

Build a Bike Trip

Make the right choices.
Ride safer.
Arrive confident.



The Mission

You're biking to school, a short 5 minute ride away.

Along the way, you'll face everyday choices that cyclists make all the time, from getting ready at home to navigating streets and intersections.

Your goal is simple: **arrive safely by making smart, real-world decisions.** At each step, choose what you think is the safest option.

Each safe choice earns ☆ **1 Safety Point.**

By the end of the trip, your total score will show how ready you are to ride confidently and safely.

Good luck!!



Clothing and Visibility

You're getting ready for school, what are you wearing?

- A) Dark hoodie
- B) Bright or reflective clothing
- C) Backpack covering lights
- D) All black



Clothing and Visibility

You're getting ready for school, what are you wearing?

- A) Dark hoodie
- B) **Bright or reflective clothing**
- C) Backpack covering lights
- D) All black

Why: Being visible helps cars see you!



Getting Ready

What are three things you should make sure your bike has?

- A) Bell/gong/horn
- B) Rear-break
- C) White front light & red back light
- D) All of the above



Getting Ready

What are three things you should make sure your bike has?

- A) Bell/gong/horn
- B) Rear-break
- C) Front light & back reflector
- D) All of the above

Why: By law according to the *Highway Traffic Act*.



Distracted Riding

Why can wearing headphones while biking increase your risk of an accident?

- A) They make it harder to see traffic
- B) They can distract you and block important sounds like horns or bells
- C) They reduce how fast your bike can go
- D) They make your helmet fit improperly



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Why: Hearing traffic, bells, and voices helps cyclists react quickly to their surroundings.



Route

How do you get to school?

- A) Busy main road with no bike lane
- B) Quieter side streets
- C) Sidewalk the whole way
- D) Shortcut through a parking lot



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Why: Sidewalks are designed for walking speeds.



Bike Lanes

You see this symbol on the road, what does it mean?

- A) Bikes not allowed
- B) Scooters only
- C) This lane is reserved for cyclists
- D) Bikes share the lane with cars



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Why: Diamond symbol means that lane is reserved for a specific use.



Turning Left

You encounter a left turn, what's the safest sequence of events?

- A) Turn quickly
- B) Shoulder check → signal → shoulder check → turn
- C) Ring bell → shoulder check → turn
- D) Signal → turn



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Why: This is known as the signalling sandwich!



Parked Cars

You're approaching school, there are lots of parked cars. What distance should you try to keep from them?

- A) 0.5 meters
- B) 1 meter
- C) 2 meters
- D) Depends



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Why: In case a door is opened.



You made it to school!

★ 1-3 Safety Points: “Still Learning the Ride”

You’re just getting started with bike safety, and that’s okay! A few small changes (like signaling and choosing safer routes) can make a *big* difference. Let’s practice and try again!

★ ★ ★ 4-6 Safety Points: “Confident Cruiser”

You know a lot of the basics and usually make safe choices. With a bit more awareness at intersections and around cars, you’ll be riding even safer in no time.

★ ★ ★ ★ ★ 7+ Safety Points: “Certified Safe Cyclist”

Nice work! You’re making smart, safety-first decisions and thinking ahead on your rides. You’re a great role model so keep it up and help others ride safely too!

Thank You!

Have any Questions?

Email: info@activesaferoutes.ca.

Visit: <http://activesaferoutes.ca/>

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