

# FOLLOW THE LEADER

## Skills

Bike control, stopping, starting, safe following distance, signaling, shoulder checking, using gears.

## Location

Playground or basketball court.

## Set-up/Tools

None. No cones or chalk needed either.

## Classroom preparation

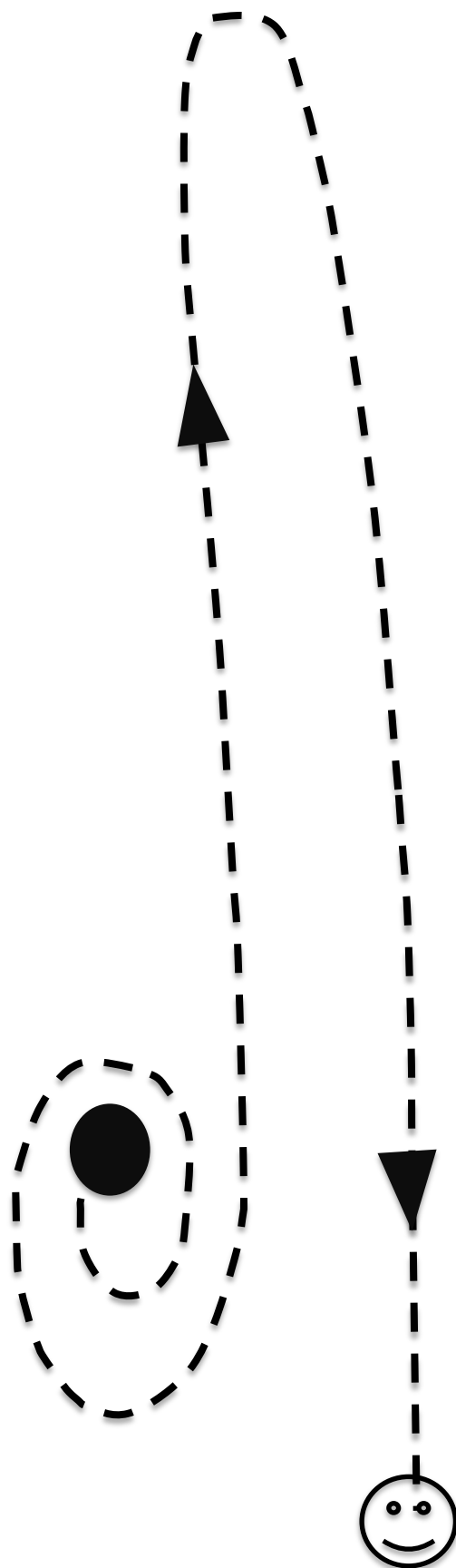
Teach Bike Safety Check (check air in tires, brakes, chain, quick releases and seat height). Teach Personal Safety Check (shoes ties, right pant leg rolled up, helmet on correctly).

## Instructions

Instruct students to line up wheel to wheel in a “Student Safety Circle” (Black dot). Lead the line on a path and have students follow behind (Dotted line).

INSTRUCT: “Follow me! Single-file line with ghost rider space. No tricks.”

See **variants** for this drill. They are strongly suggested.



## **Variants (strongly suggested)**

Signaling: Right turns, left turns and stops.

Shoulder checks: Assign locations for shoulder checking, or follow the leader's shoulder check. Have an observer watch and offer corrections and/or hold up fingers for kids to call out the number of fingers. If you get the kids riding in a big oval you can stand in the middle and call "shoulder check" and observe who may need extra coaching.

Using gears:

1. Explain: "Only shift while pedaling"
2. Shift only with rear derailleur (right, 1-7 gears), not using front derailleur at all (left, 1-3 gears)
3. Get riding, tell kids to shift to gear 1, ride a little, then tell them to shift to gear 2, ride.
4. Keep shifting and riding through all the gears
5. Stop and discuss what riding different gears are good for (uphill, downhill, flat, gravel, bumpy surfaces).

