Habits to Last a Lifetime: Bicyclist and Pedestrian Safety for Children

Hosted by:
Governors Highway Safety Association
Pedestrian and Bicycle Information Center
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- Participate in GHSA’s Annual Meeting: [ghsa.org/events/Future-Annual-Meetings](ghsa.org/events/Future-Annual-Meetings)
  - August 24-28, 2019 in Anaheim, CA
- Join GHSA as an Associate Member: [ghsa.org/about/join](ghsa.org/about/join)
Walk to School Day is coming! October 10
www.walkbiketoschool.org

Teaching Children to Walk Safely as They Grow and Develop

Pedestrian Safety Journey

Vision Zero for Youth
www.visionzeroforyouth.org
Habits to Last a Lifetime
Bicyclist and Pedestrian Safety for Children

Sarah O’Brien
UNC Highway Safety Research Center

Tuesday, October 2, 2018

Follow up with us:

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General Inquiries pbic@pedbikeinfo.org
Child Development

Grade 3 and younger:
• Overestimate their knowledge and strength
• Twice as long as adult to respond to stimulus
• Field of vision = 1/3 smaller than adults
Child Development

Grade 3 and younger:
• Difficulty estimating speed of a car
• They see car = driver sees them
• Cars stop “instantly”
• Difficulty recognizing dangerous situations
Child Development

By Grade 4:

• Can Balance
• Developed perception to see, hear, and understand
• Use judgement to interact and react
How We Learn

• Visual
• Auditory
• Tactile
• Kinesthetic
Research Says:

• In-class only course = little behavior change
• 1-time bike education interventions not effective
• Encoding Specificity Principle:
  • People remember what they learn if context is similar to when they learned it.
Research Says:

• Most successful courses:
  • on-road training
  • Low student/instructor ratios
  • More on-bike sessions

• Teaching methods:
  • Interactive
  • Guided discovery
  • Social peer interactions
  • Older model
Skills-Based Program is Key

<table>
<thead>
<tr>
<th>Stages of Motor Learning</th>
<th>Characteristics</th>
<th>Attentional Demands</th>
</tr>
</thead>
<tbody>
<tr>
<td>Cognitive</td>
<td>Movements are slow, inconsistent, and inefficient. Considerable cognitive activity is required.</td>
<td>Large parts of the movement are controlled consciously.</td>
</tr>
<tr>
<td>Associative</td>
<td>Movements are more fluid, reliable, and efficient. Less cognitive activity is required</td>
<td>Some parts of the movement are controlled consciously, some automatically.</td>
</tr>
<tr>
<td>Autonomous</td>
<td>Movements are accurate, consistent, and efficient. Little or no cognitive activity is required.</td>
<td>Movement is largely controlled automatically.</td>
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</tbody>
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Let’s Go NC!
A Pedestrian & Bicycle Safety Skills Program for Healthy Active Children

• Teaches to different abilities and learning styles

• Two lesson sets:
  • Let’s Go Walking!
  • Let’s Go Biking!
Let’s Go NC!
A Pedestrian & Bicycle Safety Skills Program for Healthy Active Children

<table>
<thead>
<tr>
<th></th>
<th>K-1</th>
<th>2-3</th>
<th>4-5</th>
</tr>
</thead>
<tbody>
<tr>
<td>Approach</td>
<td>Basic</td>
<td>Intermediate</td>
<td>Advanced</td>
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<tr>
<td>Difficulty</td>
<td>Easy</td>
<td>Moderate</td>
<td>Difficult</td>
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<tr>
<td>Depth</td>
<td>Introduce</td>
<td>Discuss</td>
<td>Problem-Solve</td>
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<tr>
<td>Skills</td>
<td>Simple</td>
<td>Intermediate</td>
<td>Multi-Layered</td>
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</table>
Foundation: NHTSA’s “Child Pedestrian Safety”

• Adapted and Customized Content
  • Broaden lessons to apply to rural settings
  • Include distracted walking concerns
  • Lesson on getting to and from the bus stop safely
  • New and expanded balanced curriculum options
  • Expanded subject matter to include health and physical activity aspects

• Outdoor skill building activities for all elementary age levels

• Added video component reinforces lessons taught in classroom
# Let’s go Biking!

