



Appendix #2

Morning Announcements

- During the month of May and June your school will be celebrating bicycle safety. Wearing a bicycle helmet is an important part of bicycle safety. Did you know that whether your bicycle is moving or not, serious head injuries can happen if you fall and hit your head? Wearing a helmet protects your head. Whenever you ride your bike, put your helmet on.
- Smart players wear helmets when playing hockey, baseball and football. Even professional cyclists and Olympians wear helmets. Remember, you must have a proper bicycle helmet when riding. Other types of sport helmets are not recommended for cycling because they are designed and tested for different types of impacts. Look inside your bicycle helmet to see if you can find the approval sticker from Canadian Standards Association (CSA) or CPSC or ASTM or Snell Memorial Foundation (SNELL).
- How do you know if your helmet fits you properly? The bicycle helmet must sit level on your head. It should cover your forehead to just above your eyebrows. Try shaking your head up and down before you do the straps up. Does your helmet move? If so, you may need to add thin or thick foam pads to the inside of your helmet. Extra pads come with the helmet when you buy it. Be sure that the straps are flat, meet in a V-shape under each ear and fit snug under your chin. Have an adult check the fit of your helmet before you ride!
- Do you know someone who doesn't wear a helmet? Some say helmets are hot and heavy or they mess their hair. Helmets now have good ventilation to keep your head cool even on hot summer days. For those who don't want to mess their hair, carry a comb or a brush in your pocket and fix your hair when you get to where you want to go. Remember, don't forget to protect your head the next time you ride!
- Is your bike safe for the road? Every time you ride, you should check to see if the brakes are working and the tires have enough air. Can you think of any other safety checks? It's important to bounce your bike and listen for rattles. You should also check for loose, bent or broken spokes in your bike's wheel. Does your bike squeak when you ride it? If so, it might need a bit of oil. Ask an adult to help you. It might be a messy job.



- Now that your bike is ready for the road and you have your helmet on, are you sure you are not forgetting something else? According to the law, all bikes should have a bell or horn. Try the horn or the bell before you ride to make sure it is loud and clear. Remember, before you pass another bike or person, let them know you are coming by ringing the bell or honking the horn.
- Besides ringing the bell or squeezing the horn, what else should you do before you pass a biker or a walker? If you said do a shoulder check, give yourself a pat on the back. It's important to do a shoulder check before you swerve around a pothole, avoid a dog or even pass a biker or walker. Somebody could be trying to pass you at the same time so you don't want to crash into them.
- What should you do before you stop and before you turn right or left? You must let cars and others on the road know where you are going by signalling either right, left or stop. Can someone in your class demonstrate the signals? Ask your teacher or an adult how to signal if you're not sure.
- Did you know that a bicycle is considered as a vehicle on the road? That means that you must follow the rules of the road, just like a car. Can you think of any rules? I have one for you, by law you must ride on the right hand side of the road WITH the cars. Also, you must stop at all stop signs and red lights. Be careful when riding in a group as it is easy to miss stop signs and red lights when following someone else.
- Did you know that children are often hit by cars when riding out of driveways? This can occur because the driveway may be hidden from passing motorists by obstructions such as trees or bushes. Always stop and look before entering the street. If there is no traffic, proceed into the roadway with caution.
- The bicycle safety tip of the day is: when riding your bicycle with others, always ride in single file. Never ride double on your bicycle unless it's a bicycle built for two!
- On rainy days, the roads are very slippery making it very difficult to stop. Did you know it takes longer to stop when you skid? To avoid skids, ease up on the brakes when stopping. Also, remember to wear brightly coloured clothing while riding a bike. This makes you more visible to other people!