## **Staffing (1-2 people)**

Ambassador: Leader, instructor

Classroom Teacher: Sweep or line coach

Assistant: Sweep or line coach

Additional Adults: Ride along in the middle of the line or line coach

## **Tips**

Think ahead about where your "snake" of students is going to go.

A tight outward-leading spiral can use space efficiently.

Circles and turns are good for observing the entire group.

A sharp U-turn will allow you to supervise the back half of the line.

# RED LIGHT/GREEN LIGHT, SLOW RACE

## **Skills**

Bike control, starting, stopping.

## **Location**

Playground.

## **Set-up/Tools**

Find two lines about least 50' (basketball court width) apart and at least that long. Optional: Four cones to mark start and stop lines

## **Classroom preparation**

None.

## **Instructions**

Line kids up side by side facing you along the line. Name the groups (Dog and Pony, Pork and Beans, Fruits, etc).

INSTRUCT: "Dogs, back up. Ponies stay where you are. Ponies go first. We're going to practice starting and stopping. When I say "GO!" go. When I say "STOP!" stop as quickly as you can with both brakes. Stay seated. Watch out for other riders."

## **Variants**

Slow race: Group all starts together. Winner is the last person to cross the line successfully. Slowest person wins.

INSTRUCT: "You are out if you do not start when I say go, you turn too much, hit another rider, or put your foot down. If you do any of these you will stop where you are and wait until race is over."

## **Staffing**

Ambassador: Instructor

Classroom Teacher: Observer or participant

Assistant: Observer or participant

## Tips

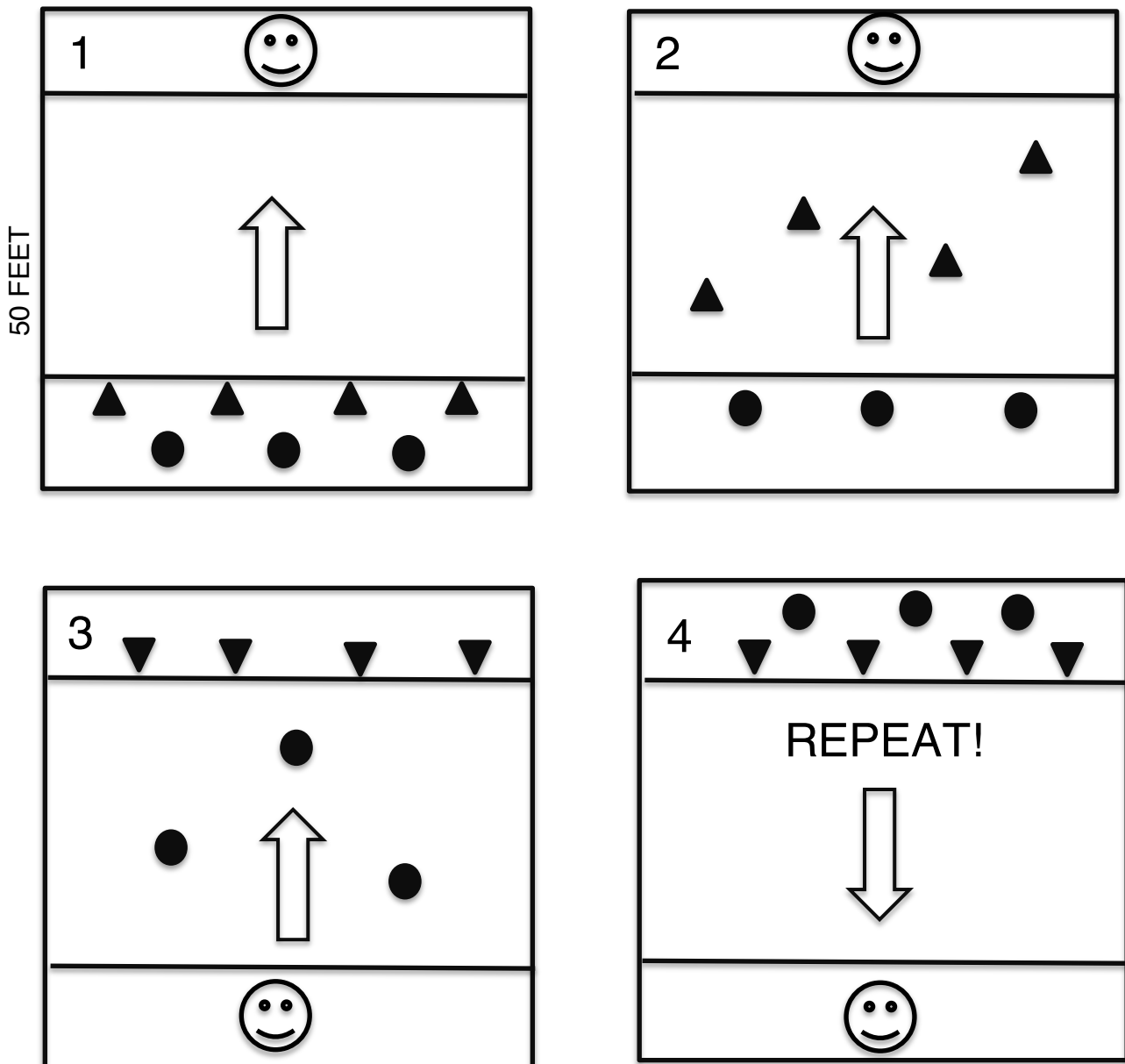
Enforce sitting during this entire drill. This will considerably reduce the number of over-the-handlebars incidents you have to deal with.

