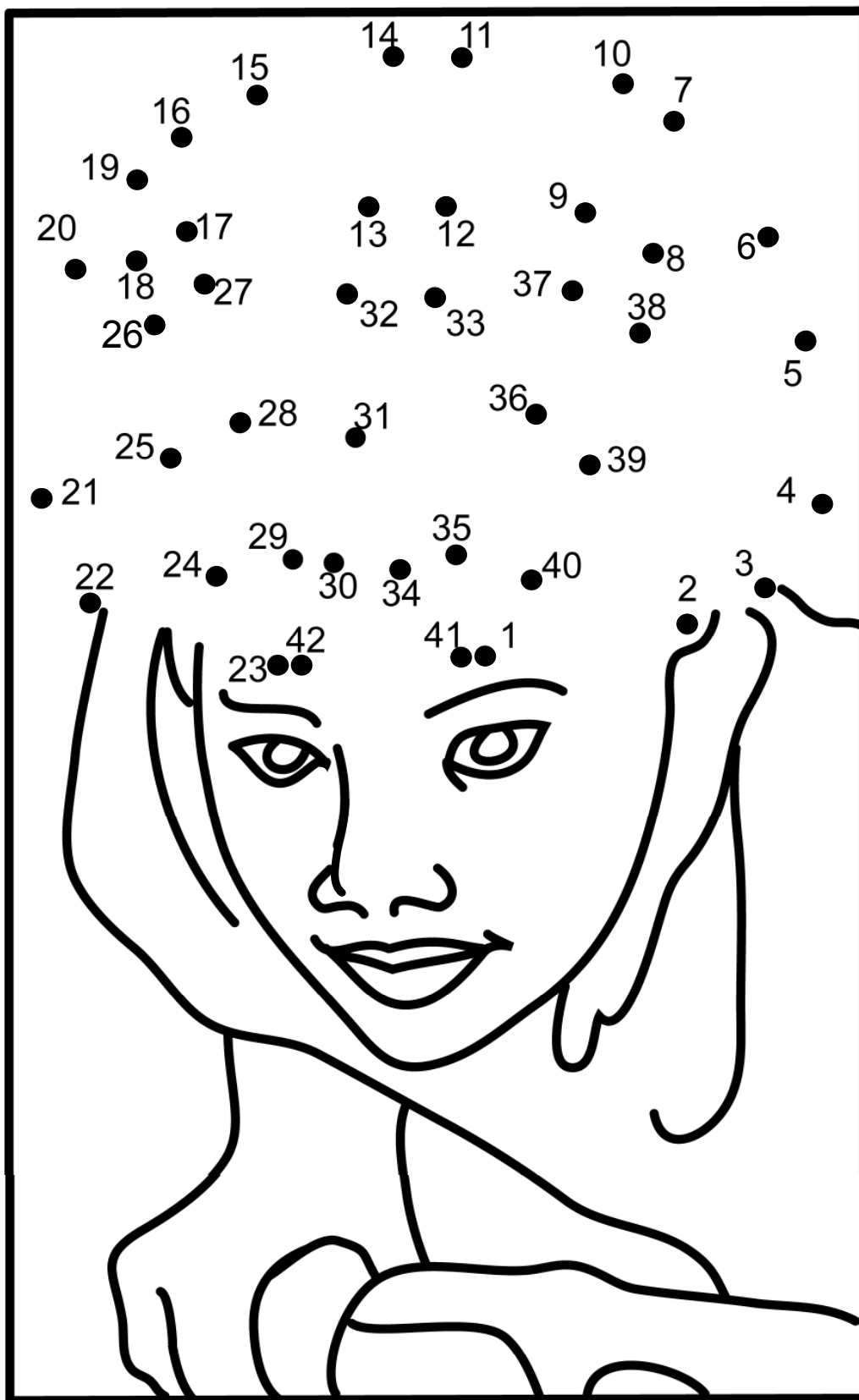
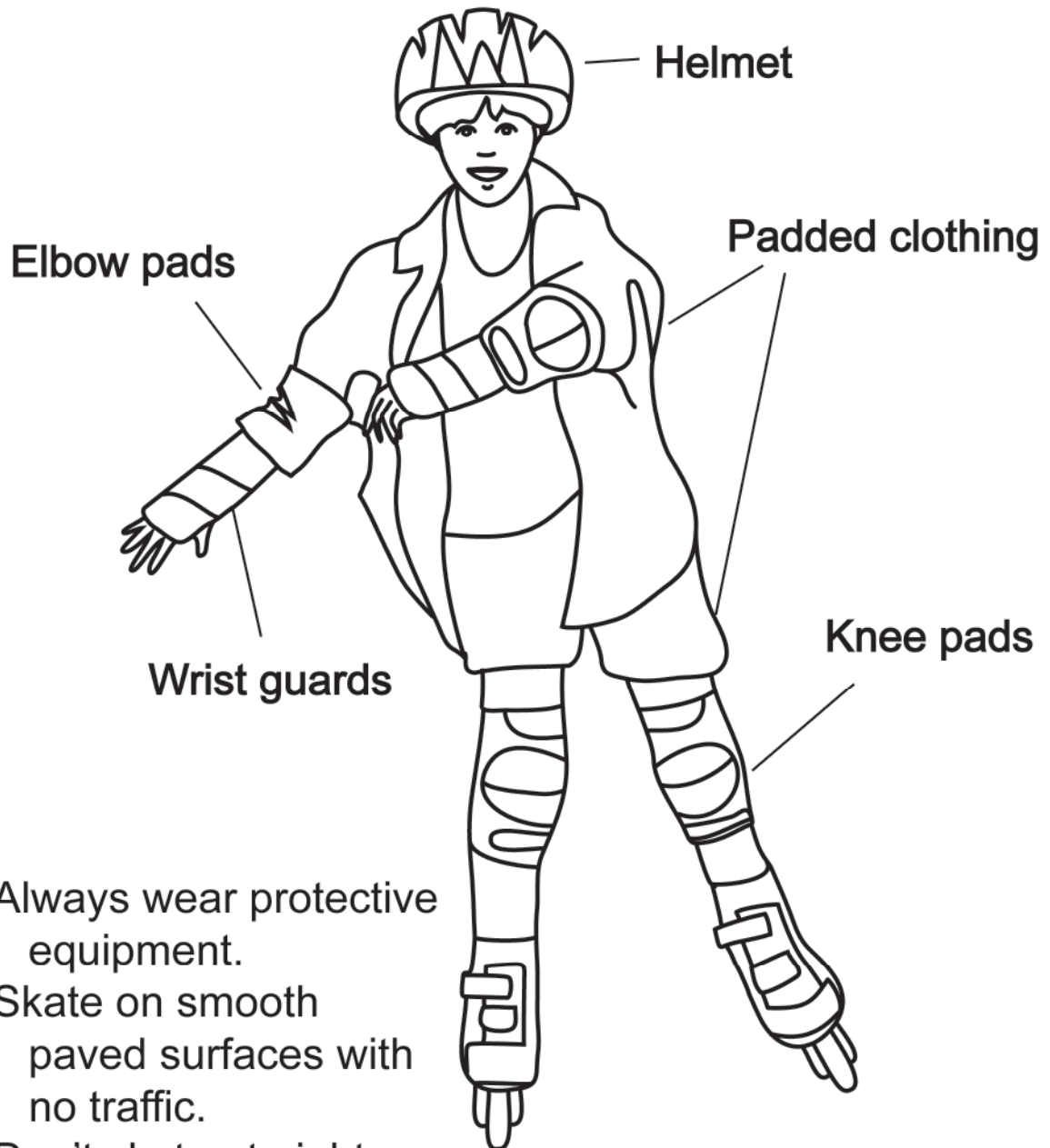


