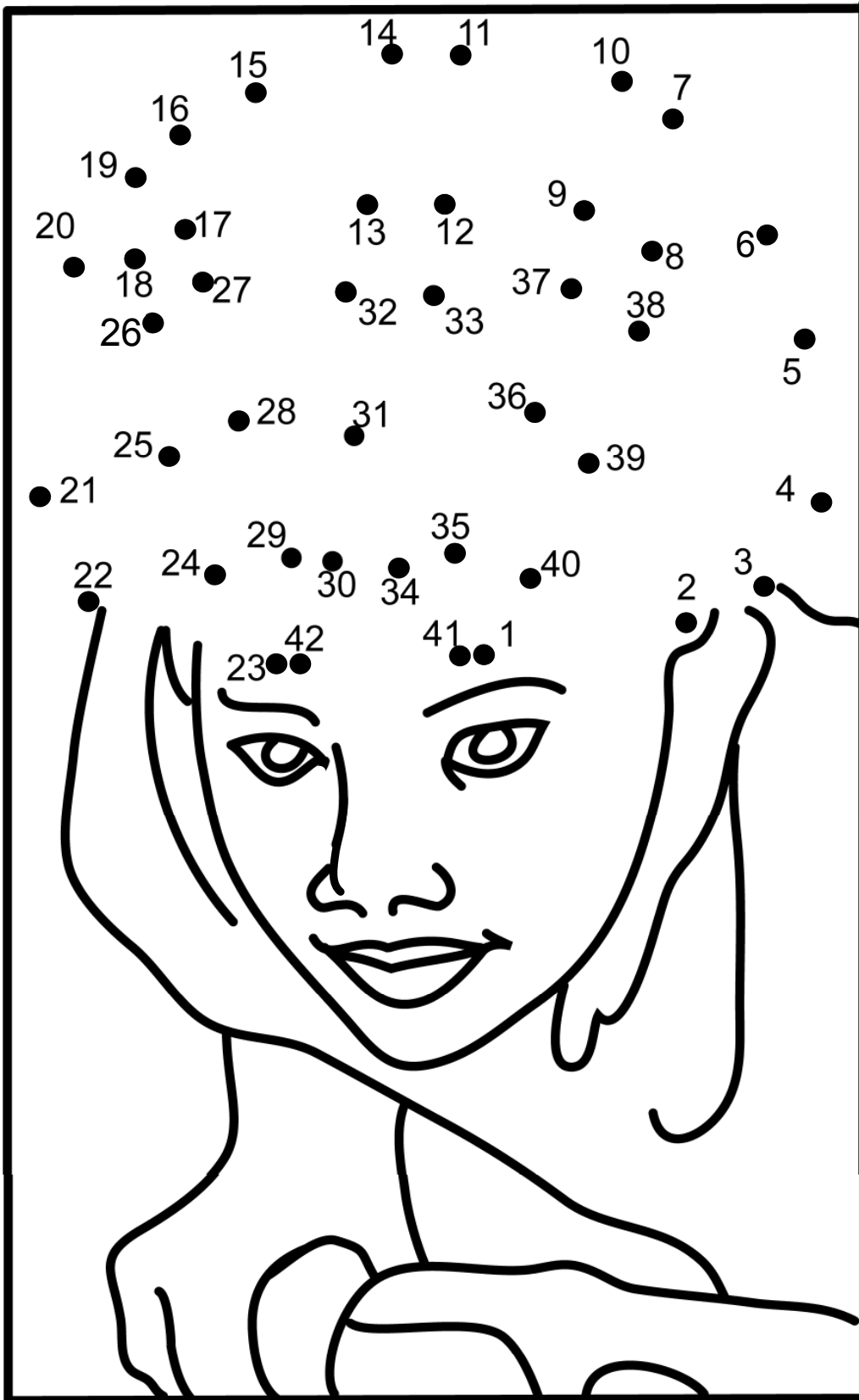
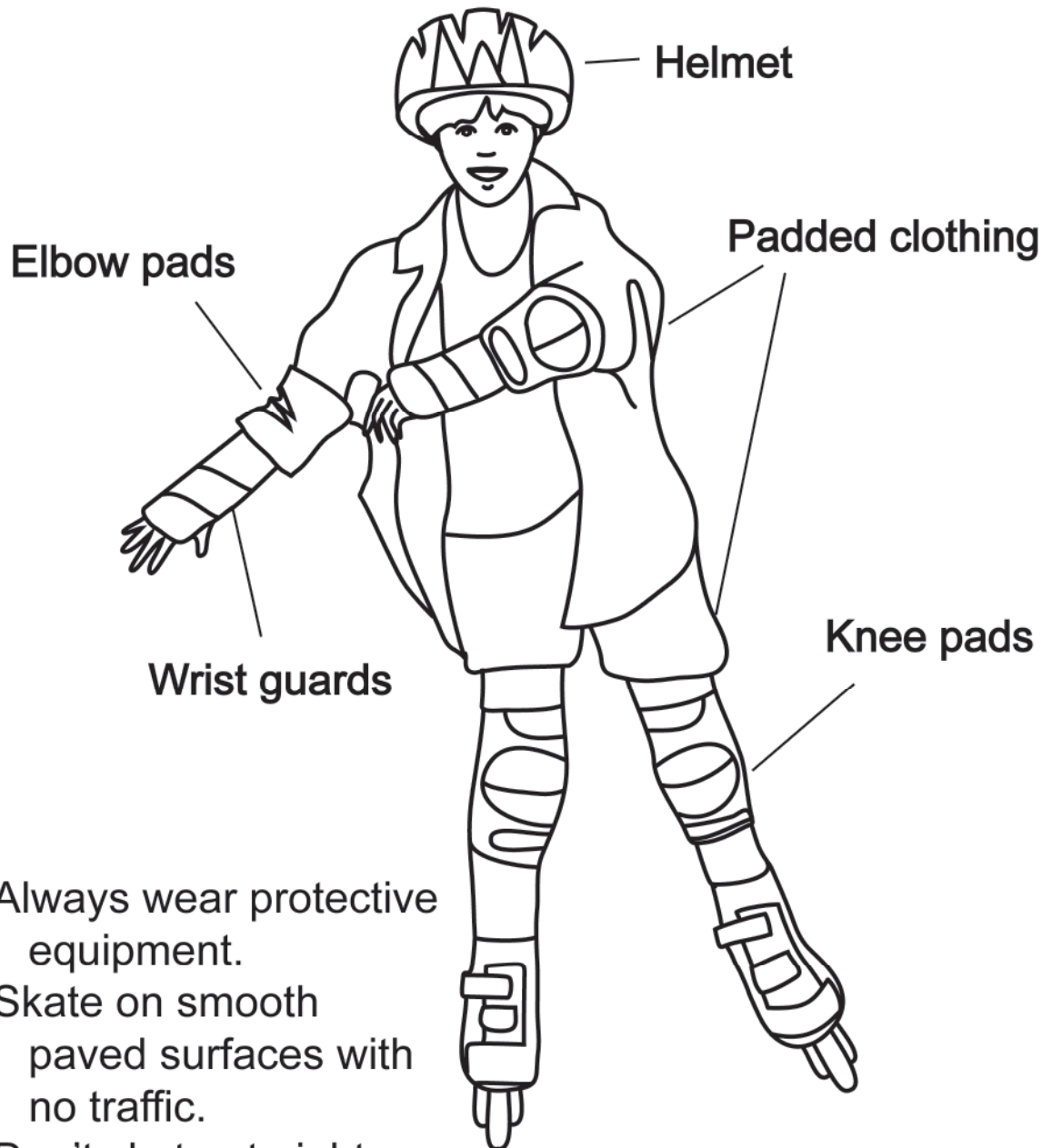


