

# Impact of School-based, Hands-on Bicycle Safety Education Approaches for School-aged Children



Libby Thomas  
Highway Safety Research Center  
with Texas Transportation Institute  
Pro Walk / Pro Bike September 2004  
Victoria, B.C.

# Objectives of the Study

- Determine impacts of hands-on, in-school, bike safety education programs for children.
- Identify program elements that may be keys to success of the program.
- Compare programs using on-road, on-bike instruction with those teaching on-bike, on campus.

# Four Bicycle Safety Ed Programs

- Four study programs – all with on-bicycle training.
- Two programs use classroom and on-campus, on-bike training .
- Two programs use on-street, on-bike training - one with and one without classroom portions.
- Length of training varied from two days to 10 days.

# Program Administration

## Coalition-led programs

- provide trained instructors to the schools.
- coordinate and implement the programs including providing bikes and helmets, set-up, and locating teaching sites.
- Schools / classrooms may provide teacher / volunteer support.
- On-bike portions are taught on-road (with some initial on-campus teaching).

## Train the Trainer Programs

- Classroom (often PE) teachers teach the program.
- A curriculum or guidelines, materials, and training may be provided to the teachers.
- School personnel or others coordinate / implement the program including providing bikes and helmets, set-up, etc.
- On-bike portions are taught on campus, often with simulated roadway and traffic elements.

# Study is Underway

- Project should be completed in Spring 2005.
- Results should be useful to those developing/reviewing in-school, bicycle safety education programs for elementary to middle school-aged children.

# Measures of Success

## Desirable (but difficult to obtain)

- Changes in crash rates
- Changes in injuries
- Changes in amount of riding / enjoyment

## Substitute

- Changes in knowledge
- Changes in riding skills and use of safe behaviors (self- and parent-reported)
- Increases in reported riding

# Other Results

## Will also report on:

- Teacher surveys and recommendations.
- Program administration/implementation and reach of the program.

# Final Report

- Project is still underway.
- Final report to NHTSA will be available Spring '05.
- For more information, contact:

Libby Thomas

Highway Safety Research Center

University of North Carolina

919/962-7802

Libby\_Thomas@unc.edu

[www.hsrb.unc.edu](http://www.hsrb.unc.edu)