CONNECT THE DOTS



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IN LINE SKATING SAFETY



- Always wear protective equipment.
- Skate on smooth paved surfaces with no traffic.
- Don't skate at night.
- Start off slowly, keep knees slightly bent
- Balance on the balls of your feet.
- Practice stopping
 1. Heel Stop: bring foot with heel stop forward until heel stop is next to toe of other foot. Gently bend your front knee while lifting your toes up.
 2. Slow down by snowplowing or running on the grass.

SCOOTER SAFETY

1. When riding a scooter, what should you

not wear?

- a. a helmet
- b. knee pads
- c. elbow pads
- d. wrist guards

2. When should you ride your scooter?

- a. only in daylight
- b. only at night
- c. either in daylight or at night
- d. it doesn't matter

3. It's okay to ride a scooter in the street

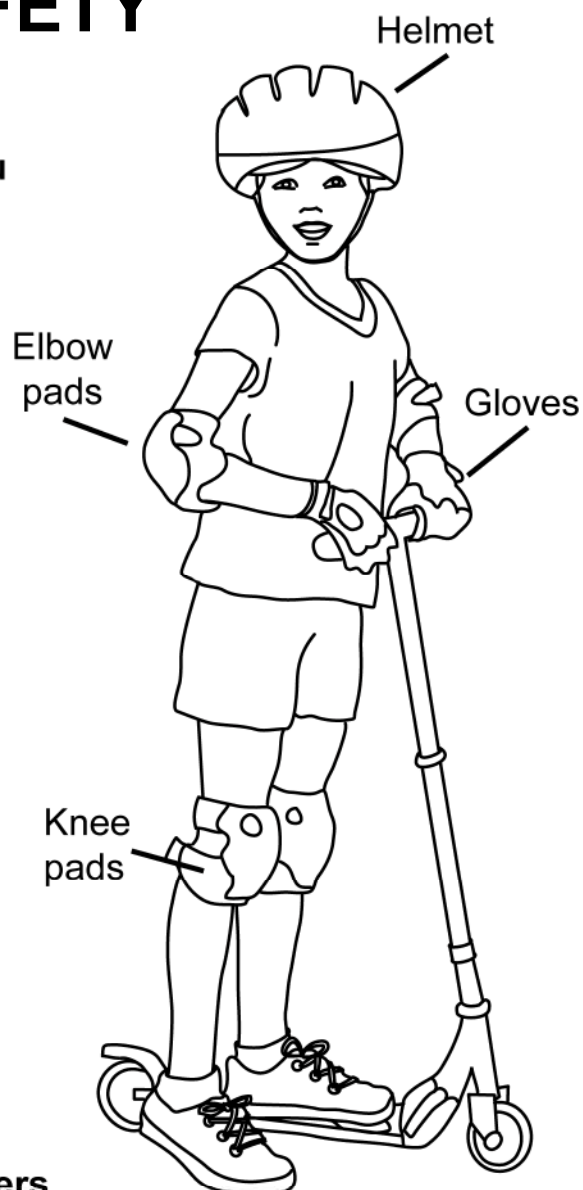
- a. true
- b. false

4. Where is it safe to ride a scooter?

- a. near cars and people
- b. on sand, dirt, gravel or other rough surfaces
- c. near water
- d. on a smooth surface where scooters are specifically allowed