CONNECT THE DOTS



Distributed by Kiwanis Pediatric Trauma Institute www.kpti.org

IN LINE SKATING SAFETY



- Always wear protective equipment.
- Skate on smooth paved surfaces with no traffic.
- Don't skate at night.
- Start off slowly, keep knees slightly bent
- Balance on the balls of your feet.
- Practice stopping
 1. Heel Stop: bring foot with heel stop forward until heel stop is next to toe of other foot. Gently bend your front knee while lifting your toes up.
 2. Slow down by snowplowing or running on the grass.

SCOOTER SAFETY

1. When riding a scooter, what should you

not wear?

- a. a helmet
- b. knee pads
- c. elbow pads
- d. wrist guards

2. When should you ride your scooter?

- a. only in daylight
- b. only at night
- c. either in daylight or at night
- d. it doesn't matter

3. It's okay to ride a scooter in the street

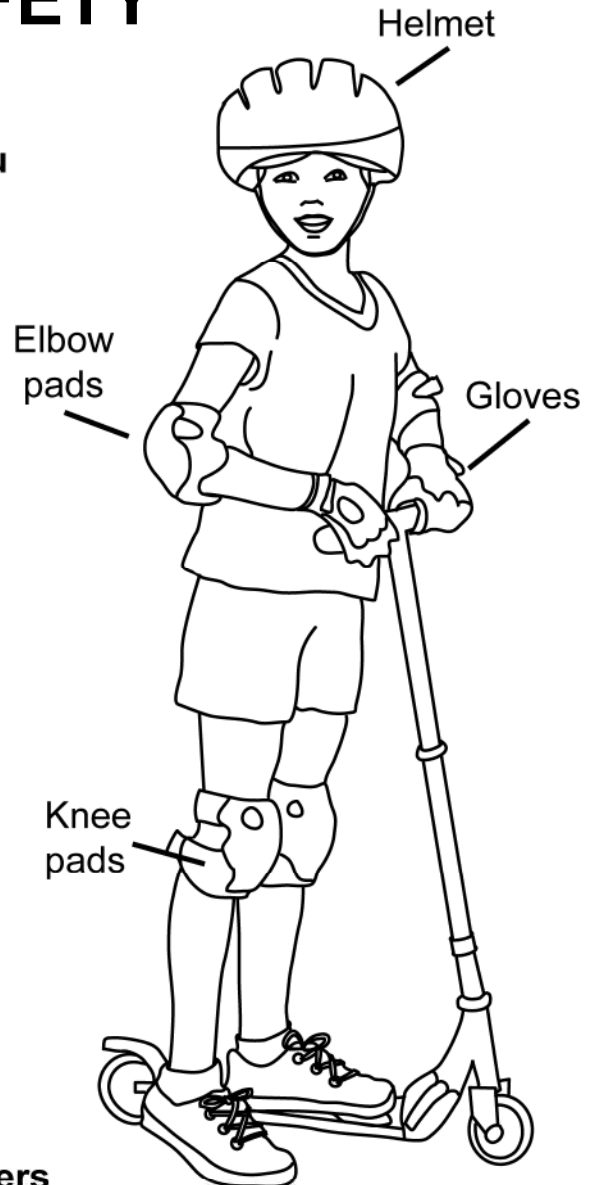
- a. true
- b. false

4. Where is it safe to ride a scooter?

- a. near cars and people
- b. on sand, dirt, gravel or other rough surfaces
- c. near water
- d. on a smooth surface where scooters are specifically allowed

