

walk, ride, and roll

School Safety Education Course Descriptions

These courses are free for all schools and parents participating in the Walk, Ride, and Roll to School campaign. They focus on safely biking and walking to school. You can choose which ones you'd like to participate in, and they can be personalized to each neighborhood or school area. Courses are taught by the San Diego County Bicycle Coalition and instructors are certified by the League of American Bicyclists. These courses are sponsored by SchoolPool and are made possible by funding from the U.S. Department of Health and Human Services, through the County of San Diego.

Heads Up

Heads Up is a classroom seminar that teaches students about Safe Routes to Schools and the importance of bicycle and pedestrian safety. Students will learn the basics of becoming responsible pedestrians and bicycle riders, as well as the importance and proper fit of bicycle helmets. Students will fit themselves with a helmet and will receive instruction on basic traffic laws and safety behavior. *Location: Classroom; Focus on students all ages*

Road Rules

Similar to a driver's education course, *Road Rules* is an introduction to traffic laws, the basics of bicycling in traffic, cycling conduct, and pedestrian basics. This lesson offers an in-class multimedia presentation and discussion about traffic safety issues for bicyclists and pedestrians, including basic right-of-way principles and techniques for interacting with vehicular traffic on the street. *Location: Classroom; multimedia presentation for students walking or biking and parents*

Bicycle Rodeo

A *Bicycle Rodeo* is a bicycle skills event. It provides an opportunity for kids and teens to practice and develop skills that will help them become better bicyclists and avoid typical crashes. The course objective is to teach the importance of seeing, being seen, and remaining under control at all times while riding a bicycle. This is achieved through a series of bicycle handling drills and simulation of traffic situations. Bicycle skills stations give students the opportunity to practice a variety of specific bike handling skills and procedures for operating a bike legally and safely on the street. *Location: School playground or parking lot; Focus on students of all ages and teens*

Kids Riding

Designed for parents and teachers, *Kids Riding* is an extensive class for those wishing to commute to school. Topics covered include how to perform a bicycle safety check, helmet fitting, bike sizing, bicycle maneuvers, and riding in traffic. Parents and teachers work with instructors to better understand traffic laws and how they apply. Kids, parents, and teachers will also learn the various options for riding together, such as where to ride, how to be visible, and what to carry on a group ride. A perfect class for parents and kids who wish to start a bicycle train with their bike buddies and commute to and from school by bicycle. *Location: School playground or local streets; Focus on parents/teachers and their kids who want to bike to school*

Neighborhood Ride

This workshop is for kids able to ride a bike and who are ready to ride on the roadways with their parents. Parents and kids must attend together and should bring their own bikes. An extension of *Kids Riding*, the *Neighborhood Ride* will lead parents and kids through the optimum route for their bicycle train. During this ride students practice skills in real, well supervised environments. Students gain confidence and practice while having fun and increasing interest in cycling. *Location: Local streets/roadways; Focus on parents and children biking to school*

Walk this Way

Walk this Way is a walking field trip that gives students the opportunity to discuss and practice walking along and crossing the street in and around their school. Learning pedestrian skills also helps students understand safe vehicular cycling skills. Students begin to understand the relationship between pedestrians and bicyclists, and that bicyclists are required to yield to pedestrians. *Location: Local area near your school; Focus on students who want to walk to school*