



# SAFETY ON WHEELS

## AAA SCHOOL SAFETY PATROL LESSON PLAN

**Grade:** K-6

**Subject:** School Safety

**Date:** May 2023

**Topic:** Safety on Wheels

**Lesson #** 7

**Time:** 10 min.

**Lesson Focus and Goals:** This lesson will focus on teaching students safety tips when operating a wheeled vehicle and how to properly fit a helmet.

**Materials Needed:**

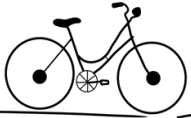
- Teaching Tip Sheet
- Safety on Wheels Activity Sheet

**Learning Objectives:** Patrollers will learn basic safety tips for riding a bicycle and how to properly fit a helmet.

**Structure / Activity:**

1. Advisor will review Teaching Tip Sheet with Patrollers.
2. Patrollers will split into pairs and teach each other a safety tip they learned about helmets and safety on wheels.
3. Patrollers will sign the pledge and design their own helmet using the activity sheet.
4. Patrollers may lead a school wide helmet coloring contest to spread the word about safety on wheels.

**Assessment:** Patrollers will show comprehension of helmet safety by teaching a partner what they learned and completing the activity sheet.



# Teaching Tip Sheet

***Did you know, National Bike to School Day is in May!***

Riding a bike or wheeled vehicle (skateboard, roller skates/blades, ATV, scooter) can be lots of fun and a great way to exercise and stay healthy. It's important to know and practice safe habits at all times when on wheels.

## **Safety Tips:**

1. Always travel on the right side of the road. Younger children should use sidewalks when available.
2. Always wear a properly fitted helmet.
3. Make sure you fit the size of your bicycle.
4. Wear reflective gear and use additional lights on your bike.
5. Obey traffic signals including stop signs. Bikes are considered vehicles just as cars are and must obey the rules of the road.
6. Tuck in shoelaces or baggy pants so they don't get caught in your pedals.
7. Always look left, right, left before entering a road on your bike.
8. Ensure your tires are properly inflated before you ride. Ask an adult to help.
9. Map out and learn a safe route before you ride.
10. Stay alert at all times! Do not use phones or listen to music when riding.

## **How to Properly Fit a Helmet:**

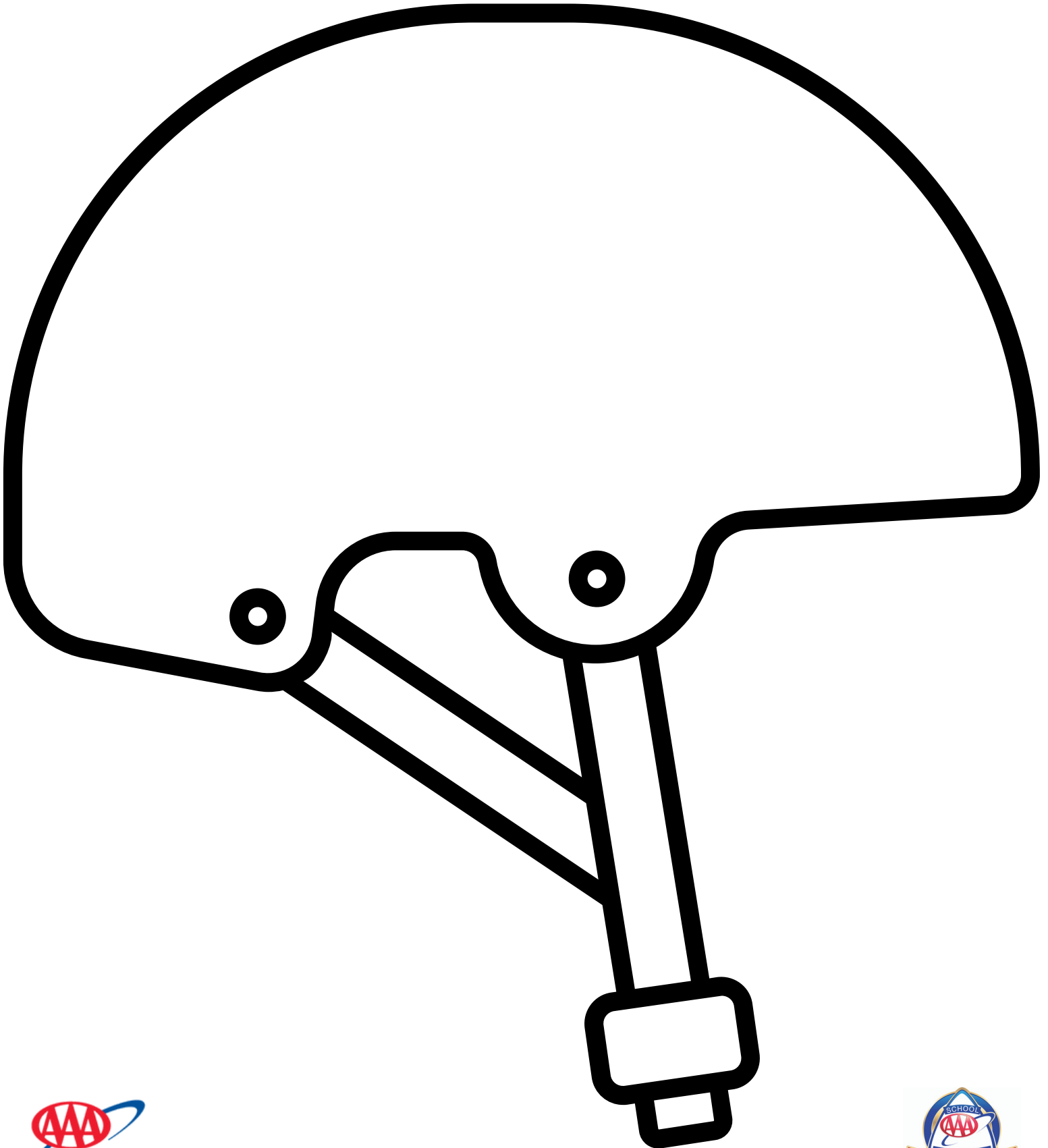
1. Measure your head to find the correct size helmet.
2. Adjust using the 2 v 1 rule:
  - a. Place two fingers horizontally above your eyebrows. This is where the front of the helmet should rest.
  - b. Make a "V" with your fingers and place the point of the "V" at the base of your earlobe. This is where the side straps should lay.
  - c. Make a number one with your index finger and place it between the strap and your chin. You should have enough space between your strap and chin to comfortably fit one finger.
3. Do the rock n' roll test. Gently rock your head front to back and side to side. If the helmet is snug and stays in place, you're helmet is fitted properly.

*Remember-one crash, helmet in the trash!*

*(If you have a bad crash or see any damage to the outside of your helmet, it's time to replace it so the helmet can continue to protect your head).*



# DESIGN YOUR OWN HELMET





# WHEELS SAFETY PLEDGE

I promise to practice safe habits  
when on wheels.

I promise to always wear a properly  
fitted helmet, follow the rules of the  
road, and eliminate distractions.

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Name

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Date