5. What is the best footwear for riding a scooter?

- a. sandals
- b. barefoot
- c. sturdy shoes
- d. shoes with floppy laces



www.healthylivingforkids.com

Distributed by Kiwanis Pediatric Trauma Institute www.kpti.org

Answers: 1d, 2a, 3b, 4d, 5c



CERTIFICATE of ACHIEVEMENT

We are very proud of

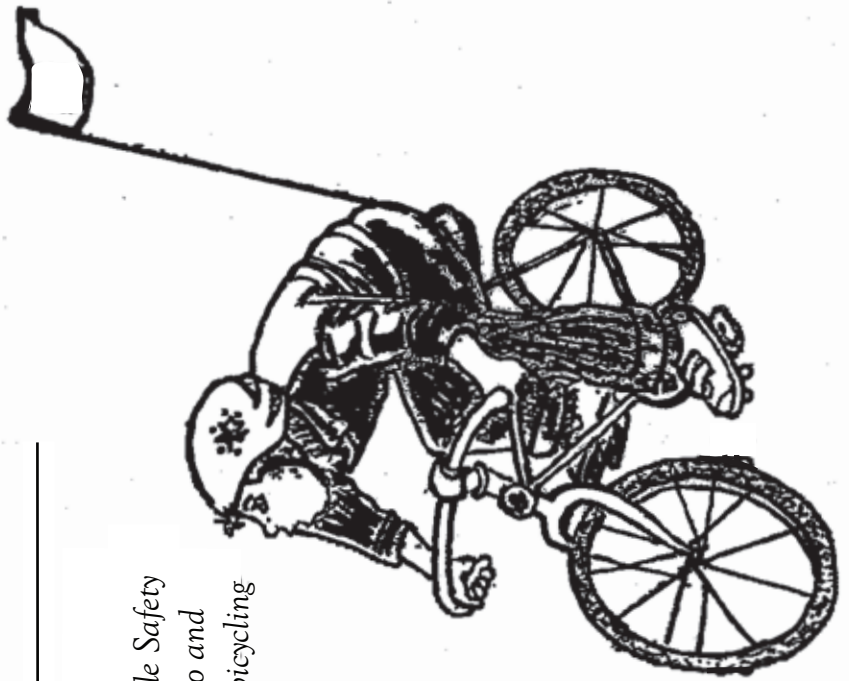
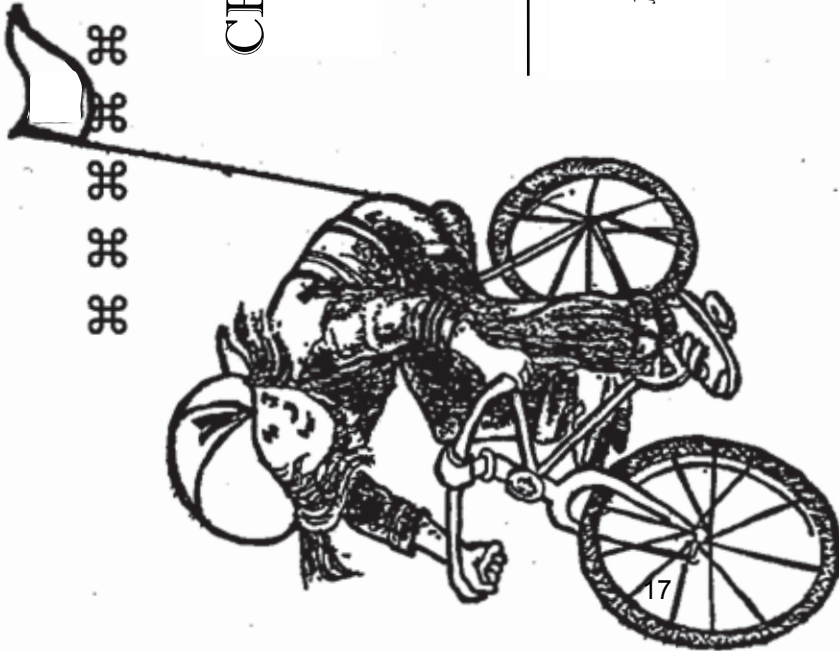
Name

for having successfully completed the Kiwanis Bicycle Safety program at the Kiwanis Family Safety Day Rodeo and learned the importance of wearing a helmet when bicycling

