "air". Kids ride with other kids.

That's why "Andy's" has been so successful with kids. Andy looks like them. He sounds like them. He's one of them. He's credible in their eyes, and he does what you and I can't. He gets them to pay attention and to be safe. The music in the video was carefully selected to engage them on an emotional level, and the film length has been kept short because that's what the kids asked for. Once you've watched this program you'll understand. So, sit back and enjoy the ride.

Discussion questions:

QUESTION: What safety features should you have on your bike?

- Have reflectors on the spokes, pedals, rear of the seat and on the front of the handlebars.
- Use a headlight and a strobe light when riding at night or in bad weather.
- Keep a water bottle handy on the frame.

QUESTION: How do you make sure that your bicycle works properly?

- Take it to a bicycle repair shop and have them check it over.
- Ask someone who knows how to fix bikes to check it out.
- Look for loose cables, brake pads, low tires, etc.
- Oil the chain and gears.

QUESTION: What safety equipment should you wear when you go riding?

- Most important is a proper fitting recommended helmet.
- Bright colored clothing during the day and light colored clothes at night.
- Gloves, knee and elbow pads can help during a crash.
- Closed toed shoes. Not sandals and never barefooted.

QUESTION: What side of the road should you ride on?

Always ride *with* the flow of traffic, never *against*, and always in single file.

QUESTION: When is it safe to ride double?

Never

QUESTION: When you need to make a left hand turn, what is the best way?

Use the box style turn, it's the safest way.

Other discussion options:

1. Point out to kids that just because some of their friends ride in an unsafe manner is no reason that they have to.
2. Let kids know that many cars simply **do not see them**, so they need to be extra careful and always watch out for the cars. Tell them not to believe that the driver will automatically see them. It's always safer to assume that they don't.
3. Stress the importance of wearing helmets. **Demonstration/performance:** Tape an egg to the inside of a bicycle helmet and drop it (outside surface down) on the floor. Next, drop the egg on the floor without the helmet. Yuck! (You may have to practice this. Buy a dozen.)

Assignment:

Have the kids take home a "contract" like the one below. Have the kids *and* their parents (or the teacher/trainer) sign the contract...

"I _____ agree to always wear a helmet and to practice defensive bike-riding techniques. I also promise to observe the laws and ordinances that govern bicycle riding in my community."

Signed _____ (Student)

Signed _____ (Parent or Teacher)

Common questions asked about this program:

Who is the target audience? Whomever you can get to sit down for 11 minutes. Parents, teachers, police officers, bicycle club members, but in particular... **KIDS!**

Is the video age specific? This video is designed to be shown to kids from age 7 up to age 13.

How old is the video? Release date was 08-4-97

How do I incorporate this video into my program? In most learning environments it will be enough simply to show the video. In other programs or environments, the facilitator / presenter will have to supplement the video with discussion starters or questions like those included here.