

# SAFETY FAIR IDEAS

To help students walk and bike safely to school



*The Utah Department of Transportation's Safe Routes Utah program is a fun and comprehensive program for walking and biking safely to school that engages and educates students, parents, school administrators, crossing guards and communities.*

*Through kid-friendly education, Safe Routes Utah ensures Utah students will:*

- *Understand and implement safe walking and biking practices*
- *Follow the safest routes on the school's Safe Routes Map, which you can get from your principal*

*You can be a leader and advocate for safe walking and biking at your school. The following ideas can help you organize and execute an event to teach students safe walking and biking skills, and should be adjusted to meet the needs and ages of participants.*

## SCHEDULING THE EVENT

*It's important to plan early. Select a day and time when you anticipate warm, calm weather, such as springtime, summertime or early fall. Contact the Utah Department of Health or your local health department [choosehealth.utah.gov/about-us/local-health-departments.php](http://choosehealth.utah.gov/about-us/local-health-departments.php) to request use of a Bike Rodeo Trailer, which contains the supplies needed to execute educational bicycle activities. The Utah Department of Public Safety Highway Safety Office also offers a Bicycle Rodeo Program. Click [here](http://highwaysafety.utah.gov/pedestrian-and-bicycle-safety/bicycle-safety/bicycle-rodeo-program) for more information. These items are in high demand and should be reserved as soon as a date is set. Being flexible with a date will help in securing this resource.*

## STAFFING THE EVENT

*You will need 7 to 10 people to help run the event, or at least one adult per 10 children. Recommended groups to seek volunteers include:*

- PTA
- Teachers
- Emergency medical service providers
- Fire and police departments
- Safe Kid Coalitions
- County health departments
- Local businesses (e.g. bicycle shops)
- Local bicycle advocacy groups

## CHOOSING THE LOCATION

*Select a location for your event that is large, open, level, clear of debris and hard-surfaced (i.e., paved). The location should be safe and closed to traffic, such as a school playground or parking lot.*

## GATHERING THE SUPPLIES

*Make sure you have the following supplies available at your event (materials may vary by activity):*

- *Permission and liability forms for student participation*
- *Chalk to draw course lines*
- *Measuring tape, rope or other devices to set up a course*
- *Water for staff (and emergencies)*
- *Tables for event sign-in, bicycle registration, etc.*
- *Cones or other objects for obstacles\**
- *Stop signs (approximately seven or more depending on the number of activities), which can be as simple as a homemade graphic mounted to a stick*
- *Orange safety vests for volunteers*
- *Achievement certificates*
- *Air tank\* (filled)*
- *Extra bicycle helmets\**
- *Bicycles\* (or have participants bring their own)*
- *Bicycle registration forms and licenses (coordinate with the local police department for assistance)*
- *First aid kit*

*\* Available in the Utah High Safety Office Bike Rodeo Trailer*

## GET THE WORD OUT

*Create a flier to send home with your students at least one week and again one day prior to the event. Post the flier at the school, local businesses, community buildings and city offices. You may also consider emailing the flier or information and using other applicable social media tools for distribution.*

*You can also notify local media of the event.*



# SAFE BICYCLE EDUCATION ACTIVITY IDEAS

## Bike Rodeo

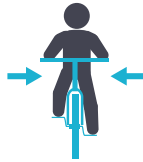
### ADDITIONAL CONSIDERATIONS

- Bicycles should be inspected to ensure all parts are working properly.
- Bicycles should be the right size—when straddling the bike and holding the handle bars, the child should be able to rest his or her feet flat on the ground.
- Helmets are required—if the child does not have one, he or she may borrow one that fits properly from the Bike Rodeo Trailer.
- Practice makes perfect—if a child has difficulty with any skill, allow him or her to practice and repeat the specific activity.
- In between each activity station, post a STOP sign and have the children stop, look left, look right and look left again before proceeding to the next activity.



Here are some examples of activities to teach safe biking skills:

#### Activity 1 BALANCING



*Purpose:* to teach balance and control at low speeds.

Have children ride at a slow speed and try to stay between two lines without touching their feet to the ground or crossing over a line. Encourage children to look straight ahead.

#### Activity 2 CIRCLING



*Purpose:* to teach balance and the ability to circle and change direction.

Have children ride at a slow speed between double lines in a circle or figure eight without stopping or touching the lines.

#### Activity 3 BRAKING



*Purpose:* to teach how to stop quickly and how to judge stopping distance.

Have children ride at a normal speed and then have them apply brakes at the first line to stop with their front tire on the second line. Explain that if they stop before the second line they should apply their brakes with less pressure; if they stop after the second line they should apply their brakes harder.

#### Activity 4 CROSSWALK



*Purpose:* to teach correct behavior toward pedestrians.

Have children stop at a crosswalk. Explain what a SCHOOL CROSSING sign means (a place where students and others can cross the street safely). Tell them they must always stop and wait for the crossing guard (or walk signal at intersections) to signal when it is safe to cross the street. When they cross in a crosswalk, they must walk their bike, scooter or skateboard across the street. Cyclists should share the crosswalk space with pedestrians and be courteous.

# SAFE PEDESTRIAN EDUCATION ACTIVITY IDEAS

## ADDITIONAL CONSIDERATIONS

- Based on anticipated participation, develop activities for disabled or special needs students.
- Don't require students to perform activities that could result in unnecessary injury—activities should be simple and easy to perform.
- In between each activity station, post a STOP sign and have the children stop, look left, look right and left again before proceeding to the next activity.

Here are some examples of activities to teach safe walking skills:

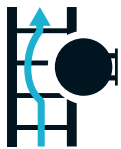
### Activity 1 NARROW SHOULDERS



**Purpose:** to teach children who walk on routes without sidewalks to stay off the road and close to the edge of the shoulder.

Have children walk at a slow pace in a straight line, putting one foot directly in front of the other. Encourage children to look straight ahead.

### Activity 2 ZIGZAG



**Purpose:** to teach children to maneuver around common obstacles found on sidewalks instead of walking in the street.

Have children walk along a narrow, straight path and zigzag around obstacles (e.g., garbage can, parked car jutting slightly into path, bicycle, mail box, etc.) without leaving the path.

### Activity 3 CROSSWALK



**Purpose:** to teach correct behavior at an intersection or crosswalk.

Have children stop at a crosswalk. Explain what a SCHOOL CROSSING sign means (a place where students and others can cross the street safely). Tell them they must always stop and wait for the crossing guard (or walk signal at intersections) to signal when it is safe to cross the street.

### Activity 4 DON'T CUT CORNERS



**Purpose:** to teach correct behavior at a school crossing zone.

Have children cross the "street" once at the designated "crosswalk" and then stop again to cross the intersecting "street" at the "crosswalk." Explain that even though there might be a faster way to cross the street, the safest way to cross the street is with the crossing guard.



For more information and ideas, visit  
**SafeRoutesUtah.com**