



LESSON PLAN #3

RULES OF THE ROAD

OBJECTIVES:

By the end of the lesson students will be able to:

- describe important rules of the road.
- identify road signs.
- demonstrate hand signalling.
- utilize problem-solving and decision making skills as it relates to bike safety.

TIME REQUIRED:

- 30 minutes

LESSON OUTLINE:

Part One:

- Utilizing the background information below, brainstorm with your students important rules of the road.
- Have your students complete **Activity #2, #3, #4 and/or #5.**

Background:

- The Ontario Highway Traffic Act defines the bicycle as a vehicle which should be on the road. As a result cyclists must follow the same rules of the road as other vehicles to be safe (Cycling Skills Guide, Ministry of Transportation (Ontario)).
- Child cyclists who are hit by motor vehicles are four times more likely to suffer from long-term disability, compared to other bicycle crashes.
- More than half of cycling deaths to children ten years and under occurs when the child enters the street from a driveway or sidewalk.
- More than half the deaths among 10-19 year old cyclists occur as a result of turning or swerving into the path of a motor vehicle.

(Safe Kids Canada Partner Guide, 2002)

Rules of the Road (background information continued):

- Always wear a helmet.
- Make sure your bike has the proper equipment as required by law:
 - bell or horn
 - white reflective tape on the front forks
 - red reflective tape on the rear forks
 - white light on the front of the bike
 - red reflector on the back of the bike
- Ride in a straight line on the right hand side of the road:
 - You must stay at least half a meter from the curb to avoid curb side hazards such as drain grates, glass and manhole covers.
 - You must stay at least one meter away from parked cars to avoid opening car doors.
- Obey the rules of the road and know what each traffic sign means.
- Practice shoulder checks in order to make safe turns.
- Avoid riding on busy streets and riding at night.
- Ride on the sidewalk and/or bike paths when learning to ride a bicycle.
- In some Ontario communities, only bicycles with 61 cm (24 inches) or smaller wheels may be ridden on the sidewalk. Be sure to know and obey your local bylaws concerning sidewalk riding.
- Walk bikes when crossing busy streets, crosswalks or railway tracks.
- Use correct hand signals when stopping and turning.

(Cycling Skills Guide, Ministry of Transportation (Ontario))
(Safe Kids Canada Partner Guide, 2002)

Part Two:

- Using **Appendix #5** and the following background information, ask 1-2 students to come to the front of the class and show the different hand signals. Then, ask the entire class to demonstrate hand signals. **Please note:** when signalling to turn right, there is an “alternate” hand signal where you use your right hand/arm and point it straight out to the right, however we encourage that students use the right hand signal that uses their left arm as their left arm is more visible to cars behind them.
- Have students design/draw a poster that promotes hand signalling, safe cycling and/or helmet use. Poster size can range from 8 ½ x 11 in size to a wall size mural. **BE CREATIVE AND HAVE FUN!**

Background Information:

- When riding a bike, it is important to communicate to other vehicles.
- Hand signalling will allow you to let other users of the road know when you are turning and stopping.
- Hand signalling takes practice as you are required to ride with only one hand on the handle bars when hand signalling. Encourage students to practice hand signalling on quiet streets, bike paths or an empty parking lot until they are comfortable with the skill.

Part Three:

Small Group Problem-Solving Scenarios:

- Utilizing **Appendix #3** have students work in small groups to problem-solve the following scenarios.

1. Your friends Sam and Alex knock on your door and want to go cycling with you on the road. You have never cycled on the road and have only cycled on the sidewalk. How would you respond?

Answers:

- Tell your friends that you want to ride with them however you have not had a lot of practice riding on the road.
- Suggest riding on roads that have sidewalks or bike paths.

2. You and your brother Mat are riding on the road when you approach a stop sign. Your brother continues to ride across the street as he doesn't see any cars and yells out, "Come on, hurry up". How would you respond?

Answers:

- Take your time and stop at the stop sign to make sure there are no cars.

3. Demonstrate the three proper hand signals.

Answers:

- See **Appendix #5**

4. Draw and describe four road signs and present them to the class.

Answers:

- See **Activity #3**