Yell "STOP!" before the fastest kid gets to the other side.

Watch for kids who aren't using BOTH brakes.

You want to do this enough to see kids braking skills, without the kids getting wild and dangerous. Switching to slow race can calm them down.

Names of groups can be anything. Avoid "Ducks and Beavers" for more reasons than one, kids have fun with the names, get excited.



Slow Race = Same Concept

# BEGINNER RIGHT TURN AND LEFT TURN

## **Skills**

Lane positioning, signaling, shoulder checking, stopping, bike control

## **Location**

Playground

## **Set-up/Tools**

10 minutes of chalking and placement of 10 – 15 cones on the asphalt of a school playground.

## **Classroom preparation**

Talk through the steps of going straight, right and left at an intersection. Draw drill set up on board and explain how it will work.

## **Instructions**

RIGHT TURN: Each student practices right turns (stopping signal, stop, right turn signal)

LEFT TURN: Each student rides and at the cone does a shoulder check, signals left, and moves to position 1. Then each student can practice a left turn (stopping signal, stop, left turn signal).

This may take two class sessions.

## **Variants**

See the Advanced Right Turn and Left Turn drill layout (mimic street drill by chalking playground).

Create lanes so that students can chose where to go/alternate between turning right and left.

## **Staffing**

Ambassador: Instructor and turning coach

Classroom Teacher: Turning coach

Assistant: Turning coach

Additional Adults: Line coaching

