
Date: _____

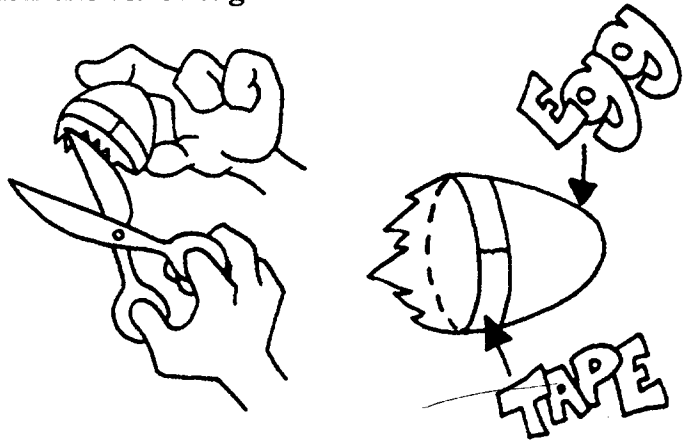


Dear Parents:

Our class is going to be studying the effectiveness of a bicycle helmet in the event of a crash. To do this, each student will need to bring four, empty, egg-shell halves. Please assist your child with the following:

You will need:

- four raw eggs
- masking tape
- a small pair of scissors
- small pot or bowl



You need to:

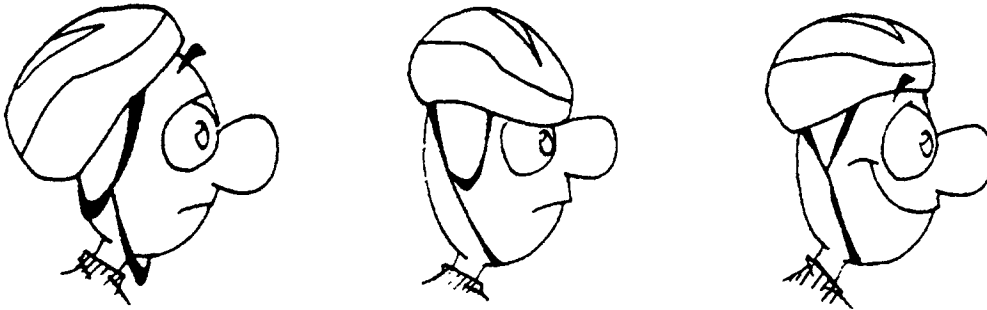
- Put a strip of masking tape around the middle of each egg.
- **GENTLY** crack the small end of each egg on the edge of the pot or bowl making sure the cracks don't spread through the masking tape to the large end of the egg. If this happens, get a new egg.
- Using your finger, make the hole in the small end so that the inside of the egg drains into the pot or bowl. (You can use the egg for cooking if you don't want to waste it.)
- Using your scissors, carefully cut around the eggshell, through the masking tape, so that you have four, empty, egg-shell halves with even bottoms (see diagram above). You can leave the excess masking tape on the bottoms.
- **CAREFULLY** bring the four egg-shell halves to class on

_____. Please put the egg shells in some type of container so that they can make it to school intact.

Thank you for your cooperation.

Sincerely,

Wearing A Helmet



Wear It Properly!

The helmet is properly worn squarely on top of the head, covering the top of the forehead and sitting about one - two cm above the eyebrows. Use the foam pads supplied with the helmet to allow it to sit properly on the head. It should have a snug fit.

Adjust the straps through the buckles so that they form a "Y" with the joint just below each earlobe. The chin strap must fit well under the chin, up against the throat, and be snug. Your index finger should be able to fit between the chin and chin strap allowing the helmet-wearer to open his/her mouth comfortably.

With the helmet on and the chin strap fastened, the helmet should not be able to be rolled backward or forward excessively, nor should it be possible to remove it from the head altogether. Excessive forward or backward movement can be eliminated by adjusting the side buckles below the ears. Move the buckles forward to remove excessive rearward movement and rearward to remove excessive forward movement. Once the buckles have been properly adjusted, it may be necessary to readjust the chin strap.

- Look after your helmet. Don't bash it around. Bicycle helmets are designed to absorb only a single, hard blow.
- Check your helmet frequently for damage. If a crack is found, buy a new one. A helmet should always be replaced after a crash. The helmet may look o.k., but the foam lining loses most of its value after being compressed by an impact or several blows at once. It may not protect you in another crash.
- Replace a helmet every five years. The plastic on a helmet deteriorates from exposure to ultraviolet light (the sun and fluorescent light). Store your helmet where it will not be exposed to ultraviolet light.
- Wear your helmet whenever you drive your bike. Your helmet cannot protect you if it is not on your head.
- Make sure the helmet you choose has one of the following stickers on it. These ensure that your helmet meets certain safety standards and will protect you in a crash.



(Currently being phased out)

Bike Situations



Act out the following role plays with a partner.

1. One of you is a car driver; the other one is a bike driver. The bike driver has just gone through a stop sign forcing each driver to bring their vehicle to a screeching halt. The car driver gets out of the car and says to the bike driver. . . (Act out this situation. Car driver - explain your feelings to the bike driver.)
2. The two of you are pedestrians walking together on a pedestrian/bike path. A cyclist quietly comes up behind you without warning and almost runs both of you off the path. Describe your feelings to each other. How could this incident have been avoided?
3. One of you is a grandparent and you are explaining to your grandchild (other person) how you were walking through a crosswalk when a cyclist drove right through a red light and almost ran into you. Describe your feelings and ask your grandchild how this could have been avoided.
4. One of you is a car driver who has just collided with a parked car. The reason for the collision is because a bike driver came out of a side street, through a yield sign and cut you off. You swerved to miss the bike and you hit the car. Explain your story to the police officer (the other person). What are you feeling? Tell the officer what you think should be done to avoid this collision in the future.
5. You and your friend are out driving your bikes. Your friend suddenly stops without signalling and you run into the back of his/her bike bending your front wheel so that your bike can no longer be driven. Tell your friend how you feel. How does your friend respond?
6. You were riding your bike with "no hands." You suddenly lost control and hit a parked car putting a big scratch down the side of the car. Go up to the house, knock on the door and explain to the car's owner (the other person) what happened. Have the car owner tell you how they feel.
7. You are driving your bike and properly signalling for a left turn. A car driver (other person) cuts you off and causes you to crash. They stop to see if you are alright. Tell them how you feel.

Parts of a Bike



Label the bike below using the following terms: grips, chain, brake levers, front brake, pedals, rear derailleur, front tire, rear brake, rear reflector, gear change levers, seat post, spokes, seat, bell, headlight, brake cables, front derailleur.