5. What is the best footwear for riding a scooter?

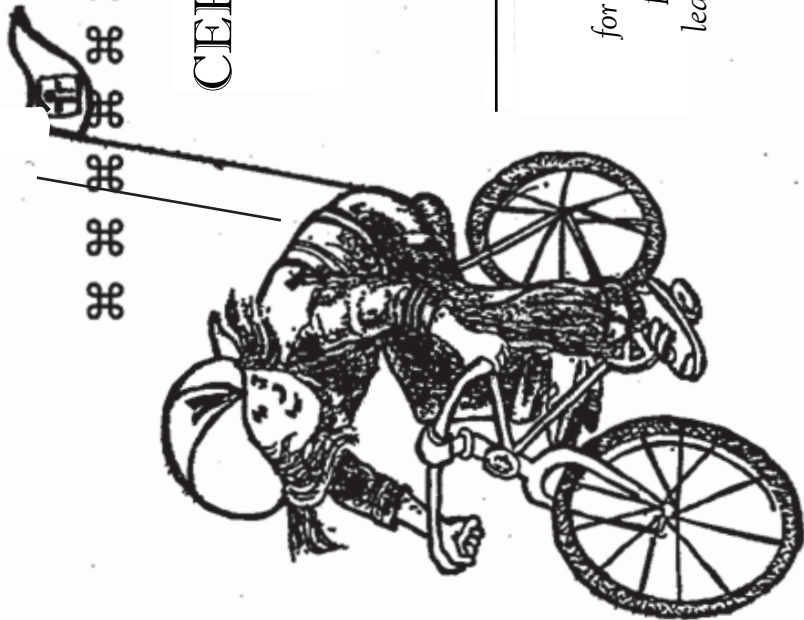
- a. sandals
- b. barefoot
- c. sturdy shoes
- d. shoes with floppy laces



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Answers: 1d, 2a, 3b, 4d, 5c



CERTIFICATE of ACHIEVEMENT

We are very proud of

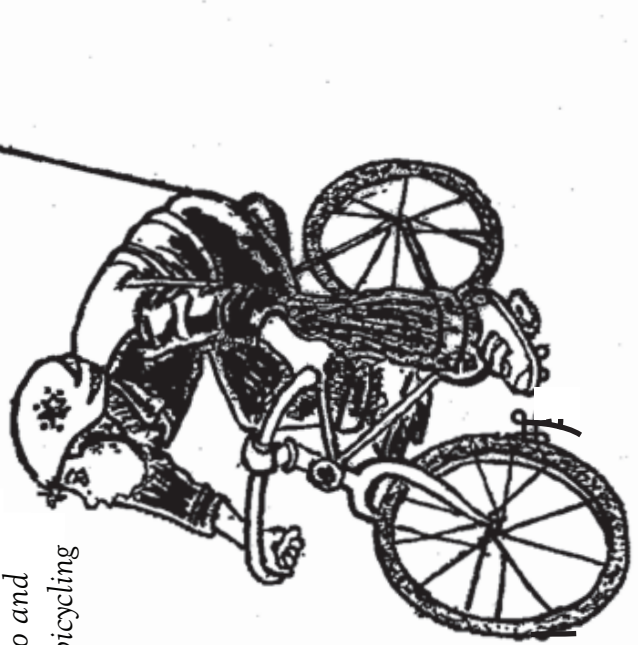
Name

*for having successfully completed the Kiwanis Bicycle Safety
program at the Kiwanis Family Safety Day Rodeo and
learned the importance of wearing a helmet when bicycling*

Organization

Signature of child

20



BICYCLE INSPECTION CHECKLIST

NAME _____ DATE _____

MAKE OF BICYCLE _____ SERIAL # _____

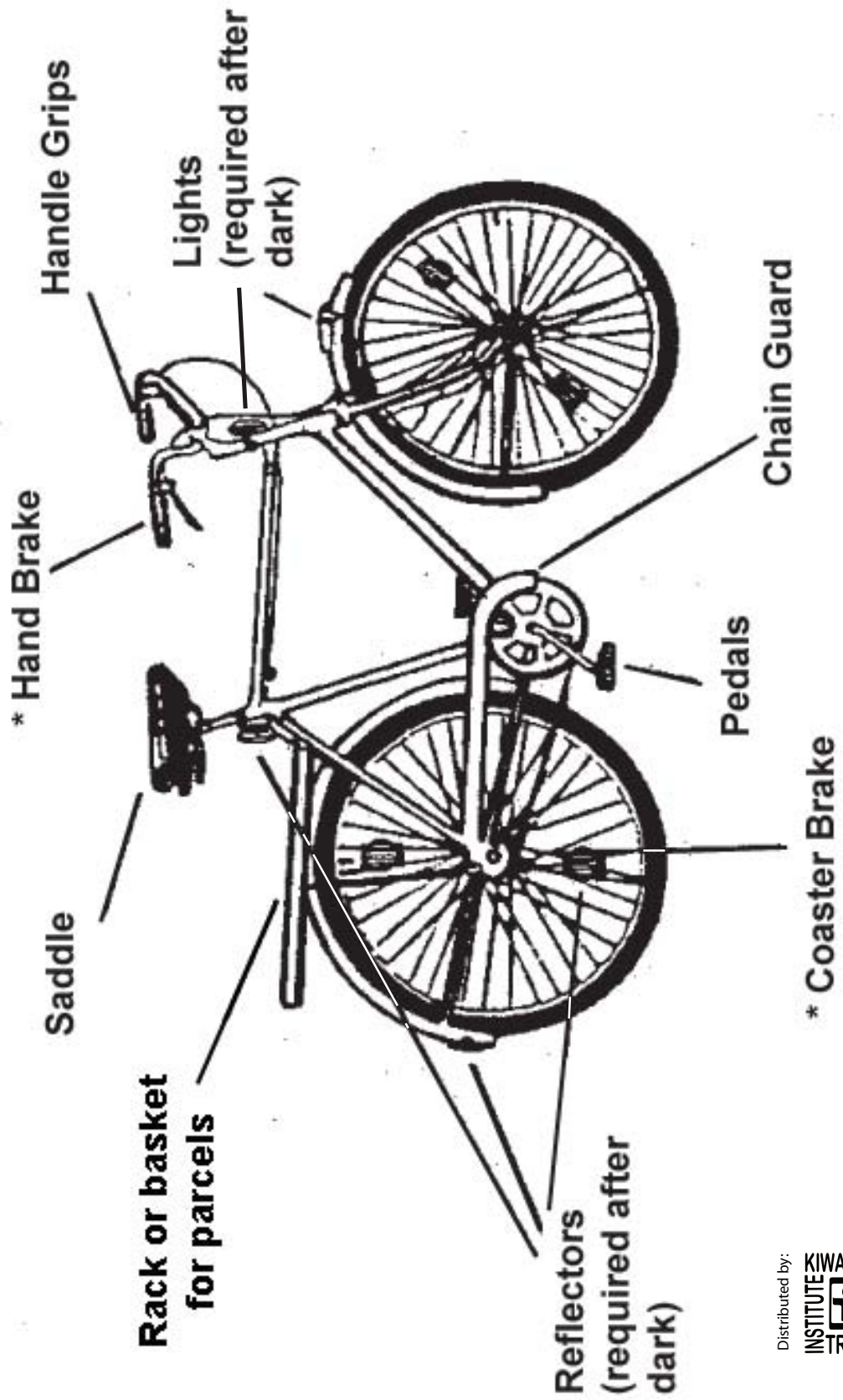
MODEL: ☐ BMX ☐ Single speed/coaster brake ☐ 3-5 Speed ☐ 10-12-18 Speed