Organization

Signature of child

20



BICYCLE INSPECTION CHECKLIST

NAME _____ DATE _____

MAKE OF BICYCLE _____ SERIAL # _____

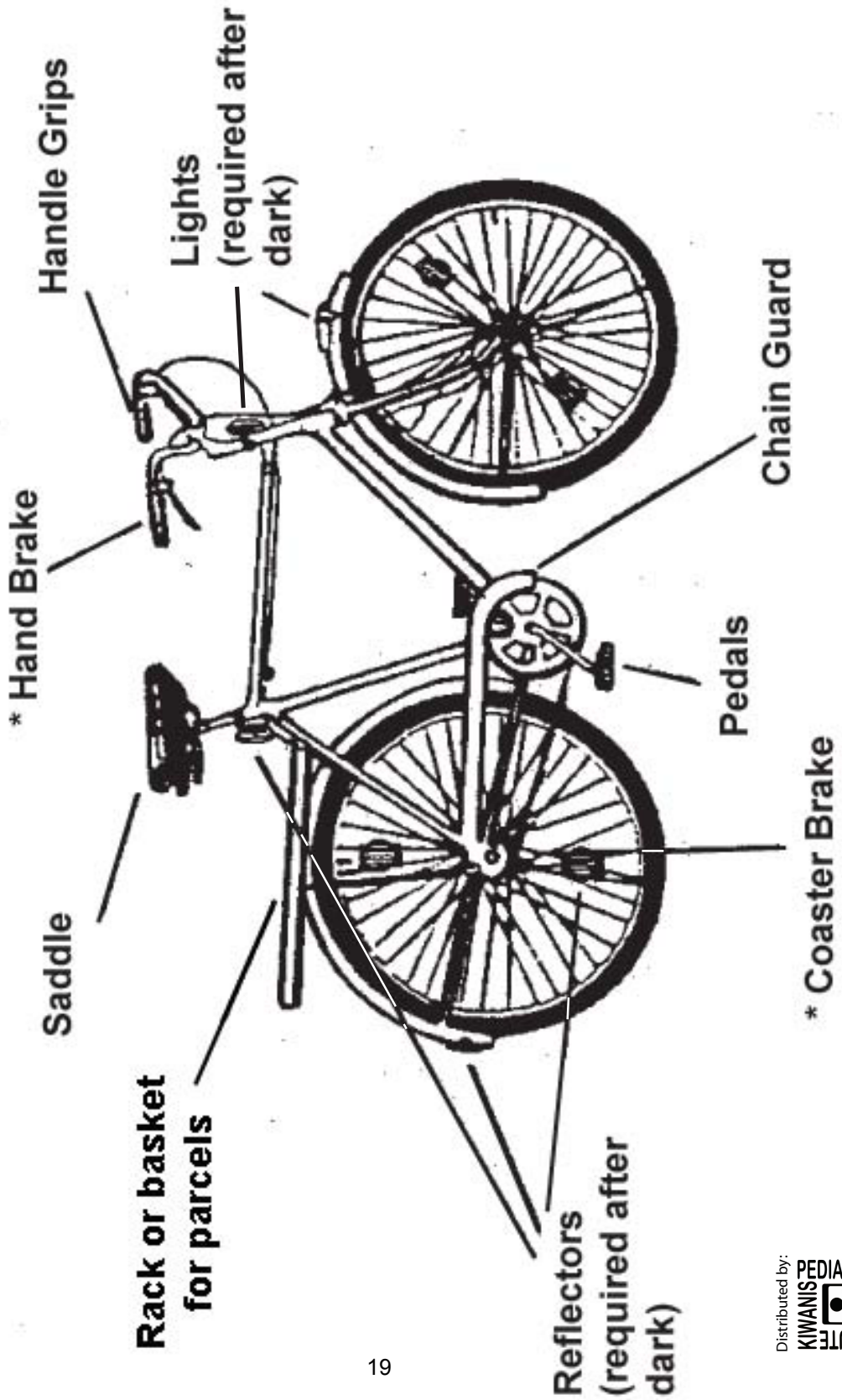
MODEL: BMX Single speed/coaster brake 3-5 Speed 10-12-18 Speed

Instructions: Place a check mark in the proper box. Complete the items applicable to the bicycle and accessories.

	Front		Rear			
	YES	NO	YES	NO		
WHEELS					HANDLEBAR	
spokes loose, broken	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	loose	<input type="checkbox"/> <input type="checkbox"/>
axle nuts tight	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	proper height	<input type="checkbox"/> <input type="checkbox"/>
rim bent	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	grips loose/missing	<input type="checkbox"/> <input type="checkbox"/>
TIRES					SADDLE (seat)	
correct inflation	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	loose	<input type="checkbox"/> <input type="checkbox"/>
cuts, cracks, bulges	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	correct height	<input type="checkbox"/> <input type="checkbox"/>
worn tread	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	COASTER BRAKE	
valve centered	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	stops smoothly, quickly	<input type="checkbox"/> <input type="checkbox"/>
REFLECTORS					HAND BRAKE	
clean	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	lever moves easily	<input type="checkbox"/> <input type="checkbox"/>
damaged	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	adjusted properly	<input type="checkbox"/> <input type="checkbox"/>
loose	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	<input type="checkbox"/>	pads worn	<input type="checkbox"/> <input type="checkbox"/>
FRAME	YES	NO			DERAILLEURS	
bent, cracked	<input type="checkbox"/>	<input type="checkbox"/>			shift mechanism clean	<input type="checkbox"/> <input type="checkbox"/>
SPROCKETS					lubricated	<input type="checkbox"/> <input type="checkbox"/>
teeth damaged	<input type="checkbox"/>	<input type="checkbox"/>			adjusted properly	<input type="checkbox"/> <input type="checkbox"/>
CHAIN					cables frayed	<input type="checkbox"/> <input type="checkbox"/>
loose	<input type="checkbox"/>	<input type="checkbox"/>			Equipment & Accessories	
damaged	<input type="checkbox"/>	<input type="checkbox"/>			HELMET	
lubricated	<input type="checkbox"/>	<input type="checkbox"/>			damaged	<input type="checkbox"/> <input type="checkbox"/>
clean	<input type="checkbox"/>	<input type="checkbox"/>			correct fit	<input type="checkbox"/> <input type="checkbox"/>
PEDALS					BELL/HORN	
loose/bind	<input type="checkbox"/>	<input type="checkbox"/>			loose	<input type="checkbox"/> <input type="checkbox"/>
tread worn	<input type="checkbox"/>	<input type="checkbox"/>			damaged	<input type="checkbox"/> <input type="checkbox"/>
reflectors affixed	<input type="checkbox"/>	<input type="checkbox"/>			loud enough	<input type="checkbox"/> <input type="checkbox"/>
FORK					LOCK, CHAIN OR CABLE	
loose	<input type="checkbox"/>	<input type="checkbox"/>			chain/cable long enough	<input type="checkbox"/> <input type="checkbox"/>
bent	<input type="checkbox"/>	<input type="checkbox"/>			strong lock	<input type="checkbox"/> <input type="checkbox"/>

