

# STATION 3: Cycling/Scooter Safety on Sidewalks and Multi-use Trails

**Recommended Age Group: Kindergarten - Grade 8**

**Mode: Bike & Scooter**

## Learning Objective

Participants will learn cycling and scooting safety skills when riding their bicycle or scooter on a sidewalk or a multi-use trail (such as a boulevard trail or off-road trail).

- Share the sidewalk/multi-use trails with other users (cyclists, pedestrians).
- Use your bell to let other users (cyclists, pedestrians) know you are passing.
- Use caution when crossing driveways. Watch for vehicles exiting/entering driveways. Remember that drivers cannot easily see cyclists or scooters on the sidewalk when they are exiting driveways (refer to images below).

## Planning for this Station

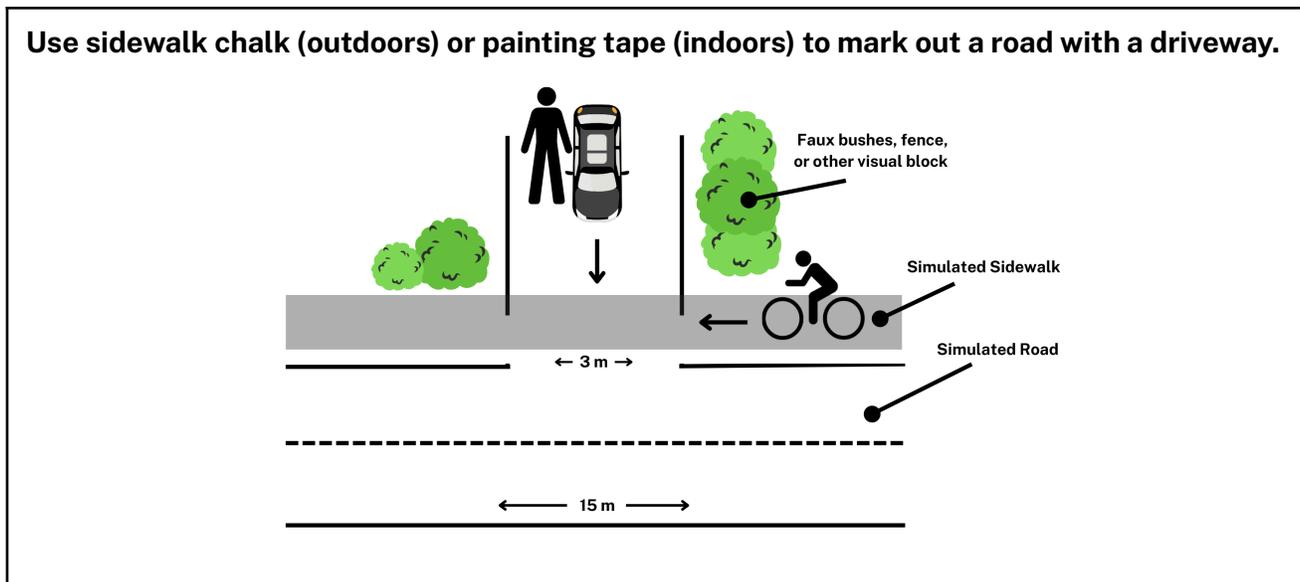
**Time:** 10 minutes

**Recommended # of students per group:** 10

**Equipment:** Bicycles/scooters, helmets, sidewalk chalk, large image of car, faux bushes, fence, or other visual block

**Number of Leaders required:** 2

## Set Up



## Instructions

1. Have students practice cycling or scootering down the sidewalk and ringing their bell.
2. Have students scan driveways for vehicles exiting/entering. The station leader will stand in the driveway holding a large image of a car (or pushing a toy car). If the car is stationary, it is safe to proceed. If the car is moving, students should dismount and wait for the car to stop or clear the driveway before proceeding.

### *Final Discussion Points*

1. Cyclists and scooter riders should always watch for obstacles, other users, and traffic on sidewalks or trails, and use their bell when passing.
2. Always scan for vehicles before crossing driveways. If a car is moving, dismount and wait for it to stop before proceeding.
3. Ride at a safe speed to have enough time to react to obstacles and always use proper hand signals when turning or stopping.

**Source: MTO - Young Cyclists Guide, 2010**