Instructions: Place a check mark in the proper box. Complete the items applicable to the bicycle and accessories.

WHEELS	Front YES NO	Rear YES NO	HANDLEBAR	
spokes loose, broken	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	loose	<input type="checkbox"/> <input type="checkbox"/>
axle nuts tight	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	proper height	<input type="checkbox"/> <input type="checkbox"/>
rim bent	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	grips loose/missing	<input type="checkbox"/> <input type="checkbox"/>
TIRES			SADDLE (seat)	
correct inflation	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	loose	<input type="checkbox"/> <input type="checkbox"/>
cuts, cracks, bulges	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	correct height	<input type="checkbox"/> <input type="checkbox"/>
worn tread	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	COASTER BRAKE	
valve centered	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	stops smoothly, quickly	<input type="checkbox"/> <input type="checkbox"/>
REFLECTORS			HAND BRAKE	
clean	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	lever moves easily	<input type="checkbox"/> <input type="checkbox"/>
damaged	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	adjusted properly	<input type="checkbox"/> <input type="checkbox"/>
loose	<input type="checkbox"/> <input type="checkbox"/>	<input type="checkbox"/> <input type="checkbox"/>	pads worn	<input type="checkbox"/> <input type="checkbox"/>
FRAME	YES NO		DERAILLEURS	
bent, cracked	<input type="checkbox"/> <input type="checkbox"/>		shift mechanism clean	<input type="checkbox"/> <input type="checkbox"/>
SPROCKETS			lubricated	<input type="checkbox"/> <input type="checkbox"/>
teeth damaged	<input type="checkbox"/> <input type="checkbox"/>		adjusted properly	<input type="checkbox"/> <input type="checkbox"/>
CHAIN			cables frayed	<input type="checkbox"/> <input type="checkbox"/>
loose	<input type="checkbox"/> <input type="checkbox"/>		Equipment & Accessories	
damaged	<input type="checkbox"/> <input type="checkbox"/>		HELMET	
lubricated	<input type="checkbox"/> <input type="checkbox"/>		damaged	<input type="checkbox"/> <input type="checkbox"/>
clean	<input type="checkbox"/> <input type="checkbox"/>		correct fit	<input type="checkbox"/> <input type="checkbox"/>
PEDALS			BELL/HORN	
loose/bind	<input type="checkbox"/> <input type="checkbox"/>		loose	<input type="checkbox"/> <input type="checkbox"/>
tread worn	<input type="checkbox"/> <input type="checkbox"/>		damaged	<input type="checkbox"/> <input type="checkbox"/>
reflectors affixed	<input type="checkbox"/> <input type="checkbox"/>		loud enough	<input type="checkbox"/> <input type="checkbox"/>
FORK			LOCK, CHAIN OR CABLE	
loose	<input type="checkbox"/> <input type="checkbox"/>		chain/cable long enough	<input type="checkbox"/> <input type="checkbox"/>
bent	<input type="checkbox"/> <input type="checkbox"/>		strong lock	<input type="checkbox"/> <input type="checkbox"/>

REMARKS _____

A SAFE BICYCLE SHOULD HAVE:



(* Either hand or coaster brakes are required)

BIKE SAFETY SEARCH

Find the words in the alphabet soup.
We've circled one to help you get started.



