Cycle Safe Program

Toolkit

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Modules:

Module 1: Why Cycle

Did you know that cycling is one of the easiest ways to stay active and reduce pollution at the same time? Riding a bike helps improve physical health, supports mental well-being, and reduces the number of cars on the road, making communities safer and cleaner.

What is Safe Cycling

Safe cycling means riding a bike in a way that protects you and others on the road by following traffic rules, wearing proper safety gear, using the right equipment, and being aware of your surroundings. For students, cycling is a healthy, active, and independent way to get to school, but it needs to be done safely and with confidence.

Programs like "Cycle Safe" support students and families by providing bike racks, helmets, locks, lights, bells, and training resources. These tools remove common obstacles like theft, limited equipment, and safety risks, making cycling a more accessible option for school travel.

Developing safe cycling habits helps protect your health, improve road safety, and build a cleaner, more sustainable community.

Why are Safe Cycling Programs Important

Health
Cycling supports physical and mental well-being by promoting daily physical activity, reducing stress, and improving overall fitness. It is a low-impact activity that's suitable for all fitness levels. For children, regular cycling helps build healthy habits early in life and supports long-term health.

Safety
Wearing helmets, using bike lights and bells, and learning road safety skills significantly reduce the risk of injury. Training and education increase confidence and preparedness, helping students ride more predictably in traffic. Bike racks and locks also reduce theft and encourage more students to bring their bikes to school.

Environment
Cycling produces zero emissions. By choosing bikes instead of cars for school trips, families help reduce air pollution, improve local air quality, and support climate-friendly transportation. More students cycling means fewer cars around schools, which also improves safety for everyone.

Community & Accessibility
Providing cycling supplies and education reduces financial barriers and makes active transportation more accessible. Safe cycling programs help families feel more confident about letting children bike to school and foster a culture of active, independent travel within school communities.

Why Cycle Lesson Plan

This lesson plan can be used to teach students about the benefits of cycling and why people choose to ride bicycles. It incorporates the following presentation and activity.

Why Cycle PowerPoint Brainstorm Activity

This presentation introduces the Why Cycle Brainstorm Activity and guides students through a small group brainstorming discussion about the benefits of cycling. Students brainstorm ideas and write them on sticky notes. As a class, students sort their ideas into categories: physical, mental, environmental, and other. This activity promotes discussion, teamwork, and critical thinking while helping students understand the wide range of benefits cycling provides.

Why Cycle? Video

Module 2. Keep Your Head Safe

A helmet only protects properly when it fits correctly. Taking the time to ensure a secure and comfortable fit is essential for effective head protection. A properly fitted bike helmet should sit level, covering the forehead just above the eyebrows, with no significant movement in any direction.

Why Wear a Helmet

Did you know that children and youth under 18 are required by law to wear a helmet when cycling in Ontario. More importantly, head injuries can have life-long impacts, affecting how a child walks, talks, plays, and thinks. Wearing a helmet significantly reduces the risk of serious injury and helps keep riders safe.

Helmet Fitting 2-v-1

The 2-v-1 helmet fitting rule ensures that every helmet is fitted safely, correctly, and with the rider's comfort in mind.

- **"2":** Put the helmet level on the head, not tilting backward or forward Helmet should cover the top of the head and sit 2 finger-widths above your eyebrows. Adjust the fit of the helmet by adding or repositioning the foam pads. Move the dial or other fitting devices so it fits snug.
- **"V":** The side straps should meet to form a V below each ear If your helmet tilts back, tighten the front straps. If your helmet tilts forward, tighten the back straps
- **"1":** Fit no more than one 1 finger between chin and fastened strap. All helmets should fit close to your head. Shake your head up and down and side to side - the helmet should not move.

(Government of Ontario, 2026)

Helmet Safety & Fitting Lesson Plan

Students learn about the importance of wearing a properly fitted bicycle helmet to reduce the risk of head injuries.

