

Introduction

There are many resources available that provide recommendations and ideas on how to implement bicycling education programs or obtain bicycling safety educational materials. Federal funding has been a major source for producing programs and instructional information. Some state Departments of Transportation, municipalities, businesses as well as non profits have also provided funding and/or developed publications or other types of media. Many states, cities, advocacy groups have created educational materials and continue to do so.

Adult bicyclists, parents, grandparents, police officers, teachers, recreation specialists can find assistance in learning how to drive a bicycle and to develop lessons for children and youth. Even experienced bicyclists will discover that there are cycling skills that they should learn. Bicycling education can make bicycling more fun, safer, and enable motorists to be more comfortable while sharing the road.

Offer your own thoughts and recommendations for educating bicyclists and motorists. Articles written by you or others, with their authorization, can be included in this section.

RESOURCES

Note: websites do change URLs and some stop functioning. If you do your own internet search you will find many more resources that did not exist when LVBC started our website in 2008.

The Multi Modal Division of Penn DOT includes a Bicycle/Pedestrian Coordinator for the entire state. There is a section of Penn DOT's website that focuses on bicycling safely.

[Ride a Bike \(penndot.gov\)](http://rideabike.penndot.gov) In 2020, an Active Transportation Plan was adopted by the Department. This Plan provides recommendations and expectations for safer, improved bicycling in Pennsylvania.

[PUB 787.pdf \(state.pa.us\)](http://pub787.state.pa.us)

Pedestrian and Bicycle Information Center www.pedbikeinfo.org

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PBIC is an excellent resource as they compile publications and other information from many sources including advocacy organizations.

Commute Orlando www.commuteorlando.com

During a decade of activity, this effort, Commute Orlando, has moved forward to offering classes on site and on line. Learn from www.cyclingsavvy.org

Bike Texas, a state advocacy group, [Educational Resources - BikeTexas](http://EducationalResources-BikeTexas)

Bike Texas has been a leader in the U.S. in developing bicycling safety curriculum.

Bicycle Helmet Safety Institute , www.helmets.org

There is much information compiled at this site in regard to wearing helmet

National Highway Traffic Safety Administration (NHTSA), <http://www.nhtsa.gov/Bicycles>

NHTSA has produced much information about bicycling safely. Many items can be ordered without cost. Some products are in Spanish. A major effort has been made by the federal government to improve the education of bicyclists and motorists in sharing the roads.

League of American Bicyclists <http://www.bikeleague.org/programs/education/>

The League's Education section includes many articles on bicycling safely. In addition, there is information about the skills courses that are offered through the League's Certified Instructors.

Instructional videos can be found directly on internet sites, especially on YouTube.

The International Bike Foundation (IBF) , www.ibike.org.

As of 2021, this site continues to function. They offer 60 benefits of bicycling. How many do you agree with? Can you add to the list? [60 Benefits of Bike Commuting & Recreational Bicycling \(ibike.org\)](http://www.ibike.org/60-Benefits-of-Bike-Commuting-&-Recreational-Bicycling)

We have permission to quote a major portion of IBF's article, "Bicycle Safety Education/Injury Reduction" authored by David Mozer. Although this is information provided many years ago, most of it remains very helpful and informative.

"Studies suggest that cyclists, especially children, lack basic knowledge of traffic as well as bike handling skills to effectively prevent accident situations. Traditional parental instruction and bike rodeos have not met this training need. Bicyclists need to learn they have the same rights and the same responsibilities on the road as drivers who are trained and tested. Additionally, bicyclist must be aware of the special hazards and know the unique skills necessary for safe cycling. It is expected that the number and severity of accidents can be reduced by a bicycle - related injury reduction program. We have divided our suggestion into three areas: Education, Enforcement and Safety Awareness.

Education

Education can be achieved through special classes in bicycle education with hands on practice, directed at users, and general bicycle safety education directed at adults who might be supervising children. The best approach is to work through existing organizations. The most obvious one is the school system where bicycle education can often be included as part of the regular physical education program (elementary age), the Driver's Education program (high school age) and introduced through the PTA (for adults). Other good organizations to work through are scouts groups, civic groups, boys and girls clubs, Y's, 4H, parks and recreation and summer programs.

Program Idea: Education program for 4th graders countywide in schools. The first year it might be expanded to pick up 5th and 6th graders. By conducting workshops to train Health and PE teachers the program can become a regular part of the Health and PE curriculum.

