

April Road Safety



Farm and Ranch Safety and Health Association



BC 4-H

Riding:

- Always wear a helmet that fits you properly and is certified for your protection when riding.
- When crossing at a pedestrian crosswalk, get off your bike and walk.
- Do not swerve in and out of spaces between parked cars.
- Use hand signals when turning or stopping.
- Ensure that your bike is the proper size. You should have both feet on the ground when straddling the bike.



Slow Moving Vehicles (SMV):

- Any vehicle that normally travels the highway at a speed of 40km/h or less.
- These vehicles must clearly display an orange triangle with a red border sign on the back of the vehicle as near to the center as possible.
- If approaching a slow moving vehicle such as a tractor, or other farm equipment, slow down since they are not traveling as fast as other vehicles.
- Never use a slow moving vehicle sign on a fixed object like a mailbox.
- Never pass a slow moving vehicle unless they pull over to let you go by and it is safe to do so.

- Pedestrians must walk facing traffic, while all vehicles (including bicycles, horses, and animal drawn vehicles) must travel with traffic (on the right hand side of the road).
- Travel in single file and do not carry more persons than the vehicle is designed and equipped for.
- Look both ways and listen when crossing a road or intersection.
- Always look over your shoulder for traffic when changing lanes or turning.
- Wear bright clothing at all times when riding or walking on the road.
- A flashlight alone is not enough to be seen at night. Try wearing a reflective vest or tape along with carrying a flashlight. Now they have reflective vests for dogs so they can be seen at night as well.

Activities

Short Activities:

- Have members bring in their bicycle or riding helmets and teach them how a helmet looks when it is properly fitted to ones head. Then have the members put on their helmets and properly fit them to their heads.
- Give the members 2 minutes to write down everything they can think of about road safety. Have the members read out their lists and cross off things on their list mentioned by someone else. When all have gone through their list see who has the most points not mentioned by anyone else in the group. They win the safety challenge.



Longer Activity or Safety Camp:

- Create an bicycle course for members to ride their bikes through to learn how to properly control their bikes and safe riding techniques. Before the members go through the course discuss the proper and safe ways to ride a bike on the road. Don't forget to go over hand signals and the rules of the road. Encourage them to ride safely and use the appropriate hand signals through the bike course.

April

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