Helmet Safety PowerPoint Presentation

This PowerPoint supports the Helmet Safety & Fitting Lesson by helping students learn why helmets are important and how to wear them correctly. Through guided discussion and visual demonstrations, students explore how helmets protect the brain, when helmets should be worn, and how to check for a proper fit using the 2-V-1 rule. The presentation also introduces basic concussion awareness and encourages students to develop safe cycling habits.

Helmet Safety Worksheet

The worksheet supports the Helmet Safety & Fitting Lesson by helping students understand how helmets protect the brain and how to wear one correctly. Following the lesson, students can apply their learning about the 2-V-1 rule by completing the

worksheet. This helps students practice proper helmet fitting skills while building confidence and injury prevention awareness.

[Helmet Safety Video]

Module 3. Keep Your Bike Safe

Locking your bike properly helps prevent theft and keeps your bike safe. Using a strong lock and knowing how to secure your bike to a fixed object can make it much harder for someone to take it. Learning how to use a U-lock or cable lock properly is an important part of safe cycling.

How to Use a Bike Lock

U-locks are strong locks made of hardened metal and cable locks are metal cables wrapped in plastic used to secure your bike to a bike rack or pole.

To lock your bike properly:

- Lock the frame to a bike rack or solid object
- Include both the rear wheel and the frame inside the lock
- Keep the lock tight with little space
- Always check that your bike is secure before leaving

Locking only the wheel or to weak objects can make it easier for your bike to be stolen.

[U-Lock It or Lose It Lesson Plan]

This lesson teaches students how to properly use bike locks to protect their bike from theft. Students will explore what a U-lock and cable lock are, why they are important to use, and the correct steps for locking a bike safely.

[U-Lock It or Lose It PowerPoint Presentation]

The PowerPoint covers how to lock bikes safely and correctly using different types of bike locks. It explains the steps for using a U-lock, a cable lock, and both together, while also showing common mistakes to avoid and safe places to lock a bike.

Thumbs Up Activity

The activity helps students apply what they have learned through a thumbs up/thumbs down game. Students evaluate different bike-locking situations and decide whether they are safe or unsafe, helping them build critical thinking skills and safe bike-locking habits.

Lock It Up Video

Module 4. Keep Yourself Safe

Read The Road: Bike Sign and Signal Basics

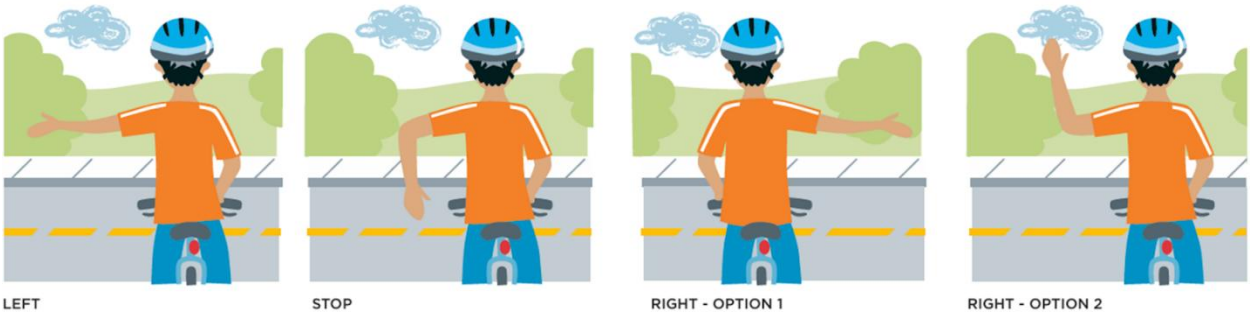
Understanding how to signal while cycling helps keep you and others safe on the road. When riding a bike, you share the road with drivers, pedestrians, and other cyclists. Using hand signals lets others know what you are about to do, helping prevent confusion and accidents. Signalling clearly and early is an important part of safe cycling.

Bike Signals

Cyclists use hand signals to show where they are going:

- Left Turn: Left arm straight out
- Right Turn: Right arm straight out or left arm bent upward
- Stop: Left arm bent downward

These signals help drivers and others understand your movements and keep everyone safe.