## Tips

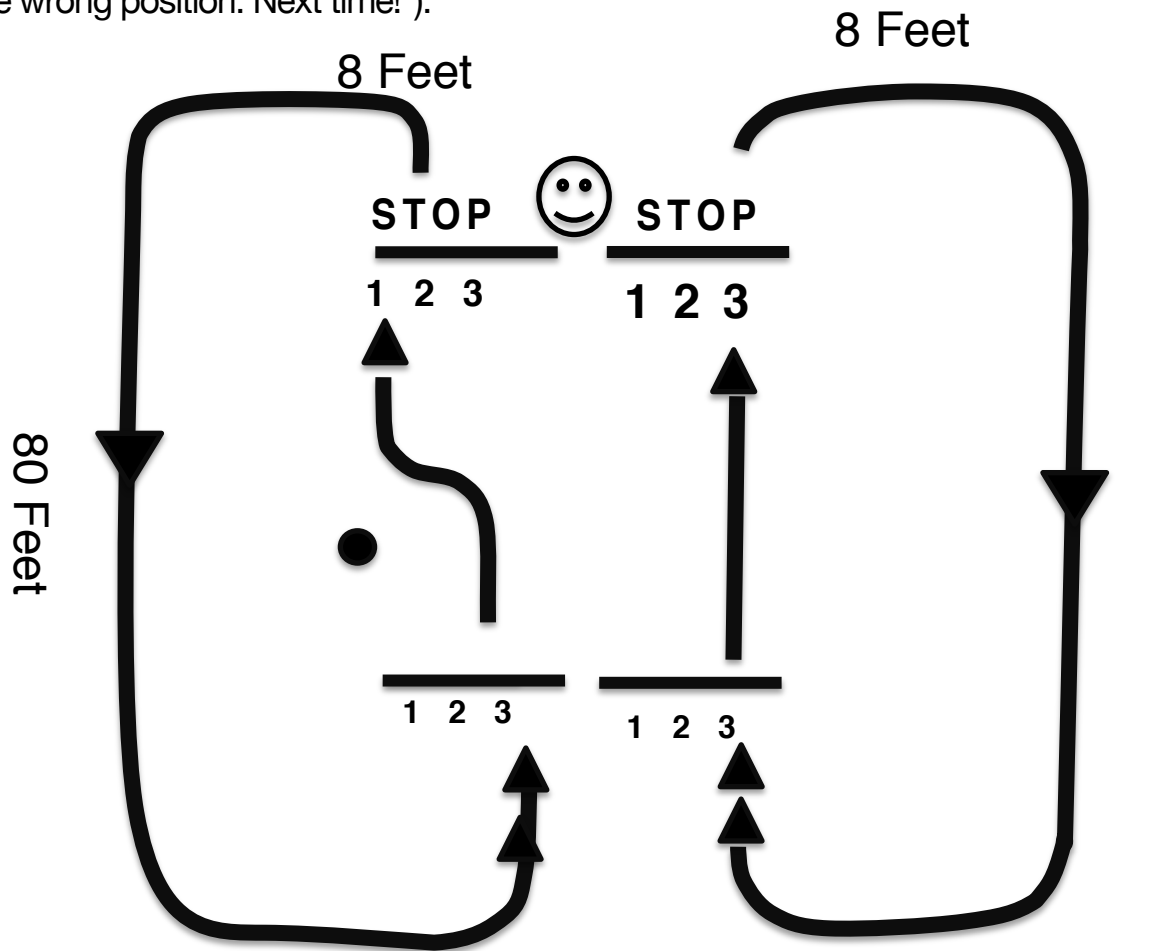
Make multiple drills running at once so more students can participate

Use existing lines painted on the playground.

As time permits, ask kids to come back and try a turn for a second time if they're having trouble.

Make the dimensions as close to that of a real street as possible. If too narrow, the movement from 3 to 1 is challenging.

If they get to choose turns, insist that students turn the direction indicated by their lane position (in "Position Three? You're turning right. I know you want to turn left but you're in the wrong position. Next time!").



## LEFT TURN DRILL

Shoulder check at cone

## RIGHT TURN DRILL

# CHAOS SQUARE

## **Skills**

Signaling, correct lane use, stopping, bike control, Rules of Right of Way, and communication.

## **Location**

Playground.

## **Set-up/Tools**

10 minutes of chalking and placement of cones on a playground. Draw 4 square “buildings” (squares with X’s). Draw stop signs at the four-way intersection and next to the “buildings” going onto the main road.

## **Classroom preparation**

Rules of “Right of Way”

## **Instructions**

Show kids where the roads are by riding around the Chaos Square. Indicate where the buildings are. Tell them how you want them to enter the Chaos Square.

INSTRUCT: “Ride wherever you want “on the street.” No passing. Obey stop signs and right of way rules.”

## **Variants**

Adjust block sizes, stop sign placement, and add yield signs and roundabouts once you’ve tried the traditional layout a few times.

