

Cycling Resource Guide

IPMBA members and instructors are often called upon to conduct bike safety education sessions for children and adults in their communities. This is a non-comprehensive guide to some of the available resources. Check 'em out!

LEAGUE OF AMERICAN BICYCLISTS

Submitted by Bill Nesper

League of American Bicyclists

Did you know that IPMBA instructors are eligible to be certified as League Cycling Instructors and to teach the League of American Bicyclists' BikeEd curriculum? Current IPMBA instructors only need to submit an application, become a League member, and pay a nominal fee. You will receive the BikeEd *Enjoy the Ride* DVD as well as the *League Guide to Safe and Enjoyable Cycling* and LCI Manual (complete curriculum). LCIs are covered by the League's liability insurance policy and their classes are promoted on the League's website and Almanac. For more information, contact Bill Nesper or Todd McDonald at the League of American Bicyclists, 202-822-1333 or education@bikeleague.org.

FROM A TO Z BY BIKE

Submitted by John Brandt, PCI #204

University of Maryland Public Safety

From A to Z by Bike is a 7" x 10" booklet that I routinely distribute during bike safety education events such as rodeos.

It is an amazingly complete guide for children and their parents to learn together about the proper way to cycle. It is a 30-page comic-book sort of booklet, in color, with a lot of pictures.

The first words in the booklet are, "A bicycle is not a toy, it is a child's first vehicle." That says it all for me, right there. Too many adults neglect that fact and all the information it demands when they teach their children to ride.

As far as teaching kids about cycling, it's the best money I've ever spent. Visit www.amcmmedia.net or call 800-667-6119 to receive a copy and a price list. The more you order, the less they cost per pamphlet. There's even a plain white addressing area on the back cover, where you can stamp or print your agency's name, address, etc.

STATE OF ILLINOIS SAFE CYCLING RESOURCES

Submitted by Chris Hawk, PCI #347

University of Illinois PD

The State of Illinois Secretary of State's Office offers a variety of bike safety education resources, including guides on setting up a rodeo and a kids' safety manual for younger children. Visit www.cyberdriveillinois.com/departments/drivers/traffic_safety/bike-pedestrian_safety/home.html to find links to nine impressive resources.

There is also a good web page titled, *Teach Your Child Well: Bicycle Safety* on the International Bicycle Fund website, at www.ibike.org/education/safety-kids.htm.

ROYAL SOCIETY FOR THE PREVENTION OF ACCIDENTS (ROSPA)

Submitted by a British IPMBA Member

These resources, while specific to the UK, may be applicable even beyond the UK borders. The following documents can be found at www.rospa.org.uk/roadsafety/advice/cycling/index.htm: Cycling Accidents – Facts & Figures (2005); Cyclists & Lorries Factsheet (2006); The Effectiveness of Cycle Helmets (2003); Cycling Policy Statements (2002); Cyclist Training Scheme Guidelines (2002); Carrying Children on Bicycles (2005); The Effectiveness of Cycle Training (2001); A Survey of Adult Cyclist Training in Scotland (2001).

CYCLING SCIENCE: A TECHNICAL JOURNAL FOR BICYCLING ENTHUSIASTS

Submitted by Kirby Beck, PCI #002

Coon Rapids Police Dept. (retired)

Cycling Science is now available on CD! A CD was necessary because *Cycling Science: A Technical Journal for Bicycling Enthusiasts* is simply too massive to be an eBook.

In many respects, this CD (which contains every page of all 23 issues, 102 articles total, from 1989 to mid-1997) is a historical archive. It was the creation of Chester Kyle, Ph.D. and Ed Burke, Ph.D. — two Americans recognized as world leaders in cycling technology and physiology — and contains much research on topics that were cutting edge during the publication period. Read today, the evolving technologies and predictions of cycling's future are fascinating and even entertaining.

This unique CD is available for just \$23.95 with no additional cost for shipping.

Visit www.roadbikerider.com/cscd_page.htm to see the articles and order your cd.

NATIONAL HIGHWAY TRAFFIC SAFETY ADMINISTRATION

Submitted by Ken Nutter, PCI #979

Royal Oak (MI) Police Department

I ordered two free videos from NHTSA and show these during bike safety education sessions. The titles are *Ride Smart: Its Time to Start* and *Bike Safe, Bike Smart*. They are quick videos that cover the basics, and seem to keep the kids' attention.

Go to <http://nhtsa.gov/people/outreach/media/catalog/Index.cfm>. Go down their page to "Topic" and click on the gray arrow to drop down the list of topics. Click on Bicycle Safety, then click on the gray Submit Topic button.

A variety of other brochures, pamphlets, and other resources are available through NHTSA.

BETTER WEAR A HELMET (WHEN YOU RIDE)

Submitted by Randy Swart

Bicycle Helmet Safety Institute

"In 1992, The Animal Band performed at The White House in Washington, DC, and visited Children's National Medical Center. Several physicians had heard my songs and made it a point to suggest that I write a song about bike safety with the main theme focusing on helmets. The idea was to incorporate the fun and freedom that biking offers with proper fitting of a helmet. I wrote the tune and in 1994 recorded it on The Animal Band's CD *UNCAGED*. I'm so honored that my song is being used to educate people about bike safety."

Better Wear a Helmet (When You Ride) can be downloaded for free from www.theanimalband.com/animband.html.

Better Wear a Helmet
(When You Ride)

©1994 Jim Moore - Animal Band Music (ASCAP)

Everybody likes the freedom of a bike
You can go most anywhere
It's under your control, you make it roll
Riding on a cushion of air
And there's nothing like the wind hitting your chin
As you're cruising on down the road
But it's no joke if you flip your spokes
There's something you should know

You better wear a helmet when you ride
Your head is protecting your brain inside
It's a serious deal when you pedal your wheels
Better wear a helmet when you ride

Don't compromise when you're choosing the size
A proper fit is nice and snug
If your helmet moves then it's too loose
Give the strap an extra tug
And when it comes to style whatever makes you smile
Cuz everybody wants to look cool
You can be unique from your head to your feet
Just remember this safety rule

You better wear a helmet when you ride
Your head is protecting your brain inside
It's a serious deal when you pedal your wheels
You better wear a helmet when you ride

It makes no difference how you go
When you get the urge to roll, roll, roll
Bicycle, skateboard, roller blades
Short ride, long ride, you've gotta be safe

You better wear a helmet when you ride
Your head is protecting your brain inside
It's a serious deal when you pedal your wheels
You better wear a helmet when you ride
You better wear a helmet when you ride

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