

# Bike Safety Education Unit Outline

Day and Goal	Activities	ALPACA Principles
<b>Day 1:</b> Principles of active transportation, and personal security	1.1 What if? List 1.2 ALPACA Worksheet 1.3 Principles of Bike Safety (ALPACA) Run	All ALPACA principles
<b>Day 2:</b> Fit helmets and bikes	2.1 Helmet Fitting 2.2 Personal Safety Check 2.3 Bike Fitting 2.4 Bike Safety Check	Lawful
<b>Day 3:</b> Basic Riding Skills, Braking, Signals, Riding with one hand	3.1 Basics of Braking 3.2 Ride in a Circle 1: One hand 3.3 Ride in a Circle 2: While Signaling 3.4 Braking with Signal	Lawful, Predictable, Able to Be Seen
<b>Day 4:</b> Riding with one hand, Shoulder Checks	Activity: Any skipped activities from Day 3 4.1 Pop the Bubble 4.2 How Many Fingers?	Aware, Lawful, Predictable, Able to Be Seen
<b>Day 5:</b> Right Turns and Scanning	Activity: Ride around the block 5.1 Memory Relay	Aware, Lawful, Assertive, Able to Be Seen
<b>Day 6:</b> Right Turn practice and Left Turn lesson	6.1 Simple Signals: On Campus 6.2 Simple Signals: Off Campus	Aware, Lawful, Predictable, Assertive, Able to Be Seen
<b>Day 7:</b> Left Turn practice and Rules of Right-of-Way lesson	7.1 Left Turn: On Campus 7.2 Left Turn: Off Campus	Aware, Lawful, Predictable, Able to Be Seen
<b>Day 8:</b> Right-of-Way (ROW)	8.1 First to Stop ROW: On Campus 8.2 First to Stop ROW: Off Campus	All ALPACA principles
<b>Day 9:</b> Right Turns and Scanning	9.1 ROW + Left Turns: Off Campus	All ALPACA principles
<b>Day 10:</b> Community Ride!	Community Ride	All ALPACA principles