## Staffing

Ambassador: Instructions and riding coach

Classroom Teacher: Ride in the drill

Assistant: Riding coach

## Tips

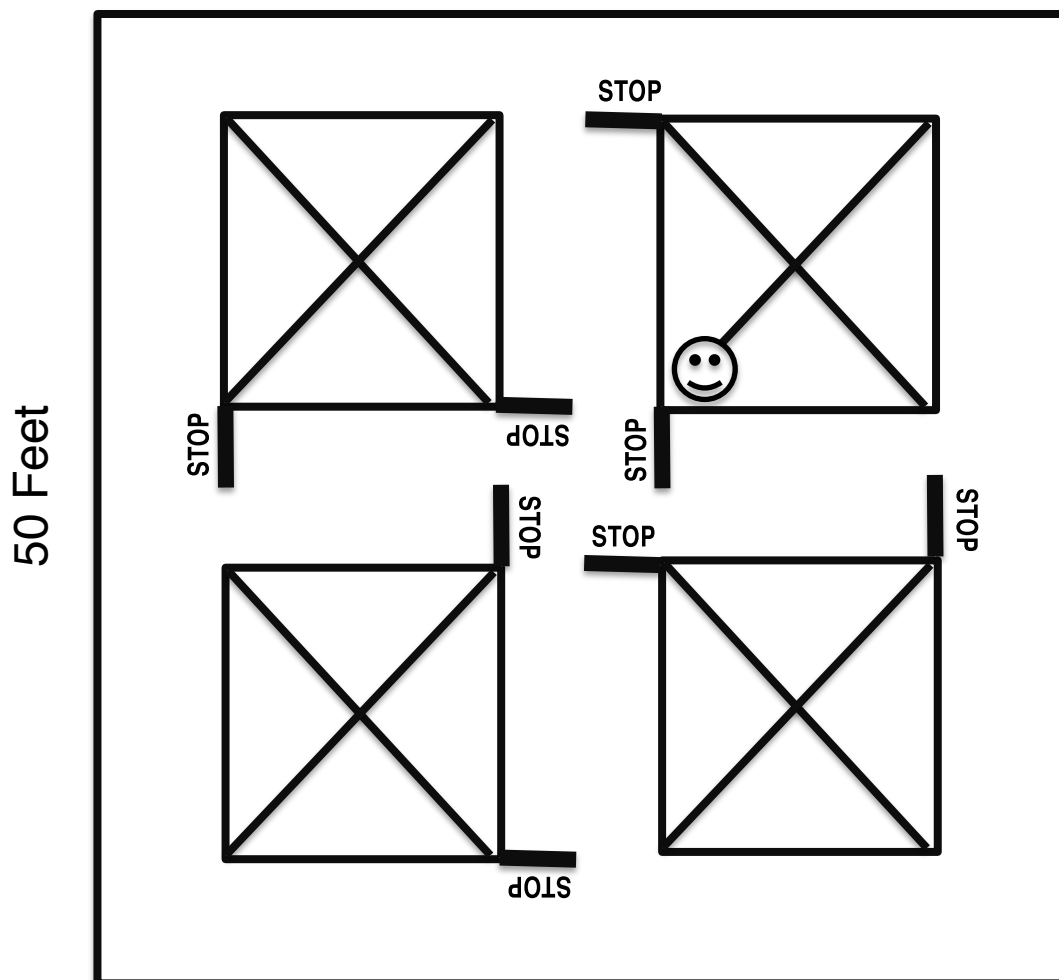
Use existing lines painted on the playground.

Keep lanes narrow, particularly around the outside. This will keep speeds down and provide challenge.

Point out traffic infractions, consider a “time out”.

Chaos ensues and gets more or less throughout drill. Stop when you feel they have had time to experience it and before it is too crazy.

Allow time for discussion after the drill.



# ADVANCED RIGHT TURN AND LEFT TURN

## Skills

Lane positioning, signaling, shoulder checking, stopping, bike control, traffic awareness.

