



Safety Corner

Lesson Plan

Topic: Pedestrian and Bicycle Safety

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Colorado Academic Standards Comprehensive Health Standard 1.4.1

“Apply personal safety knowledge and skills to prevent, and treat unintentional injury.”

Synopsis:

Students will identify and discuss common traffic signs and rules by looking at photos of actual signage.

Learning Objective: Students will be able to identify common traffic signs and rules.

21st Century Skills & Postsecondary and Workforce Readiness: Critical thinking

Materials: Photos of road signage

Key Vocabulary: pedestrian, route, detour

Time: 20 minutes

Connect with Students (5 Minutes)

- Introduce yourself.
- Introduce your learning objective.
Students will be able to identify common traffic signs and rules.



- Key vocabulary:

pedestrian - a person walking along a road or street. (Ex. - Did you see a pedestrian on your way to school?)

route - a way to go to get from one point to another. (Ex. - What route did you take to school?)

detour - a long or roundabout way to get someplace.

Instructor: Before I got my driver's license, I walked or rode my bike where I needed to go. (Share one of your favorite places to walk or ride your bike.)

Instructor: Where do you like to walk or ride your bike?

Instructor: Today we are going to learn how to identify common road signs you might see when you are walking or riding. We are also going to talk about common rules you should know so you can be safe when you are walking or riding.

Instructor: I'm going to show you a picture that displays an important traffic sign or rule. See if you can tell me what it means and then we will discuss it.



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Image 1: Note that this sign is yellow. All traffic signs that are yellow warn you about a special rule. This sign reminds us that we must always be buckled in our booster seats or seat belts when we ride in a car. If you are in a car crash, this may save your life. It is so important that we have laws in Colorado that require this for everyone.



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Image 2: Note that this sign is blue. Blue signs show routes or give information about where to find places nearby like a hospital or library. This sign shows us the bicycle path. We have lots of bike routes in Colorado - more than most states our size. This reminds you there are safe places to ride your bike that drivers must respect. As a cyclist, you must still follow all the traffic rules including stopping at red lights. Always remember to wear your helmet when you ride. The helmet will protect your brain if you fall or are involved in a crash.



Image 3: Both of these signs are yellow. What do yellow signs mean? All traffic signs that are yellow warn you about a special rule.

The intersection sign at the bottom tells us that we are approaching an intersection soon where two streets will meet. This is a good place to cross the street. There are usually crosswalks and/or traffic lights at intersections. The crosswalk sign at the top reminds us to stay within the crosswalk when we cross the street. Before you cross the street, look left, right, left. Next make eye contact with any drivers that have stopped at the crosswalk. Make sure they see you and you see them.

You can wave and see if they wave back. If they wave back, you know that they see you. If they do not wave back, just wait until the light changes again and try it with the next driver. Grown-ups often have a lot on their minds. Even though it may look like they see you, if they do not recognize you with a wave they might be thinking about something else. Also, always try to cross with an adult. Sometimes adults are easier to see.



Image 4: Note that these signs are orange and black. Orange signs with black letters show road construction or warn you that there are workers nearby working on the roads. This is a detour sign. If you see this sign, it means that workers are working on the road so you cannot walk or ride down the street while they are working. Instead, they want you to take a different route.

Follow these signs and they will lead you on the new route to take while the work is being completed. The sign on the bottom says "Road Work." This tells you that construction work is ahead and the road conditions may change. Be careful and slow down as you walk or ride because the workers may have equipment or other materials in the street that could be dangerous.



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Image 5: You will find these signs at an intersection with traffic lights. The “Don’t Walk” sign reminds you to wait five steps away from the curb until the “Walk” sign displays. The “Walk” sign may show the word “Walk” or a person walking like this one.

This means it is safe to cross the street after you have made eye contact with any drivers that have stopped. Please remember “Walk” means “Walk.” Please don’t run.



Image 6: Please note these signs are red. Red signs mean stop or use caution. The "Do Not Enter" sign means do not walk or ride your bike down that street. It is not safe for you to do so. The "Stop" sign means come to a full and complete stop before you continue.



Image 7: Note that this sign is green. Green signs mean information. They may show the direction or distance you need to travel to go to a specific city, town or place.



Image 8: Note that this sign is black and white. Black and white signs are posted regulations like the speed limit or the direction in which you must travel.

This sign tells us that we can only travel in the direction of the arrow. There is no traffic traveling two ways on streets with this sign. Everyone is going only one direction.



Image 9: This is a railroad crossing sign which tells you that there are railroad tracks ahead. All trains travel on tracks. Look left, right, and left before crossing the tracks with an adult. Be sure to only cross the tracks at the designated intersections for crossing railroad tracks when it is clear and safe to do so



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Wrap-Up: When you are walking or riding your bike, there are safety rules you need to follow just like a driver. When you see traffic signs, be a responsible and safe cyclist or pedestrian and follow the rules.

Sources:

www.nhtsa.dot.gov

U.S. Department of Transportation, National Highway Traffic Safety Administration

American Automobile Association

LeadervationLearning.com