REMARKS _____

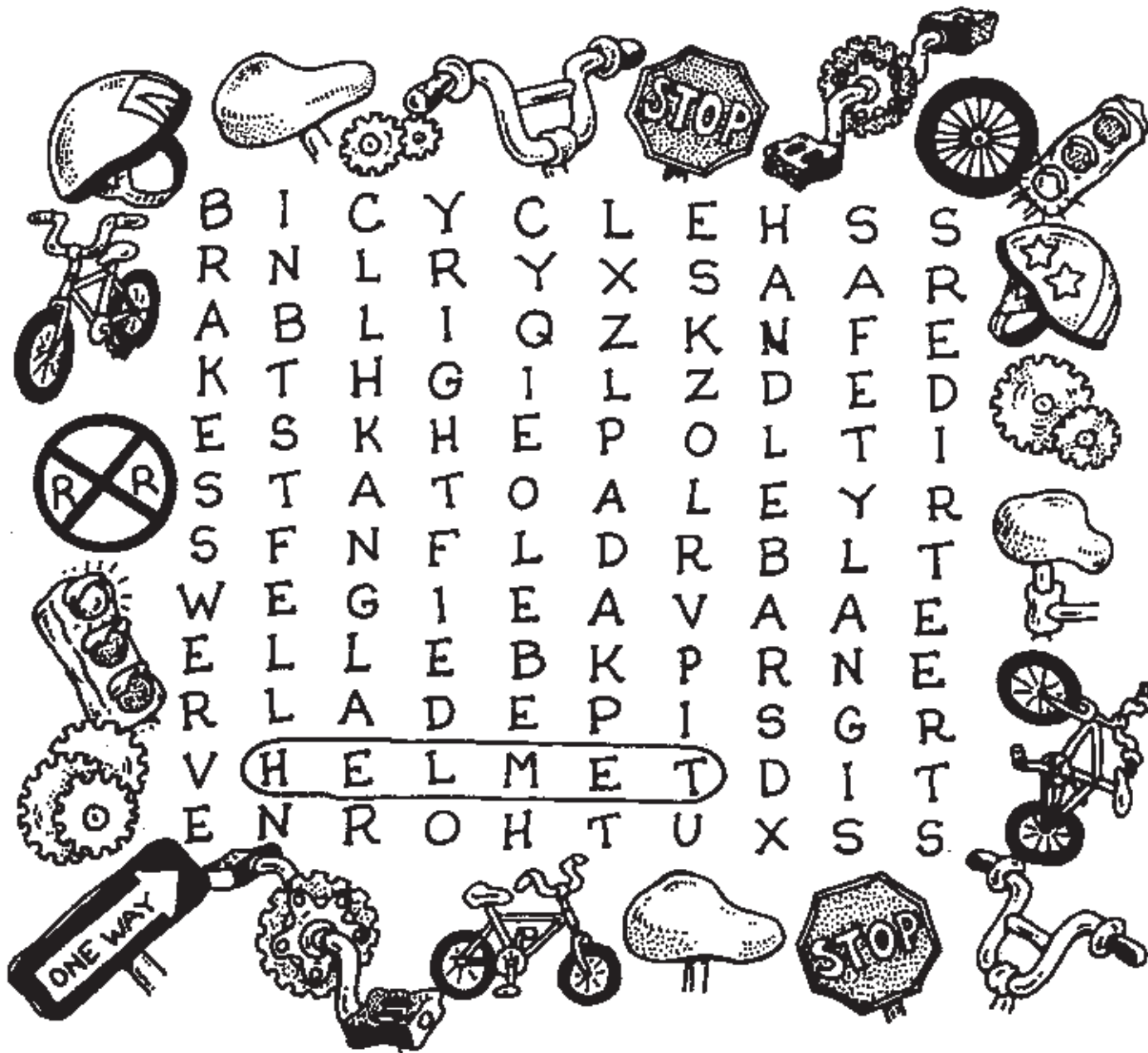
A SAFE BICYCLE SHOULD HAVE:



(* Either hand or coaster brakes are required)

BIKE SAFETY SEARCH

Find the words in the alphabet soup.
We've circled one to help you get started.



Bell
Bicycle
Brakes
Gear

Handlebars
Helmet
Horn
Left

Light
Pedal
Right
SAFE KIDS

Safety
Signal
Streetrider
Swerve



BIKE WORD SEARCH 3



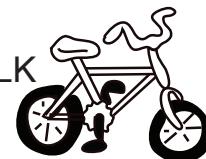
D K A I R P R E S S U R E T R A U L
 B O O N B I C Y C L E O G Q C A C B
 T L F C E E G M J H W Z W D P R E S
 H E A D L I G H T Y S L A D E P R G
 S S A E K I B N I A T N U O M A E M
 I Q N R O H W R S S X E F F B C F E
 D S T R E E T W I W E H F E D H L C
 E B R A K E S X N D W V L A C A E H
 W E B U T R E N N I E D O M S I C A
 A G D T S I L C Y C N C R L P N T N
 L C R P L V E V O A H E N A G B O I
 K U Y I P D V D H F P I D A I Q R C
 M Q A X P R T D U A J S N K L S S S
 I P E D E S T R I A N S E S I A B P
 S P O K E S K R A E I L M G T L B P
 V O E M E D N A T I A S N N Z R L M
 Y T H E L M E T Z N L A W M K U A A
 P S C L E E H W E L L S U U W P E P