Bell
Bicycle
Brakes
Gear

Handlebars
Helmet
Horn
Left

Light
Pedal
Right
SAFE KIDS

Safety
Signal
Streetrider
Swerve



BIKE WORD SEARCH 3



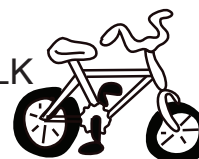
D K A I R P R E S S U R E T R A U L
B O O N B I C Y C L E O G Q C A C B
T L F C E E G M J H W Z W D P R E S
H E A D L I G H T Y S L A D E P R G
S S A E K I B N I A T N U O M A E M
I Q N R O H W R S S X E F F B C F E
D S T R E E T W I W E H F E D H L C
E B R A K E S X N D W V L A C A E H
W E B U T R E N N I E D O M S I C A
A G D T S I L C Y C N C R L P N T N
L C R P L V E V O A H E N A G B O I
K U Y I P D V D H F P I D A I Q R C
M Q A X P R T D U A J S N K L S S S
I P E D E S T R I A N S E S I A B P
S P O K E S K R A E I L M G T L B P
V O E M E D N A T I A S N N Z R L M
Y T H E L M E T Z N L A W M K U A A
P S C L E E H W E L L S U U W P E P

AIR PRESSURE
BALANCE
BICYCLE
BIKE LAW
BRAKES
CHAIN
CHIN STRAP
CYCLIST
GEAR

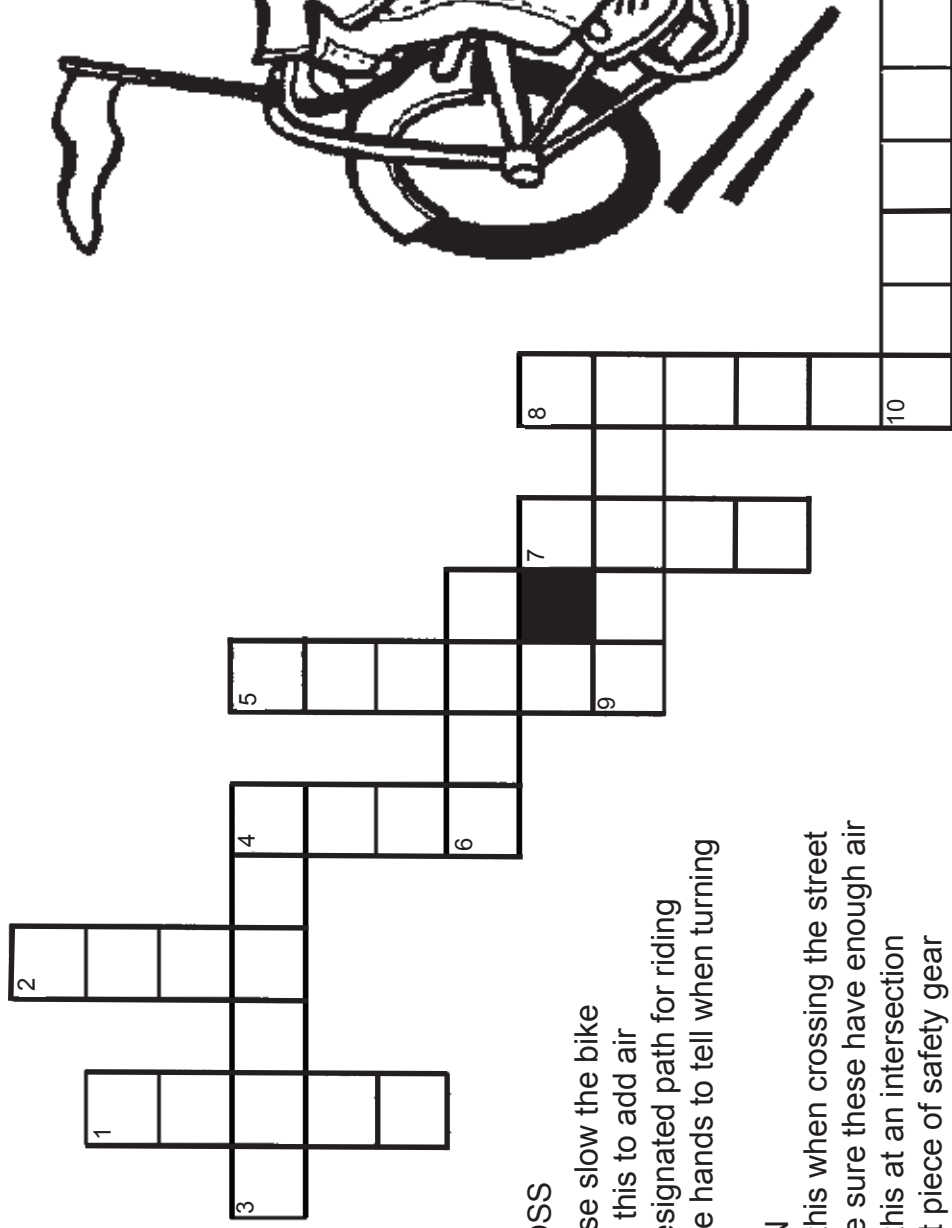
GLOVES
GRIPS
HANDLEBARS
HEADLIGHT
HELMET
HORN
INNERTUBE
MECHANICS
MOUNTAIN BIKE SIGNAL