<table>
<thead>
<tr>
<th>Lesson Concepts</th>
<th>K-1</th>
<th>2-3</th>
<th>4-5</th>
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</thead>
<tbody>
<tr>
<td>Gearing Up</td>
<td>📄</td>
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<tr>
<td>Go By Bike</td>
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<tr>
<td>Signs, Signals, and Safety</td>
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<td>📄  🎧</td>
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<tr>
<td>Bicycling Basics</td>
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<td>📄</td>
<td>📄  🎧</td>
</tr>
<tr>
<td>Bike Control</td>
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<tr>
<td>Cooperative Riding</td>
<td>🚴</td>
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<tr>
<td>Basic Traffic Skills</td>
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</tbody>
</table>
Lesson Materials

• Parent Tip Sheets
• Balanced Curriculum
• Videos
• Supplementary materials
• Instructor Materials

https://www.ncdot.gov/initiatives-policies/safety/lets-go-nc/Pages/default.aspx
Florida’s Bicycle/Pedestrian Focused Initiative

Trenda McPherson
State Bicycle Pedestrian Safety Program Manager
Florida Department of Transportation
Empowering Children to be Safety Champions

Example: Bicycle Safety 365

Example: SRTS Safety Guardians
Empowering Children to be Safety Champions
Bicycle Safety 365 is a “Challenge” designed to empower 6th graders with the information they need to become “Champions for Bicycle Safety”.

The program teaches children to “be” the safe example for their parents, friends, and neighbors to follow.
Bicycle Safety 365

★ Lead By Example – Be A Role Model

★ Wear Your Helmet – Secure it Safely

★ Help Others Wear Their Helmet Safely

★ Educate Everyone About Bicycle Safety – Even Adults!
I PLEDGE TO:

- Wear my bike helmet properly (level on my head, covering my forehead and buckled) every time I ride. I will encourage my friends to do the same.
- Always ride in the same direction as traffic whether on the sidewalk or road.
- Wear bright or fluorescent colors when walking or bicycling during the day, so I can be seen.
- Be extra cautious when bicycling in low-visibility conditions and at night.
- Wear reflective gear (vests, dots, strips, laces) on my clothes, shoes, backpack, helmet, and bike.
- Use white front lights and red rear lights/reflectors on my bicycle as required by law.
- Make it a family pact to wear helmets whenever riding bicycles. Encourage friends to purchase and wear helmets to help keep their families safe.
- Make a family rule for all to follow: No helmet...No bicycling.

Parent Signature ___________________________ Child Signature ___________________________

Date ___________________________ Date ___________________________

☐ Check box if you do NOT wish to receive future communications from Alert Today Florida.
Safe Routes to School: Guardians of Roadway Safety
Safe Routes to School: Guardians of Roadway Safety

Safety is for EVERYONE!

YOU CAN BE SAFE...
...on the School Bus!
...crossing the street!
...walking at night!
...riding your bike!
...riding in a car!
...exercising
...in a parking lot!

P Belleville and RBL: Tell you what to do: cross the street through verbal commands, you should also look left, right, and left again before crossing the street!

If you’re walking at night, don’t forget to wear bright clothing or reflective material.

Make sure kids hold the hand of a parent or guardian when crossing a parking lot. Make sure you both stay at least two steps away from car bumpers. You should walk along crosswalks, medians, and sidewalks if they are present.

Make sure kids stay back from the road while waiting at the bus stop. At least 10 giant steps away from the street drivers should also know that an extended stop arm and red flashing lights mean a bus has stopped. Drivers should stop and wait until the bus begins to move.

Kids twelve years old or younger should ride in the back seat only and always wear a seat belt. Younger kids who are not big enough for a seat belt should be in a booster seat in the back until they are ready.

Be sure to walk, don’t run, and don’t play around near traffic.

Remember the ABC’s! Check your air, brake, and chains and before riding. Also, you should always wear a properly fitted bicycle helmet.
Who “Really” Wins?

EVERYONE WINS!