AIR PRESSURE
 BALANCE
 BICYCLE
 BIKE LAW
 BRAKES
 CHAIN
 CHIN STRAP
 CYCLIST
 GEAR

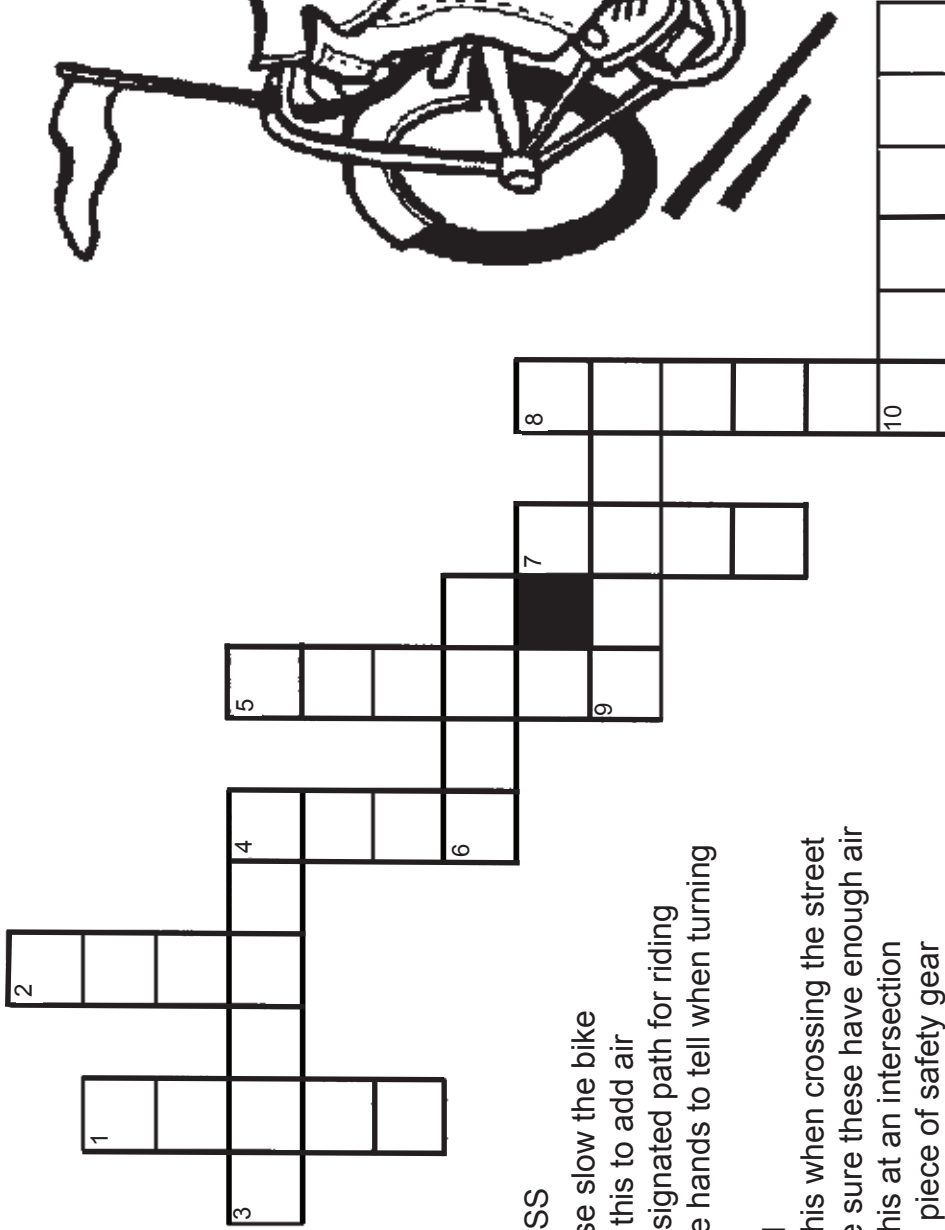
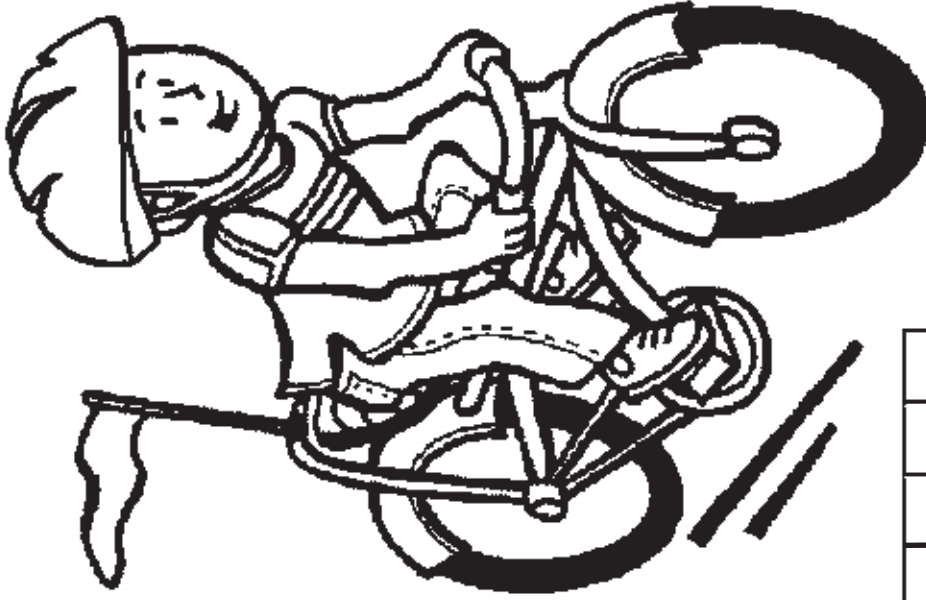
GLOVES
 GRIPS
 HANDLEBARS
 HEADLIGHT
 HELMET
 HORN
 INNERTUBE
 MECHANICS
 MOUNTAIN BIKE SIGNAL