PADS
PEDALS
PEDESTRIANS
REFLECTORS
REPAIR
RIDE
SAFETY
SIDEWALK

SPOKES
STOP
STREET
TANDEM
TRAIL
WHEEL



BIKE SAFETY CROSSWORD 1

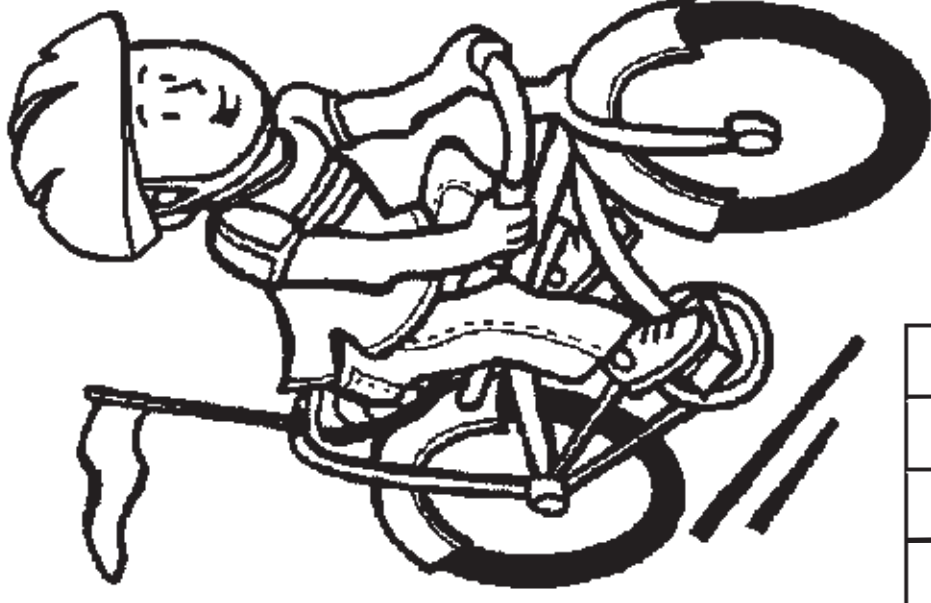


ACROSS

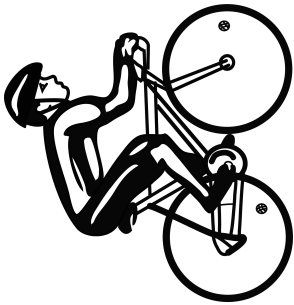
3. These slow the bike
6. Use this to add air
9. A designated path for riding
10. Use hands to tell when turning

DOWN

1. Do this when crossing the street
2. Make sure these have enough air
4. Do this at an intersection
5. First piece of safety gear
7. These help protect knees
8. Wear to protect hands



ANSWERS:
 Across 3. brakes 6. pump 9. trail 10. signal
 Down 1. look 2. tires 4. stop 5. helmet 7. pads 8. gloves



Bike Safety Crossword 2

1

2

3

4

5

6

7

8

9

10

ACROSS

3. use these to steer

6. use yours to stay upright

8. where two roads meet

9. first piece of safety gear

10 these shine with low light

DOWN

1. carry water to prevent this

2. avoid one of these by learning bike safety

4. baggage for bikes (or horses)

5. part of the tire that holds the air

7. holds a helmet in place

DOWN 1. dehydration 2. accident

4. saddlebags 5. innertube 7. chinstrap

BRAIN BUSTERS

1. How much does the human brain weigh?
 - a. 8 ounces
 - b. 1.5 pounds
 - c. 3 pounds
 - d. 5 pounds
2. In 1904, which US President threatened to outlaw football after 19 college players were killed or paralyzed from brain or spinal cord injuries?
 - a. William McKinley
 - b. Theodore Roosevelt
 - c. William Howard Taft
 - d. Woodrow Wilson
3. True or False. The weight of the human brain triples during the first year after birth, going from 300 to 900 grams.
4. One baby, child or adult gets hurt by a traumatic brain injury every:
 - a. 15 seconds
 - b. 1 minute
 - c. 2 hours
 - d. 24 hours
5. True or False.
Each year, more people will suffer a traumatic brain injury than will be diagnosed with breast cancer, HIV/AIDS, spinal cord injury and Multiple Sclerosis combined.
6. High school graduates know at least how many words?
 - a. 3,000
 - b. 10,000
 - c. 30,000
 - d. 60,000
7. True or False: Your brain is more active when you are sleeping than watching television.
8. Bicycle helmets have been shown to reduce the risk of brain injury by as much as
 - a. 15%
 - b. 37%
 - c. 56%
 - d. 88%
9. A brain injury can:
 - a. change the way you look
 - b. change the way you walk
 - c. change the way you talk
 - d. All of the above
10. True or False: A helmet is an accessory not a necessity.

