

Bike Safety Courses

Day 4



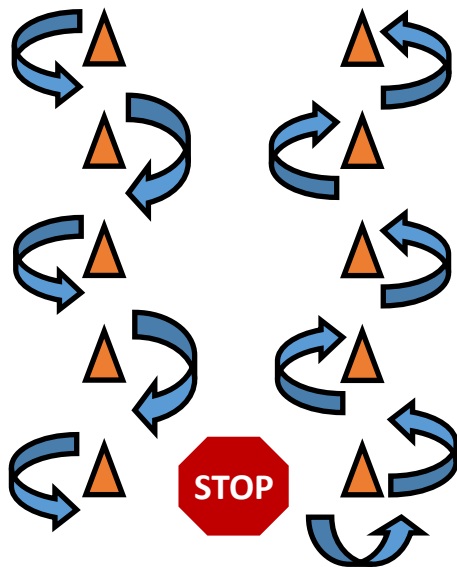
Choose a bike safety course and practice riding your bike. With an adult’s supervision, use sidewalk chalk and cones to make the course in a safe area away from cars.

For safety purposes, avoid using the road for any of these activities.

You will need: a bike or scooter, sidewalk chalk or bike cones, and a helmet.

1. Serpentine/weaving course.

Weave in and out of the cones and stop at the end of each row. Practice balance. Place cones to start 6 feet from each other and each time you go through the cones without knocking one down, bring them closer together.



2. Slow Race

Draw a straight line using sidewalk chalk and ride as slow as possible. See how long it takes you to ride until the end.



3. Practice scanning

Practice riding your bike from cone to cone, while keeping your balance, look around for obstacles like cars, other bike riders and people walking on the sidewalk.



4. Driveway Ride Out

Practice stopping and looking left, right, and left again at the end of the driveways before entering the sidewalk and when approaching a driveway.



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