## Location

On the street.

## Set-up/Tools

10 minutes of chalking and placement of 3-5 cones on a quiet 4-way intersection. First time out to the street drill could be at a 3-way or a street with a right angle turn (a 2-way).

## Classroom preparation

Go through steps of going straight, right, and left at an intersection.

Emphasize shoulder check and U-turn to safely get in the line.

Emphasize the seriousness of biking on the street in real traffic.

INSTRUCT: "When the person in front of you has turned, it will be your turn. I won't tell you to go"

## Instructions

You will start in one of two lines. One line will be turning left and the other turning right. Everyone will get a turn at both.

INSTRUCT TO LEFT TURNERS: "When the person in front of you has passed through the intersection, it's your turn. Make a left turn. Then shoulder check, signal, U-turn, and get into the back of the right turning line.

INSTRUCT TO RIGHT TURNERS: "When the person in front of you has passed through the intersection, it is your turn to make a right turn. Then shoulder check, signal, U-turn, and get into the back of the left turn line... Repeat."

## Variants

Test left turners on their shoulder checks: "How many fingers am I holding up?"

## Staffing

Ambassador: Instructor, turn coach

Assistant: Turn coach

Classroom Teacher: Line coach or turn coach

Additional Adults: Line coaches

## Tips

Ask teacher to pay attention to the drill explanation.

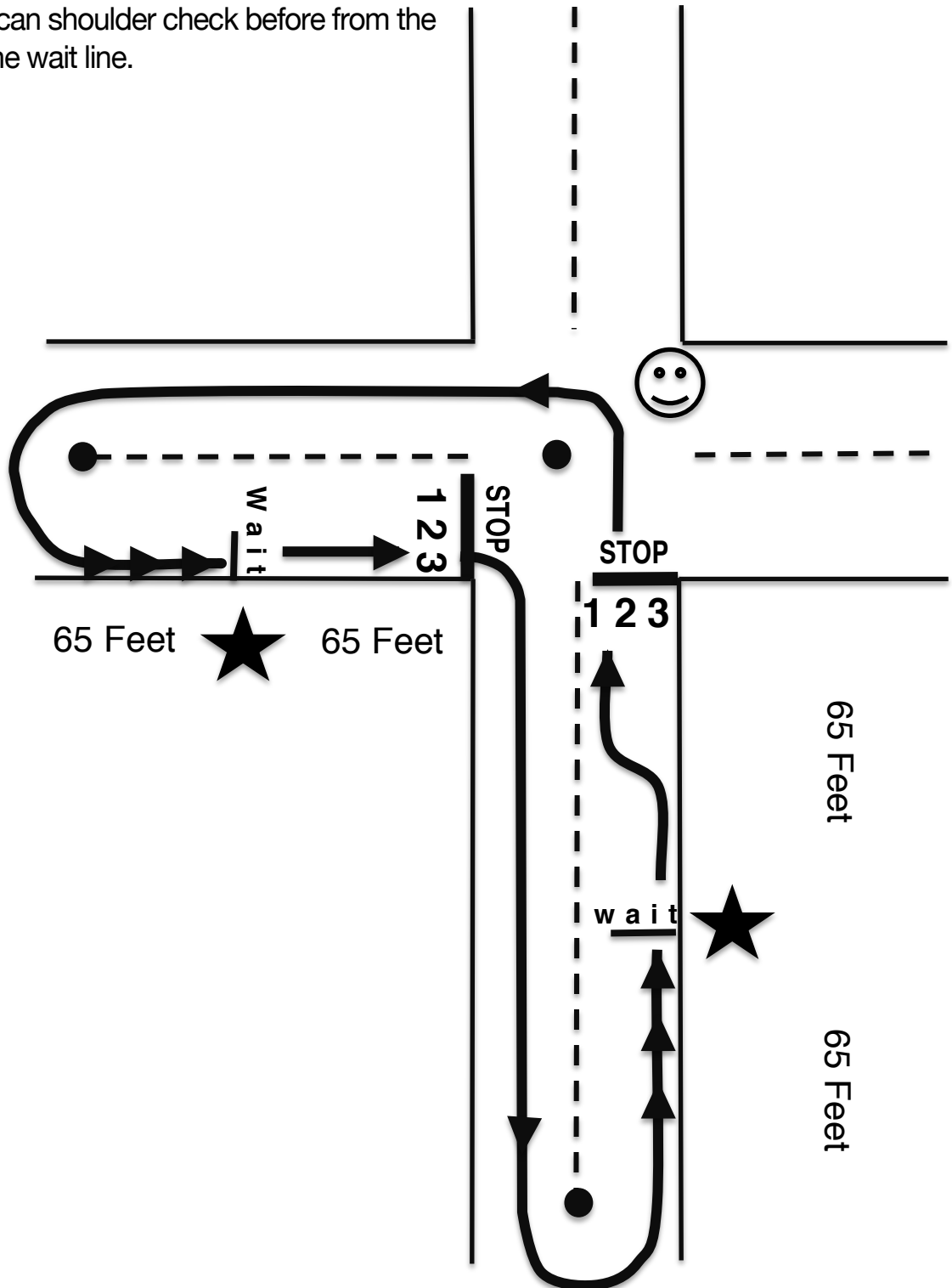
Make sure there is plenty of distance between wait line and intersection for the left turn.