(Government of Ontario, 2026)

Read the Road Lesson Plan

This lesson helps students build bicycle and road safety knowledge. Students learn basic rules of the road, how to recognize common road signs, and practice how to signal to drivers when turning.

Read the Road PowerPoint Presentation

The PowerPoint teaches many of the common road signs that someone may see while cycling and how to navigate them. It also introduces the proper hand signals used on a bicycle to communicate safely with others on the road.

Road Sign Matching Activity Worksheet (ANSWER Sheet)
Signal Simulation Activity

These activities support the Bike Sign Basics lesson by helping students learn how to communicate safely while riding. Students first complete a Road Sign Matching worksheet to build understanding of common cycling signs and their meanings. Students then participate in the "Signal Simulation" activity, where they follow a short riding scenario and demonstrate the correct hand signals for turns and stops. This helps students practice both sign recognition and signalling while building confidence and safety awareness.

Rules of the Road Video

Bicycle Anatomy and Fit

Understanding the parts of a bicycle and how it should fit your body helps you ride safely and comfortably. A bicycle is made up of many parts that work together to help you move, steer, and stop. When a bike fits properly, it is easier to control, more comfortable to ride, and reduces the risk of injury.

Bicycle Anatomy

Some important parts of a bicycle include the frame, brakes, handlebars, wheels, and chain.

- The frame is the main structure that holds the bike together
- The brakes help you stop safely
- The handlebars help you steer and control the bike
- The wheels and tires allow the bike to move smoothly

The chain and pedals help power the bike forward

Bike Fit

A properly fitted bike makes riding safer and more comfortable.

A bike should:

- Allow you to stand over the frame with a small gap
- Have a seat height where your leg is almost straight at the bottom of the pedal
- Have handlebars positioned so you can ride comfortably and maintain control

Bike Anatomy & Fit Lesson Plan

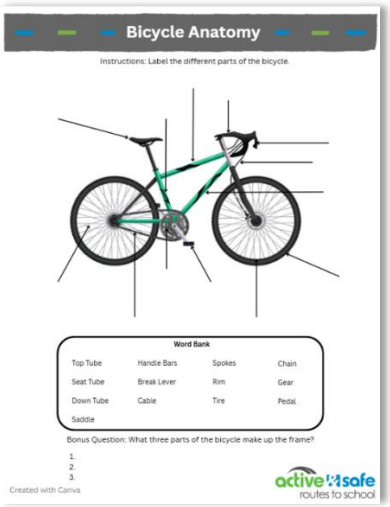
This lesson teaches students about the important parts of a bicycle and how a bicycle should properly fit the rider to ensure safe and comfortable cycling.

Know Your Bike PowerPoint Presentation

The PowerPoint teaches students about the main parts of a bicycle and explains how a bike should be adjusted to fit the rider safely and comfortably. It introduces key bicycle components as well as basic bike fitting concepts such as frame size, seat height, and handlebar position.

Bicycle Anatomy Worksheet (ANSWER Sheet)
Bike Fit Quiz

These activities help students apply what they have learned. Students can complete a Bicycle Anatomy worksheet where they match the names of bike parts to a diagram. Alternatively, students can participate in a Bike Fit Quiz where they identify problems in images of cyclists and suggest how to fix them. These activities help reinforce understanding and build confidence in recognizing safe bike setup.



Flat Fix and Chain Tricks

Knowing how to fix small bike problems can help you stay safe and get back on the road quickly. Flat tires and fallen chains are two common issues cyclists experience. Learning simple repair skills helps riders feel more confident and independent when something goes wrong.

Fixing a Flat Tire
A flat tire usually happens when the inner tube gets a hole and loses air.
To fix a flat tire:

- Remove the wheel and take the tube out of the tire
- Find the hole by listening or feeling for air
- Patch the hole or replace the tube
- Put the tire back together and inflate it

Fixing a Fallen Chain
Sometimes the bike chain can slip off the gears while riding.
To fix a fallen chain:

- Place the chain back onto the front chainring or rear gear
- Slowly turn the pedals to guide the chain into place
- Continue pedaling until the chain moves smoothly

Flat Fix and Chain Tricks Lesson Plan

This lesson introduces students to two common bicycle problems: flat tires and chains that fall off the gears. Students will learn the basic steps for repairing a flat tire and getting the chain back onto a gear. The lesson include a presentation and video.