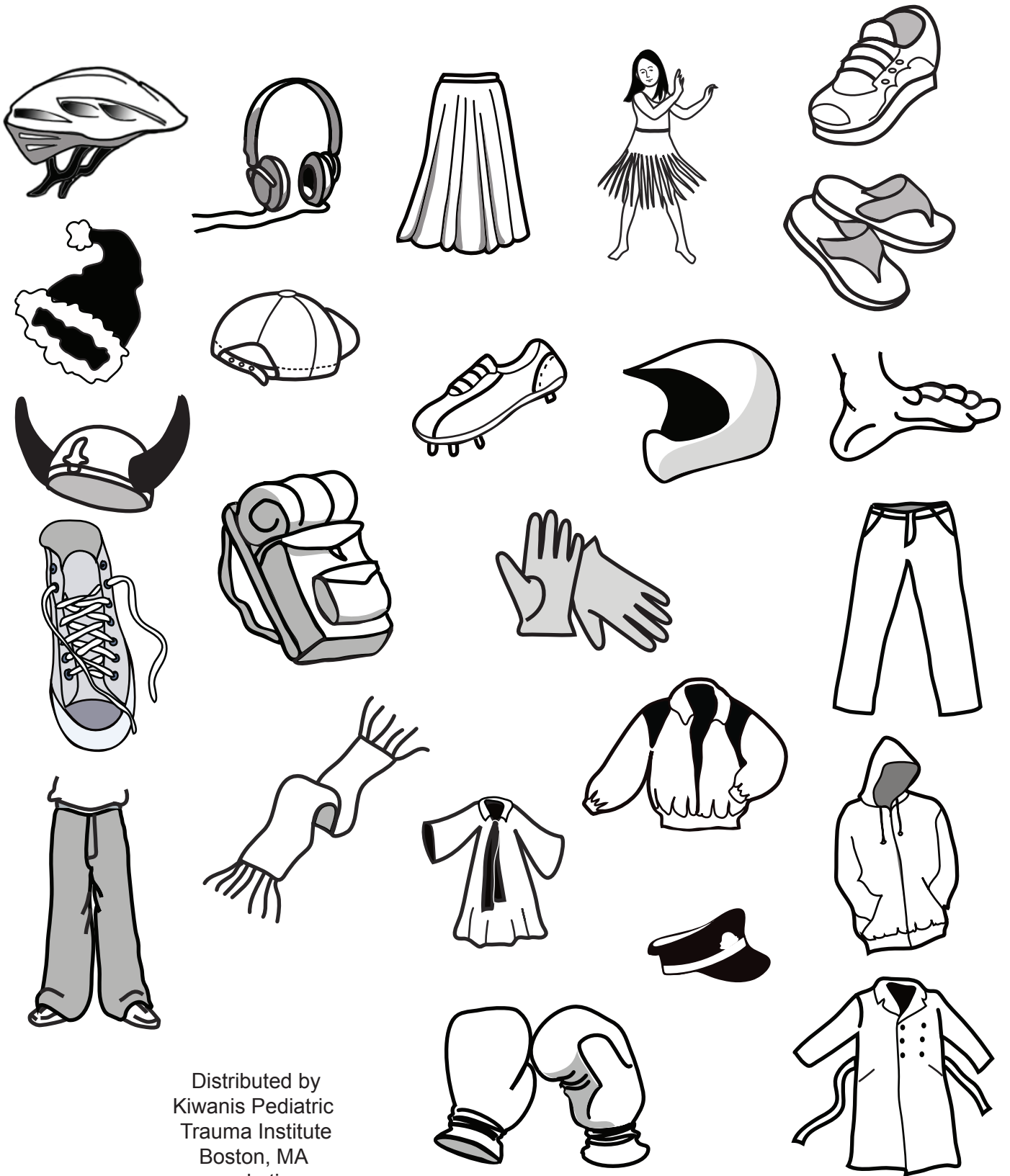


[Answers 1. c 2. b 3. true 4. a 5. true
6. d 7. true 8. d 9. d 10. false]

FIND THE SAFE BIKING CLOTHES

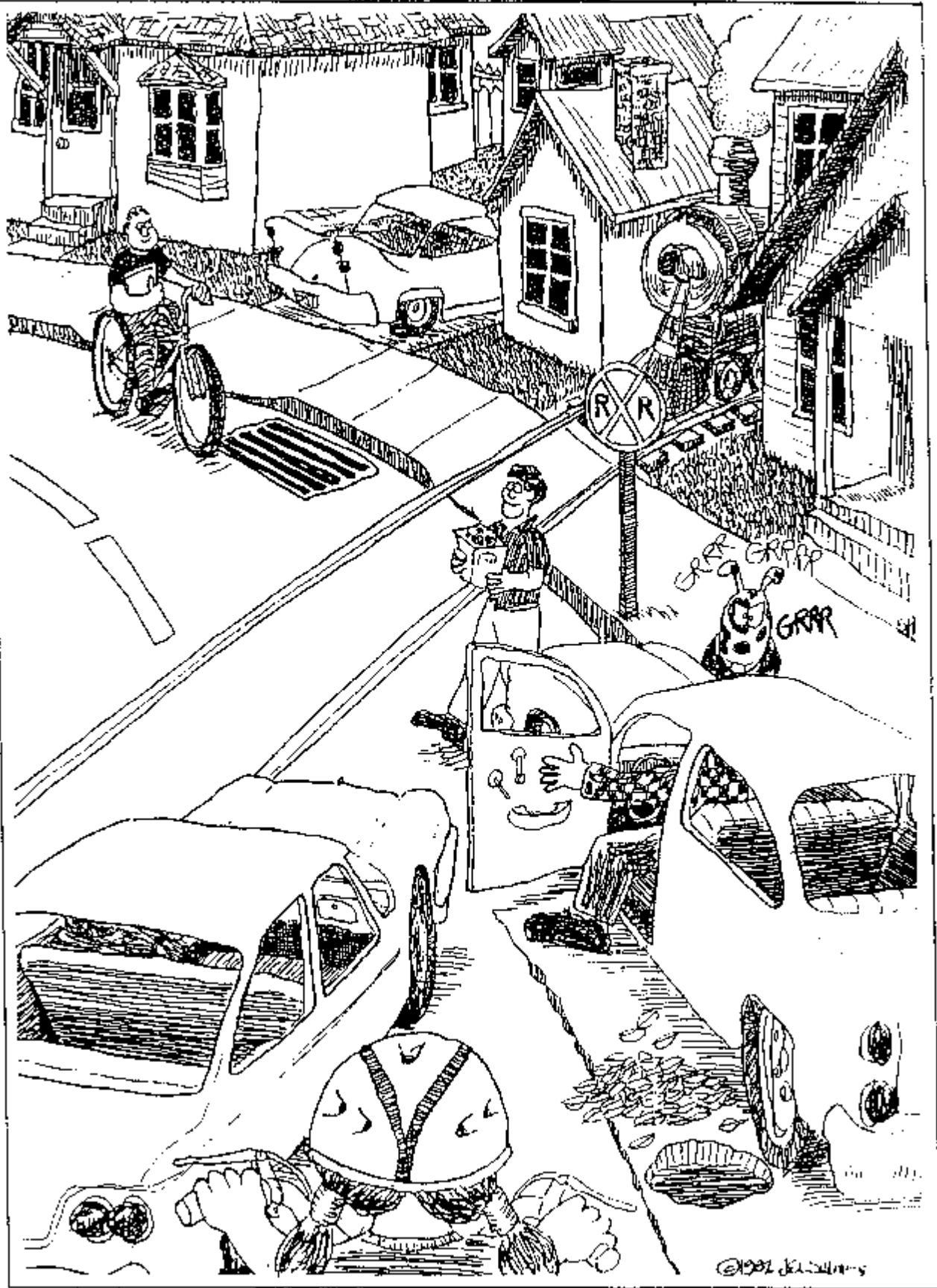
(Circle the ones that are safe)

Do you know why?



