

Making Tracks cycling

About Making Tracks:

Active transportation means any non-motorized form of transportation such as walking, cycling, in-line skating, scootering and skateboarding. Making Tracks is about making active transportation safe for children and youth in Nova Scotia by giving them the skills they need to do it safely.

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Partners:



Session B

Before you cycle

FOR PARENTS/ GUARDIANS	FOR LEADERS	OUTCOMES
		(K) I know that wearing a helmet is important for my safety and part of the law
		(K) I know the ABC's for Bicycle Safety
		(D) I can go through a safety inspection of my bike before going for a ride
		(D) I can dress appropriately for a ride
		(V) I understand that what I wear can help motorists see me better
		(V) I know it is my responsibility to be visible to others who share the road

My name is:

Making Tracks

YOUR PASSPORT TO
Cycling



Introduction, Community Building, and Safety

Session A

FOR PARENTS/ GUARDIANS	FOR LEADERS	OUTCOMES
		(K) I know that my bicycle has to fit me properly
		(K) I know the parts of my bicycle and their names
		(D) I can show my parents/guardians the various parts of my bicycles
		(V) I understand that a properly fitting bike will keep me safe
		(V) I value time bicycling with my friends and family

(K) WHAT THEY KNOW
(D) WHAT THEY CAN DO
(V) WHAT THEY VALUE



THERE



ALMOST THERE



GETTING THERE

LEGEND

Session C

Bike Maintenance

OUTCOMES	FOR LEADERS	FOR PARENT/ GUARDIANS
(K) I know how to look for simple bike problems such as flat tires and loose cables		
(K) I know how the safety concerns are connected to a working bike		
(D) I can perform basic bike maintenance on my bike		
(V) I understand that preventative maintenance and doing regular bicycle safety checks are important		

Session D

Basic Cycling

OUTCOMES	FOR LEADERS	FOR PARENT/ GUARDIANS
(K) I know the proper signals for turning and slowing down / stopping		
(D) I can demonstrate the proper signals for turning and slowing down / stopping		
(D) I can demonstrate appropriate bicycle control and maneuvering		
(V) I understand that being in control of my bicycle will help keep myself and others safe		

Session E

Safe Routes and Sharing the Road

OUTCOMES	FOR LEADERS	FOR PARENT/ GUARDIANS
(K) I know and it is my responsibility to follow the rules of the road as a cyclist		
(K) I know how to properly respond to road signs I may encounter when cycling		
(D) I can demonstrate proper, safe behavior when riding my bicycle		
(D) I follow a safe route that is recorded on my route card		
(V) I understand that following the rules of the road will help keep myself safe		
(V) I value the importance of trail etiquette and the Leave No Trace © Principles		

Session F

Putting the Pieces Together

OUTCOMES	FOR LEADERS	FOR PARENT/ GUARDIANS
(K) I know the ABC's of safety for my bicycle		
(D) I can safely demonstrate and abide by the rules of the road when bicycling		
(V) I understand my responsibility to be a safe cyclist and to respect the environment		