Flat Fix and Chain Tricks PowerPoint Presentation

This PowerPoint introduces students to two common bike problems: flat tires and chains that fall off. It teaches the basic steps for fixing a flat tire, putting a chain back on, and checking that the bike is safe to ride again. Students are also introduced to the ABCs safety check to help them remember what to inspect before riding: Air, Brakes, and Chain.

Fix a Flat Video

Extra Activities

Build a Bike Trip Lesson Plan
Build a Bike Trip to School Activity

This PowerPoint helps students explore safe cycling decision-making by guiding them through a realistic bike trip to school. Students are presented with everyday situations and asked to choose the safest actions at each step of the ride. The activity includes interactive questions that allow students to earn Safety Points, reflect on their choices, and learn how small decisions like wearing a helmet, signalling properly, and choosing safer routes can reduce risk and improve cycling confidence.

[Cycle Safe Scenario Lesson Plan]
[Cycle Safe Scenario Cards] ([ANSWER Sheet])

The Cycle Safe Scenario Cards activity helps students explore real-life situations they may encounter while riding a bike. Working in small groups, students sort scenario cards into "safe" and "unsafe" categories and discuss the reasons for their choices. They then check their answers using an instruction and answer sheet that explains each situation. This activity encourages teamwork, discussion, and critical thinking while helping students build confidence in making safe cycling decisions.

[Ride On! Student Incentive Program]

The Ride On! program encourages students to bike to school more often by tracking their rides with a fun stamp card. Each time a student bikes all the way to school, they receive a stamp or sticker on their card. Once the card is full, they can enter a prize draw, earn a certificate, or receive small rewards such as school merchandise, healthy snacks, or recognition at a school assembly.

1. **Distribute Stamp Cards:**
   Each student receives a “Ride On!” card with spaces for 8 stamps.

2. **Collect Stamps:**
   Volunteers, teachers, or student leaders stamp cards at designated bike check-in stations near school entrances or approved bike parking areas.

3. **Reward Milestones:**
   - 3 stamps = recognition in class or a sticker
   - 6 stamps = small prize (e.g., Reflective bike sticker, helmet decal)
   - Full stamp card goes towards entry into a grand prize draw (e.g., family fitness pass, local business gift card)

4. **Celebrate Participation:**
   End the campaign with a “Bike to School Celebration Day” highlighting total rides logged and healthy habits built!

Promotions

Newsletters

Newsletters are a fantastic way to introduce and share important information with students, parents, and the school community. Here is an example of a short, ready-to-use snippet that schools can utilize as a template:

Attention all TVDSB and LDCSB schools!

Did you know that choosing to bike to school helps reduce traffic congestion and cuts harmful air pollution around school grounds? This year, we're taking action to create healthier, cleaner, and safer school communities by encouraging biking to school.

We're asking parents, staff, students, and guardians to consider biking to school, parking a short distance away and biking the rest, or supporting students in choosing active, sustainable transportation. Together, we can protect student health, reduce emissions, and promote lifelong healthy habits, making our school environments cleaner, safer, and more sustainable for everyone.

Learn more by visiting us on our website at
http://activesaferoutes.ca/

School Announcements

School announcements are great for sharing quick and engaging reminders about promoting safe cycling. Here are some simple examples of announcements that can be made during morning announcements over the PA system:

Monday
Today's Safe Cycling Tip of the Day is: Make sure your helmet fits properly. Remember the 2–V–1 rule: level on your head, straps in a "V" under your ears, and one finger under your chin. A good fit keeps you safe!

Tuesday
Today's Safe Cycling Tip of the Day is: Be seen! Wear bright clothing and use reflectors or lights so drivers and others can see you clearly

Wednesday
Today's Safe Cycling Tip of the Day is: Follow the rules of the road. Stop at stop signs, obey traffic lights, and ride in the same direction as traffic.

