

Helmet Safety

Third, Fourth, Fifth Grade



Objective: The student will develop an understanding of the importance of wearing a bicycle helmet and be able to demonstrate the 2-2-2 rule for wearing a helmet. Students will be able to identify potential reasons why others may choose not to wear a helmet. Students will develop strategies to encourage/promote wearing a bicycle helmet.

Virginia Standards:

Health – Third Grade

- 3.1.l – Recognize safe and harmful behaviors.
- 3.2.h – Explain appropriate protective gear when engaged in physical activities such as cycling, rollerblading, skateboarding, and water sports.

Health – Fourth Grade

- 4.2.i – Explain the health consequences of not following safety practices (e.g., seat belt and helmet use, home fire escape plan, swimming safety, sports safety).

Health – Fifth Grade

- 5.1.m – Analyze why people choose to follow or not follow safety rules at home, at school, and in the community.
- 5.3.f – Examine the role of self and others in causing or preventing injuries.

Materials: Pre-Assessment Worksheet, bicycle helmets, helmet fit task cards

Background Information:

Share with your students the following information related to the Richmond 2015 UCI Championships.

The Road World Championships (Worlds) is cycling’s pinnacle event, held annually in an international city as chosen by the Union Cycliste Internationale (UCI). In September 2015, this nine-day event will be held in Richmond, the Capital of Virginia. (Have students identify Richmond on a map and discuss the distance from their city.) Approximately 1,000 men and women from among the world’s top cyclists, representing about 75 countries, will compete in the 12 championship races. It is a rare opportunity for the athletes to compete for their country, just as they do during the Olympic Games. The athletes will compete in three different disciplines including the traditional Road Race, the Individual Time Trial and the recently introduced Team Time Trial. World Champions are crowned in each discipline. This is truly a great global sporting event which will be covered by more than 500 media outlets from around the world and will be broadcast live to a global audience of more than 300 million people.

Pre-Assessment for Helmet Safety:

Today we will be learning how a properly fitted bicycle helmet works and how it helps protect your brain. Brain injuries can leave individuals with permanent impairments so wearing a helmet is important to your safety.

NAME: _____

DATE: _____



Helmet Safety Check

Select the best answer for each question below.

1. What is the purpose of wearing a helmet while riding a bike?
 - a. A helmet keeps your head cool when riding.
 - b. A helmet reduces the risk of brain injury.
 - c. A helmet protects your eyes.
 - d. A helmet keeps your ears warm.

2. How does a bicycle helmet protect your head if you are in an accident?
 - a. A helmet provides a barrier between your head and the ground.
 - b. A helmet prevents your head from hitting the ground.
 - c. A helmet absorbs the crash forces instead of your brain.
 - d. A helmet really does not protect your head when you crash.

3. When should you wear a bicycle helmet?
 - a. You should wear a helmet only if you are riding in traffic.
 - b. You do not need to wear a helmet if you always obey the safety rules.
 - c. You only need to wear a bicycle helmet if your parents tell you to do so.
 - d. You should ALWAYS wear a bicycle helmet when riding your bike.

4. A bicycle helmet reduces the risk of serious brain injury by up to _____?
 - a. 25%
 - b. 55%
 - c. 75%
 - d. 88%

Download and watch the following video for more information about the importance of wearing a bicycle helmet when riding a bike.

Bike Safe, Bike Smart

<http://www.nhtsa.gov/Driving+Safety/Bicycles/Ride+Smart+-+It%27s+Time+to+Start>

Activity: Helmet Fit 101

Explain and demonstrate the 2-2-2 rule. 2 fingers width between eyebrow and helmet (child's fingers); 2 straps make the "V" under and slightly in front of each earlobe; 2 fingers between the chin and chinstrap.

- Q. What are the most important things to do when fitting your helmet?
- A. Helmet should fit snug and level on your head
 - A. There should be 2 fingers width between eyebrow and helmet
 - A. Snug straps so the helmet doesn't rock back & forth... straps for the letter "V"
 - A. Snug chinstrap... no more than 2 fingers between chin and chinstrap



POSITION THE HELMET



ADJUST THE CHIN STRAP



ADJUST OTHER STRAPS



TEST THE FIT

1. Place students in small groups and have them practice demonstrating how to adjust and properly fit a helmet.
2. Once students have completed the proper fit demonstrations, each group will discuss barriers that individuals have to wearing a bicycle helmet. Each team will share at least one idea with the class.
3. Each team will work together to come up with at least one strategy that they could use to encourage/promote helmet use in the community.

Fun Fact

A study found that just 25 minutes of aerobic exercise such as cycling boosts at least one measure of creative thinking.

Bonus Activities:

1. Encourage students to share the 2-2-2 rule with other family members and the importance of wear a bicycle helmet every time they ride a bike.
2. Encourage students to bring in their helmets for a safety check. This provides the teacher with the opportunity to make sure that students are using certified bicycle helmets (CPSC – Consumer Product Safety Commission or Snell Memorial Foundation).
3. Helmet Photos – Encourage students to take photos of themselves wearing their helmets and bring them to school. The submitted photos can be used for a helmet safety display or bulletin board.