There are lots of steps to fit in.

Avoid making left turners ride up hill.

Find an uncontrolled intersection if possible (less traffic). If only a 2-way stop intersection is available, give the left turners the stop sign.

If left turn is from wait line going downhill, remind students they can shoulder check before from the beginning of the wait line.



# RIGHT OF WAY

## Skills

Lane positioning, signaling, shoulder checking, stopping, bike control, traffic awareness, understanding of Right of Way rules, communication, quick decision making.

## Location

On the Street

## Set-up/Tools

10 minutes of chalking and placement of cones on a quiet 4-way intersection. Consider doing drill at a 2-way stop so you can begin with all stops and then move to only two stop signs.

## Classroom preparation

Draw drill, review turns and right of way rules.

Emphasize importance of making your own decisions.

Emphasize the importance of communicating with each other at the intersection.

Prepare students for the “removal” of a stop sign, see variant below.

## Instructions

You will start in one of four lines. When the person in front of you has gone through the intersection, it is your turn. We will be looking for two things: proper turns and following the rules of right of way. After you go through the intersection, shoulder check, signal, and turn into the back of the line safely.

## Variants

If students seem to be mostly getting it, “remove” two stop signs (dramatically cross out the “STOP” on the pavement. Create a 2-way stops from the all stop. Remind students that on one street they no longer have to stop and that left turners, even if they don’t have a stop sign, must yield to oncoming traffic. It may be necessary to remind those with stop signs that they, never have right of way. Be aware that some students will figure out that they can stay on the street with no stop sign and just ride back and forth.

## Staffing

Ambassador: Instructor, intersection coach

Classroom Teacher: Line coach or intersection coach.

