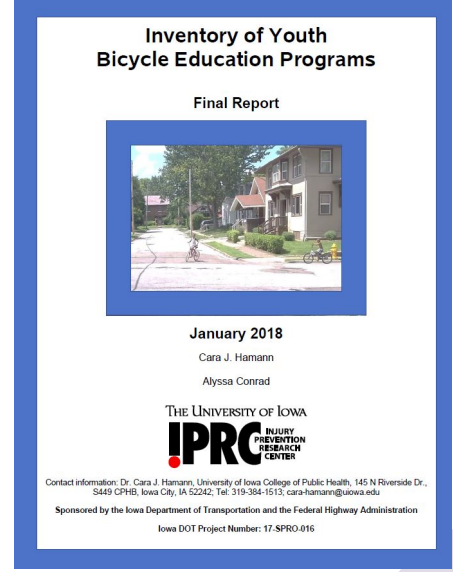


# BICYCLE SAFETY

What should we teach children?

See the full 2018 report at [uiiprc.org](http://uiiprc.org)


- ▲ We studied 96 youth bicycle education programs across the U.S. through web and database searches and an online survey.
- ▲ Currently, there is no "gold standard" for such programs or a set of core competencies.
- ▲ Youth bicycle injuries carry a large burden of injury in our country.



59%

of youth bicycle programs are NOT age-specific.

66%

are school-based 

34% are not in schools

60%

include knowledge based tests

80%

include hands-on training

59%

provide equipment

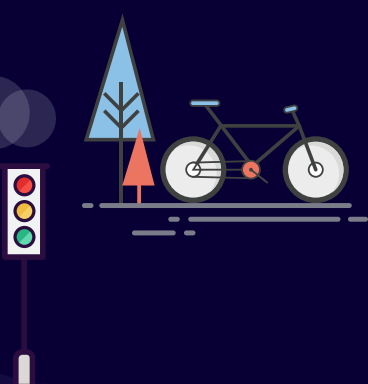
32%

accommodate special needs children

36%

meet state or district education requirements

## What should a program include?



- ▲ Personal safety (brain, helmet, visibility)
- ▲ Where to ride
- ▲ Skills & handling practice (hands-on)
- ▲ Bicycle maintenance & fit
- ▲ Traffic safety, laws, rules, & how to ride

All content should be adapted for age, development, and skill-level of the children being taught.

## What program content is for

all ages?

- ▲ Benefits of bicycling & walking
- ▲ Helmet (importance & fit)
- ▲ Visibility (bright & reflective clothing)



- ▲ Pedal power position/ starting technique
- ▲ How to ride on multi-use paths
- ▲ Bicycle skills practice through on-bike games

## Why does age matter?

Ages 5 - 7

Ages 7-9

Ages 9-12

Ages 12-18



Motor and cognitive skills are still developing among school-aged children. These are essential skills for safe bike riding and need to be accounted for in program content and delivery.

Programs for younger children should focus on handling skills, while older kids will be able to incorporate traffic safety skills.

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