PADS
 PEDALS
 PEDESTRIANS
 REFLECTORS
 REPAIR
 RIDE
 SAFETY
 SIDEWALK

SPOKES
 STOP
 STREET
 TANDEM
 TRAIL
 WHEEL



BIKE SAFETY CROSSWORD 1



ACROSS

- 3. These slow the bike
- 6. Use this to add air
- 9. A designated path for riding
- 10. Use hands to tell when turning

DOWN

- 1. Do this when crossing the street
- 2. Make sure these have enough air
- 4. Do this at an intersection
- 5. First piece of safety gear
- 7. These help protect knees
- 8. Wear to protect hands

Distributed by: Kiwanis Pediatric Trauma Institute
www.kpti.org

ANSWERS:
 Across 3. brakes 6. pump 9. trail 10. signal
 Down 1. look 2. tires 4. stop 5. helmet 7. pads 8. gloves

BRAIN BUSTERS

- How much does the human brain weigh?
 - 8 ounces
 - 1.5 pounds
 - 3 pounds
 - 5 pounds
- In 1904, which US President threatened to outlaw football after 19 college players were killed or paralyzed from brain or spinal cord injuries?
 - William McKinley
 - Theodore Roosevelt
 - William Howard Taft
 - Woodrow Wilson
- True or False. The weight of the human brain triples during the first year after birth, going from 300 to 900 grams.
- One baby, child or adult gets hurt by a traumatic brain injury every:
 - 15 seconds
 - 1 minute
 - 2 hours
 - 24 hours
- True or False.
Each year, more people will suffer a traumatic brain injury than will be diagnosed with breast cancer, HIV/AIDS, spinal cord injury and Multiple Sclerosis combined.
- High school graduates know at least how many words?
 - 3,000
 - 10,000
 - 30,000
 - 60,000
- True or False: Your brain is more active when you are sleeping than watching television.
- Bicycle helmets have been shown to reduce the risk of brain injury by as much as
 - 15%
 - 37%
 - 56%
 - 88%
- A brain injury can:
 - change the way you look
 - change the way you walk
 - change the way you talk
 - All of the above
- True or False: A helmet is an accessory not a necessity.

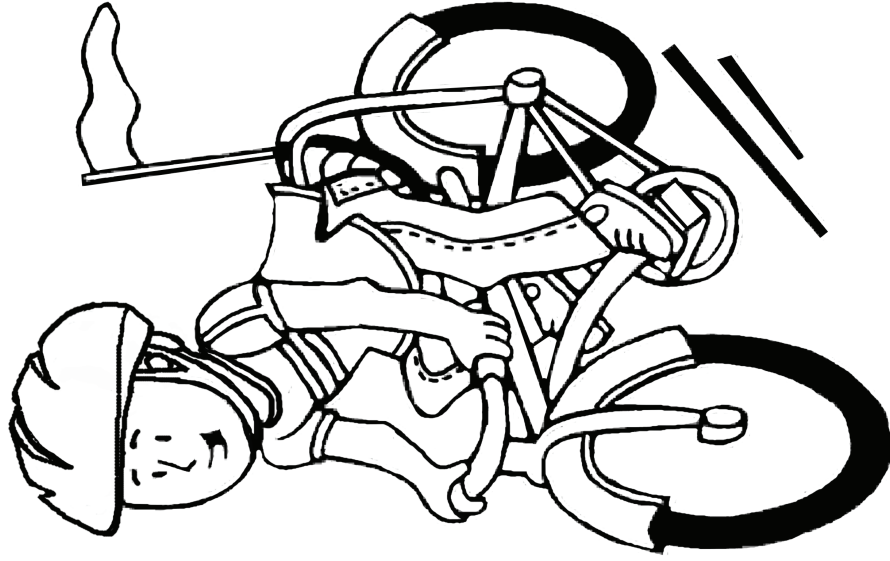


[Answers 1. c 2. b 3. true 4. a 5. true
6. d 7. true 8. d 9. d 10. false

BIKE SAFETY WORD SEARCH 2

- BALANCE
- BICYCLE
- BIKE
- BRAKES
- CHAIN
- CHIN STRAP
- GEAR
- GLOVES
- GRIPS
- HELMET
- HORN
- MECHANICS
- PADS
- PEDALS
- REPAIR
- RIDE
- SAFETY
- SIGNAL
- SPOKES
- STOP
- STREET
- TRAIL
- WHEEL

L B R G I T S D A P
 S T R E E T R I D E
 E I F A B Q V A S D
 K E G R K F O C I A
 O D R N B E I H M L
 P D R I A N S I Y S
 S O K B A L A N C E
 H E C H V P F S H V
 B I C Y C L E T A O
 H E L M E T T R I L
 M W H E E L Y A N G
 S T O P G R I P S J



RIDE RIGHT

BICYCLE RULES OF THE ROAD

1. Ride on the right with the flow of traffic.
2. Ride single file.
3. Stop at stop signs and traffic lights.
4. Signal by hand for turns.
5. Give the right of way to pedestrians.
6. Give a clear warning (bell, horn or voice) when needed for safety.
7. Carry no passengers (except on approved baby seat.)
8. Check your brakes often.
9. Equip your bike with front and rear reflectors, pedal reflectors and reflective material on both sides.
10. Do not adjust handlebars above your shoulders or alter the front fork of bike.
11. Do not ride on express or limited access highways.
12. You may ride on the sidewalk outside of the business districts unless the city or town prohibits it.
13. **Wear a helmet**