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Boston, MA
www.kpti.org

FIND THE 12 HAZARDS



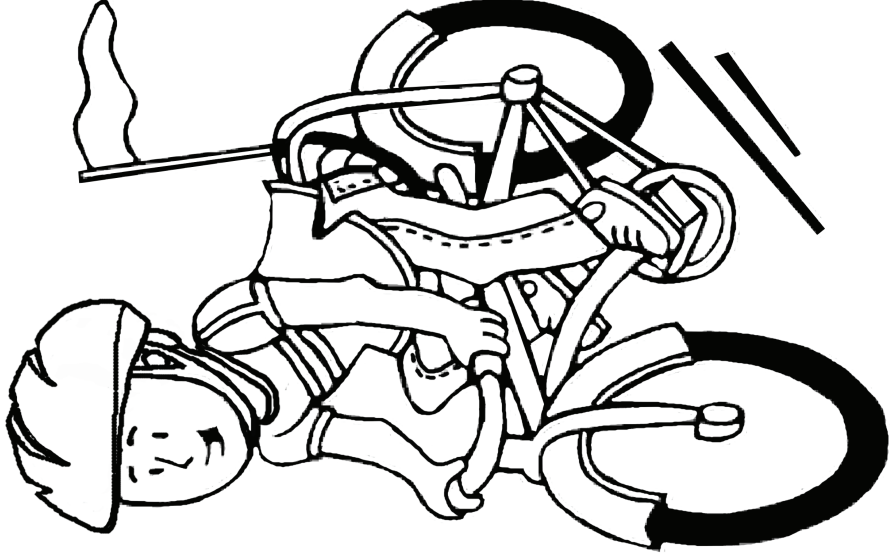
Pretend you're the cyclist at the bottom of this picture.
Can you see the 12 hazards that could cause an accident?

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BIKE SAFETY WORD SEARCH 2

BALANCE
BICYCLE
BIKE
BRAKES
CHAIN
CHIN STRAP
GEAR
GLOVES
GRIPS
HELMET
HORN
MECHANICS
PADS
PEDALS
REPAIR
RIDE
SAFETY
SIGNAL
SPOKES
STOP
STREET
TRAIL
WHEEL

L B R G I T S D A P
S T R E E T R I D E
E I F A B Q V A S D
K E G R K F O C I A
O D R N B E I H M L
P D R I A N S Y S E
S O K B A L A F S H V
H E C H V C L E T A O
B I C Y C L E T R I L
H E L M E E L Y A N G
M W H E E L Y A N G
S T O P G R I P S J



RIDE RIGHT

BICYCLE RULES OF THE ROAD

1. Ride on the right with the flow of traffic.
2. Ride single file.
3. Stop at stop signs and traffic lights.
4. Signal by hand for turns.
5. Give the right of way to pedestrians.
6. Give a clear warning (bell, horn or voice) when needed for safety.
7. Carry no passengers (except on approved baby seat.)
8. Check your brakes often.
9. Equip your bike with front and rear reflectors, pedal reflectors and reflective material on both sides.
10. Do not adjust handlebars above your shoulders or alter the front fork of bike.
11. Do not ride on express or limited access highways.
12. You may ride on the sidewalk outside of the business districts unless the city or town prohibits it.
13. **Wear a helmet**

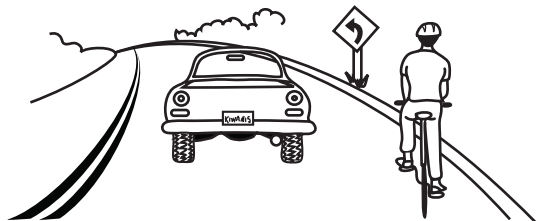


Kiwanis Pediatric
Trauma Institute
at Tufts Medical
Center, Boston, MA 02111
www.kpti.org

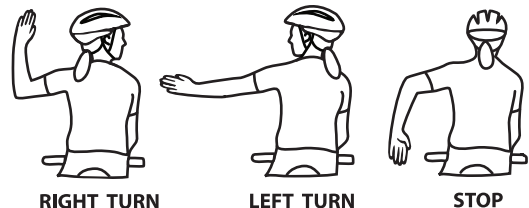
TuftsMedicine
Tufts Medical Center

Pocket Card Rules of the Road for Bicyclists

RIDE ON THE RIGHT WITH TRAFFIC

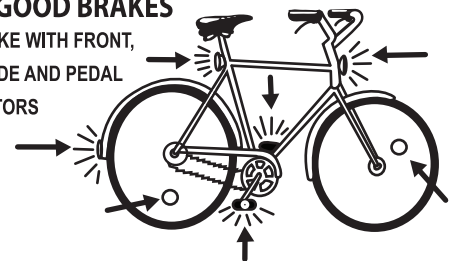


USE HAND SIGNALS and look before turning



HAVE GOOD BRAKES

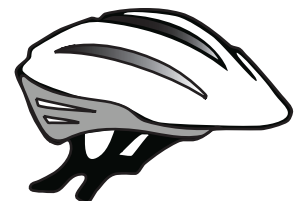
EQUIP BIKE WITH FRONT,
REAR, SIDE AND PEDAL
REFLECTORS



PREVENT HEAD INJURIES

PLEASE!

**Wear a helmet
while cycling**



Glow Bands



Reflective Materials



Slap
bracelets

Zipper pulls