Assistant: Intersection coach

Classroom Teacher: Line coach or intersection coach or ride with students

Additional Adults: Line coaches

## Tips

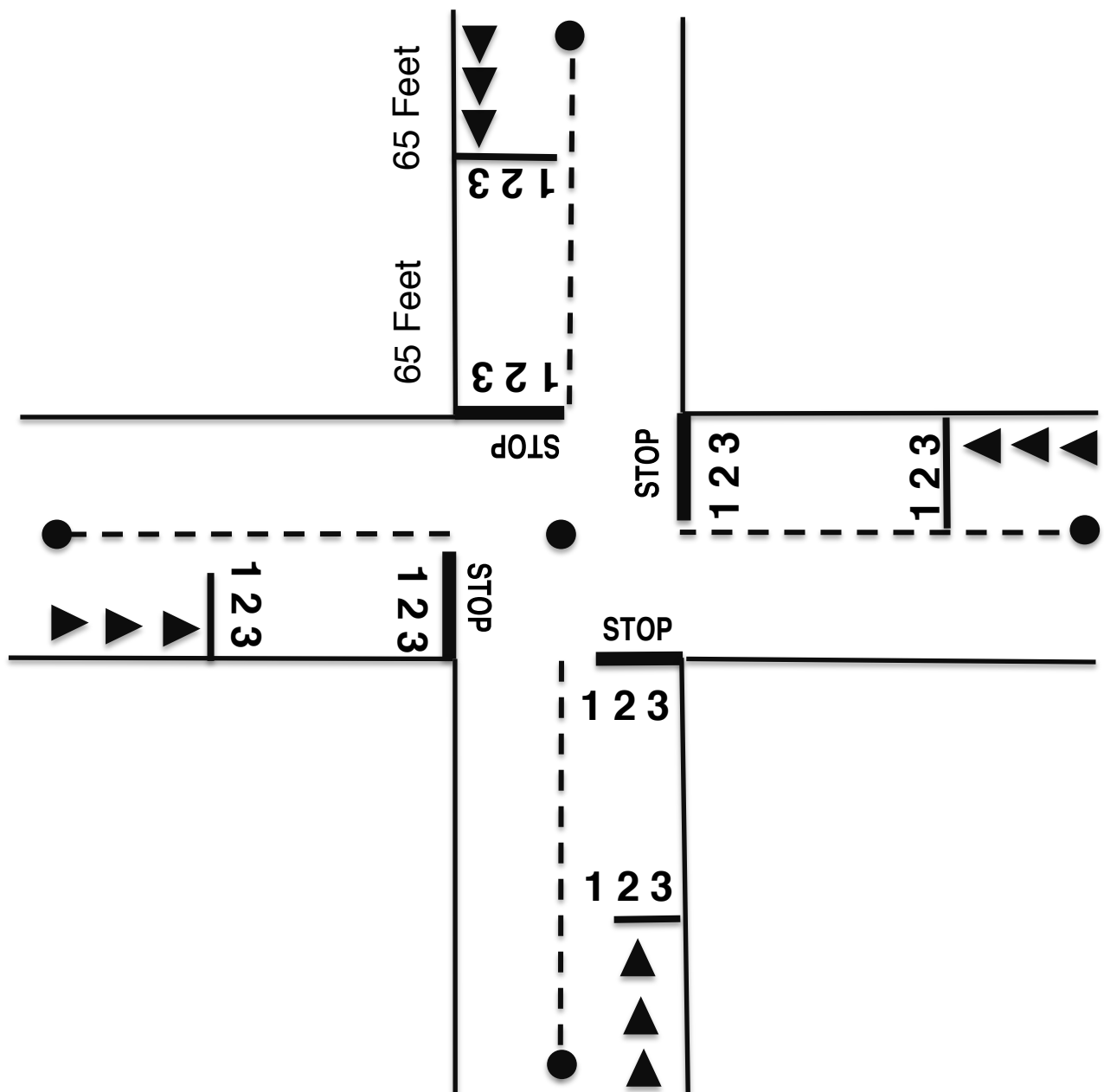
Minimize teacher intersection coaching by having them line coach, they can move to the longest line and remind kids to plan what they are going to do.

Deal with other road users on a case-by-case basis. Encourage students to carry on with the drill unless directed otherwise and prepare them to stop upon your request.

Remind kids that although we will be stopping there may not really be a stop sign at that intersection so cars may not stop.

Be very cautious when waving motorist on.

On higher than ideal traffic streets, put a few cones in the middle of the street one block away so that motorists approaching the drill know to slow




# KEY

This key applies for all instructions.


Exceptions:

1. In **Follow the Leader** the circle represents "Student Safety Circle".
2. In **Red Light/ Green Light**, the circle represents students in Group 2.

 = Instructor

 = Cone

 = Student

 = Line Coach (Teacher/Volunteer/  
other adult)

 = Path for students to ride on