Program Idea: Safe bicycling practices are not always widely known by adults. This limits the quality of supervision for children. An effective way to promote bicycle safety is by working with parents. Concurrently, they improve their riding techniques. One way to do this is to work

through the PTA's. A class for parents would identify the major causes of accidents and what children need to know to avoid accident situations. Additional sessions could be targeted at adult scout type leaders, or other organizations which have a large number of adults involved in supervising youth activities. The traffic skills courses of the League of American Bicyclists (www.bikeleague.org).... is thorough and well-designed, with a good theoretical and statistical basis, and include on-the-road segments. Such programs can reduce biking accidents by 80%! ...

Program Ideas: City and County Departments of Parks and Recreation can include bicycle education as part of their day camp program. They can also help implement some other safety programs, i.e. bicycle safety checks, special safety equipment purchases, etc. The "Y" and other day camp programs can also be encouraged to participate.

Program Idea: Have the curriculum of high school driver training courses cover sharing the road and the special hazards presented where there is a complex traffic mix.

Program Idea: Work with the local police department or other groups doing traditional "Bicycle Rodeos" to upgrade the content and format. Encourage the concept of a "Safety and Skills Course".

Program Idea: Send monthly press release and public service announcement series on bicycle safety to local media. (IBF has a list of suggested topics.)

Program Idea: Appear on television and radio talk shows discussing bicycle safety.

Enforcement (Reinforcement)

To make bicycling safer (and add relevance to education programs), the Police Department must enforce traffic regulations for children and adult bicyclists. Many police officers will not stop children since officers often feel that it results in negative publicity. As a result, children (and bicycling adults) grow up with the idea that they can do whatever they please. Enforcement should be viewed as reinforcement of educational programs. Police officers need to be convinced that enforcing traffic regulations for bicyclists is an effective way to curb accidents and injuries. They also need to be shown that there is community support for their efforts.

Program Idea: One approach is to set up a bicycle training seminar for county and municipal police officers. There is an excellent film made by the Santa Barbara Police Department entitled "Ride on By." The film, which is intended to be shown to police officers, gives hard data showing how enforcing traffic regulations for bicyclists, including children, saves lives. Officers can also learn what type of infractions by bicyclists lead to the majority of accidents. This allows police officers to concentrate enforcement where their efforts will be most effective in reducing accidents. (*LVBC Note: NHTSA provides video and recommendations for police training.*)

Program Idea: An alternative to a... ticket is to require a child (or an adult) to attend a safety education class for a specific number of hours or sessions. The child offender would simply get a warning ticket and the parents would get a letter explaining why their child was stopped and why he or she must attend a safety education class. This approach has been successfully implemented in other communities and is very popular with parents. It is also popular with police officers who do not like to give regular tickets to children.....

Program Idea: To introduce the idea of enforcement early on in the education process, involve trained police officers in the safety education courses.

Program Idea: Parents and peers can also serve as an element of reinforcement. In education programs to these groups, ideas about how they can feel confident and good about reinforcing safe behavior in those around them should be included.

Safety Awareness

A third strategy is to develop public awareness on issues that are elements of bicycle safety and accident and injury reduction. These can be divided up into several categories: special equipment programs, bicycle safety checks and share the road campaigns.

Program Ideas: Over a quarter of the local emergency medical response bicycle accidents involved head injuries. Of these more than half were categorized as "urgent/life threatening". And while night bicycling is popular and accidents during these periods of dark are less numerous, when they do occur they are typically more serious. Many communities have developed special programs to encourage the purchase and use of special equipment such as helmets and reflective tape. Helmet companies and bike shops are often willing to offer discounts for special community or school promotion programs. This type of program is very effective in reducing head injuries and could be implemented in conjunction with other safety programs

Program Idea: Over 10% of the emergency medical response bicycle accidents studied were due to bicycle equipment malfunction (this compares with 5% in other studies.) Bicycle safety checks can be done at schools, summer camps, bicycle education classes, Bicycle Sundays, street fairs, community celebrations or any other place where bicyclists gather....

Program Idea: Of the accidents studied, citations were issued six to one to motorists. Regardless of the implication of this, drivers are very sensitive about the rightfulness on the road so approaching these issues requires a balanced, sensitive, nonstatistical and non-accusatory approach. Publicizing the necessity for responsible road behavior must be simultaneously addressed to motorist and bicyclist. Ideally this would be done on the backs of buses where the message has an immediate relevance. Alternatively, public service space and time could be solicited from newspaper, radio and television. Even a focus on a single medium could be supplemented with press releases and PSA to other media.

Program Idea: Work with local physicians' organization to have doctors "prescribe" bicycle helmets and/or bicycle safety classes to their patients."