Thursday
Today's Safe Cycling Tip of the Day is: Wear your helmet every time you ride. Make sure it fits snug and sits level on your head to protect your brain. Let's start the week riding safe!

Friday
Today's Safe Cycling Tip of the Day is: Use the Signal Sandwich! Signal before you turn, make your move, then signal again if needed—this helps everyone know where you're going.

active & safe routes to school

Social Media Promotion

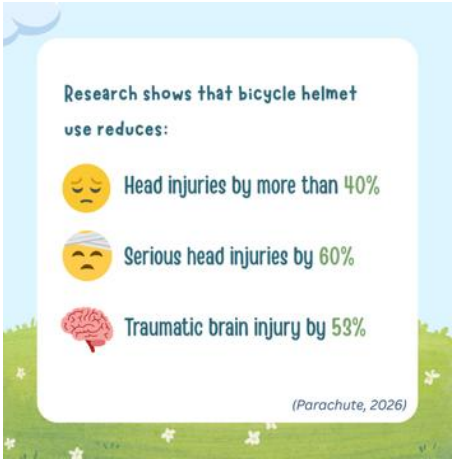
Social media is an excellent platform to spread the word about safe cycling to a wider audience, including parents, students, and the broader community. Here are some examples of posts and associated captions to promote cycling in the community.

1. General cycling promotion:

Swipe to see 5 reasons why cycling is a great choice! 🚲✨
From staying active to helping the environment, biking has benefits for you and your community. 🍸
Let's encourage healthy, active travel and support safer streets for everyone.
Learn more:
🔗 Parachute
🚲 http://activesaferoutes.ca/

#ActiveSchoolTravel #BikeToSchool #HealthyCommunities #CyclingBenefits

2. Helmets and Concussions:



Helmet on, ride on! 🪖 🚲
Wearing a helmet and making sure it fits properly can help protect your brain and reduce the risk of concussions while biking.

For more information on concussions, visit the Parachute website. For resources on helmet safety and how to check if your helmet fits, visit the ASRTS website.
🔗 CanBike
🔗 Parachute
🚲 Active & Safe Routes to School -

#BikeSafety #HelmetSafety #RideSafe

3. Road Signs & Signalling

Smart riders know the signs! 🚲

Pay attention to road signs and use hand signals to show where you're going. Clear communication helps everyone share the road safely.
#ShareTheRoad #BikeSafety #RideSmart

X handles you may choose to include:

London Catholic District School Board - **@LDCSB**
Thames Valley District School Board - **@TVDSB**
Human Environmental Analysis Laboratory (Western University) - **@TheHEALab**
Southwestern Ontario School Transportation Services - **@mybigyellowbus**
Southwestern Public Health - **@SW_PublicHealth**
City of London - **@CityofLdnOnt**

Cycle Safe Resources

For access to Cycle Safe Program content and resources, click the buttons below, or visit the ASRTS website at http://activesaferoutes.ca/cycle-safe-program/.

Cycle Safe Toolkit & Resources

Cycle Safe Postcards (Printable)

Social Media Posts

Program Videos

Click the buttons below to explore a variety of video resources developed by ASRTS for the Cycle Safe Program. These are short, engaging videos that align with toolkit content and can be incorporated into your lesson planning.

Why Cycle?

Helmet Safety

Lock It Up

Rules of the Road

Fix a Flat Tire

External Resources

Explore additional videos through the following links:

Benefits of Cycling (Ride to Thrive)

2-V-1 Helmet Fitting (TO Police)

Check out these websites for information about safe cycling, cycling courses, and cycling maps:

Cycling in London (City of London)

Ride to Thrive (London Cycle Link)

CAN – Bike London (Safety Education)

Cycling Trail Map (Elgin County)

Cycling Routes (Oxford County)

Ontario by Bike (Southwest Ontario)

Young Cyclist's Guide (MTO)

Reference

Government of Ontario (2026, March 12). *Young cyclist's guide*. https://www.ontario.ca/page/young-cyclists-guide.

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