Massachusetts General Laws, Chapter 85, section 118

Sponsored by:



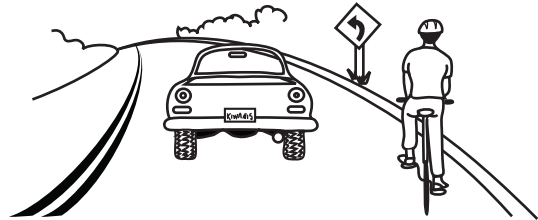
Kiwanis Pediatric Trauma Institute
at Tufts Medical Center, Boston, MA
www.kpti.org



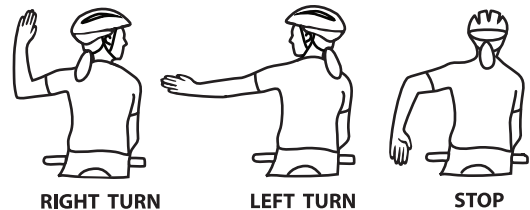
Supported by your local Kiwanis Club

Pocket Card Rules of the Road for Bicyclists

RIDE ON THE RIGHT WITH TRAFFIC

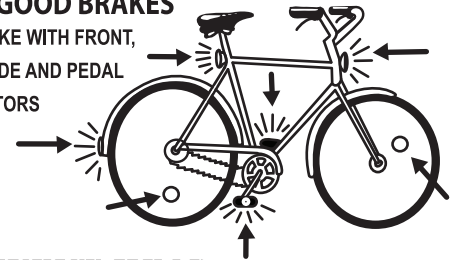


USE HAND SIGNALS and look before turning



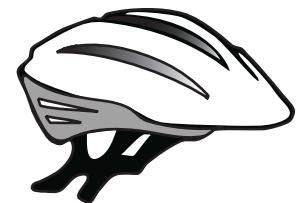
HAVE GOOD BRAKES

EQUIP BIKE WITH FRONT, REAR, SIDE AND PEDAL REFLECTORS

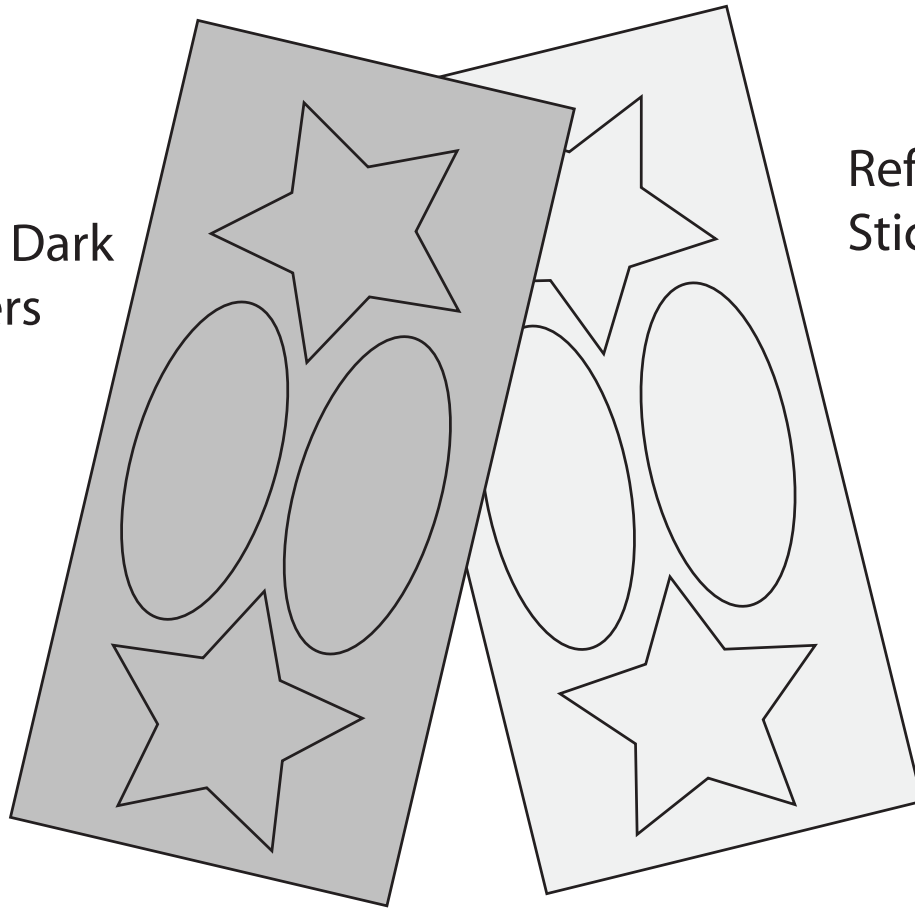


PREVENT HEAD INJURIES

PLEASE!
Wear a helmet while cycling



Glow
in the Dark
Stickers



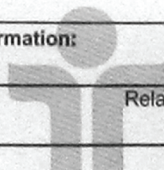
Reflective
Stickers

Kids Helmet Safety Kit Glow in the Dark and Reflective Stickers
 The photoluminescent decals charge in UV light. Place in full sun or under artificial light for at least 15 min. Helmet surface must be clean and dry. Peel decals from backing and apply each type to front, back and sides of helmet.



www.iluminatproducts.com
info@iluminatproducts.com
 Phone: 781-378-1386


www.kpti.org

Name: _____		 KIWANIS PEDIATRIC TRAUMA INSTITUTE
Parent/Guardian Information:		
Name _____	Relationship _____	
Address _____		
Home Phone _____	Work Phone _____	

Helmet Identification Sticker