

# First Gear

Using the video in the classroom.

Teachers,

Thank you for choosing to use the Bicycle Transportation Alliance's "First Gear" bicycle safety video. Here are some tips gleaned from our years of using First Gear to teach bike safety for using the video effectively in the classroom. Whether you are teaching a two-hour workshop or a full two-week bike safety class, this video is a great way to start an off-the-bike safety lesson as it quickly covers many of the concepts important to safe cycling.

You may want to prep your class with a few questions prior to starting the video:

- What traffic laws do you have to follow on a bike?
- What is the most important piece of equipment needed for biking safely?
- Can bicycles safely ride in the road with cars?

Great, now you can start the movie. We suggest stopping the movie at a few intervals in order to discuss the content with the class. Stopping and discussing the movie helps the students absorb the content, much of which they may be seeing for the first time. Here are some suggested stopping intervals with review questions for the class.

1. Stop the video after the introductory section that explains bikes and their parts as well as the importance of a good lock and ask the students which bike parts we must check before riding. List should include:
  - Brakes
  - Tires/air pressure
  - Seat
  - Handlebars
  - Quick releases
2. Stop the video after the silent film style flat-repair section and review the flat tire repair steps. This information is very important, but will most likely be a bit too advanced for kids to apply without further hands on instruction. The steps are:
  - Remove the wheel
  - Use tire levers to remove one bead of the tire
  - Remove the tube and find the hole (add a little air and listen for the tell-tale hissing) also check the tire itself to make sure whatever caused the flat is not still stuck in the tire
  - Lightly sand around the hole and apply a thin layer of patch cement
  - Wait approx. 10 minutes for the cement to cure
  - Apply the patch
  - Put the tube and tire back on the rim and inflate

3. Stop the video after the “fashion” section and review the concepts introduced.
  - The importance of bright clothing.
  - How to keep your pants leg out of the chain.
  - The helmet is the most important piece of bicycling equipment.
  - Times when you should replace your helmet
    - Every five years
    - After a crash in which you hit the helmet on the ground or other solid object
    - If you notice any cracks or other damage
  - How to fit the helmet:
    - The helmet is no more than 2” from your eyebrow,
    - The sliders are right beneath your earlobes
    - Your chinstrap is tight enough to fit no more than two fingers between it and your chin.
4. Stop the video after the Left Right Straight Championship and review the following questions:
  - How many positions in the road are there and what are they used for?
  - How many different legal ways can you go through an intersection?
  - What are the three hand signals used for safe cycling?
  - How many hand signals are used in a safe left hand turn?
5. After the video ends discuss “Captain Chaos”, in particular the question: “What are the habits of a predictable rider?” *Note\* The kids are going to think CC is really cool. Note that it’s fun to do some of that fun stuff on a BMX track or in your yard at home but NEVER in the street.*
  - When riding in a group predictable cyclists ride single file with a “ghost” space between them and the rider in front of them.
  - Predictable riders use hand signals.
  - Predictable riders use lights and bright clothing when riding at night.
  - Predictable riders use positions 1,2,3 to get through intersections.
  - Predictable riders stop at all stop signs and lights.
  - Predictable cyclists give right of way to pedestrians.

After discussing the movie you may want have a short quiz. Possible questions are:

- What are two of the traits of a predictable cyclist?
- What is the most important piece of equipment needed for biking safely?
- What are the three hand signals used for safe cycling?
- When should you replace your bike helmet?
- How long should you wait for the cement to dry when patching a flat tube?
- List 3 of the 5 parts of the bike you should check each time you ride.

Thanks again for choosing to use First Gear and thanks for making bicycling and bicycling safety an important part of your student’s lives.