What should we teach children?

BICYCLE SAFETY

See the full 2018 report at uiiprc.org

We studied 96 youth bicycle education programs across the U.S. through web and database searches and an online survey.

Currently, there is no "gold standard" for such programs or a set of core competencies.

Youth bicycle injuries carry a large burden of injury in our country.

66% are school-based
34% are not in schools
60% include knowledge based tests
80% include hands-on training
59% provide equipment
32% meet state or district education requirements
36% accommodate special needs children

What should a program include?

- Personal safety (brain, hair, visibility)
- Where to ride
- Skills & handling (turns, handbrakes)
- Bicycle maintenance & fit
- Traffic safety, rules, laws, & how to ride

All content should be adapted for age, development, and skill-level of the children being taught.

What program content is for all ages?

- Benefits of bicycling & walking
- Helmet importance & fit
- Visibility (bright & reflective clothing)
- Pedal power position / starting technique
- How to ride on multi-use paths
- Bicycle skills practice through on-bike games

Why does age matter?

Motor and cognitive skills are still developing among school-aged children. These are essential skills for safe bike riding and need to be accounted for in program content and delivery.

Programs for younger children should focus on handling skills, while older kids will be able to incorporate traffic safety skills.

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