



## DAY MIDDLE SCHOOL CYCLING CLINIC – SYNOPSIS

F.A. Day Middle School  
Sixth Grade Class  
May 31, 2012

- I. **Background:** A bicycling and pedestrian safety clinic was designed by Bike Newton and Day Middle School Physical Education staff to address the lack of cycling and walking road use fluency and ability among sixth grade public school students in Newton.
- II. **Clinic Content:** Three 20 minute modules were presented: equipment safety checks (cycling instructor), rules-of-the-road knowledge base (Newton Police Department training officer), and road awareness/hazard avoidance drills (Day Middle School Physical Education staff).
- III. **Survey Results:** 264 Day Middle sixth graders completed Travel to School Surveys:

I own a working bike that I can drive - 100%  
I will drive my bike this summer - 94%  
I have crashed a bike - 44%

*Thus, students own bicycles but are ill equipped to operate them safely.*

I drove my bike to school at least once this year - 26%  
I drove my bike to school today - 6%  
I walked to school today - 30%

*Thus, a minority of students drive bicycles or walk to school daily.*

I took the bus to school today - 22%  
I was driven to school in a car today - 50%  
I would like to drive my bike to school - 52%  
I would like to drive my bike after school - 67%

*Thus, a majority of students desire to drive bicycles to or from school.*

#### IV. **Course Goals and/or Major Student Outcomes:**

1. Appreciate the feasibility of cycling and walking as means of everyday transportation.

*Student feedback: "I drive my bike because it takes me to places I need to go."*

2. Utilize safety equipment and roadway awareness to minimize the risk of cycling or walking related injury and lessen fears of parents and students related to use of public ways.

*Student feedback: "I learned how important it is to wear a helmet because my brain is the consistency of warm butter."*

3. Demonstrate knowledge of laws governing vulnerable road user and motorist practices on public ways in the City of Newton and the State of Massachusetts.

*Student feedback: "A bicycle is considered a vehicle so I must use hand signals."*

4. Acquire the ability to perform a bicycle pre-ride or walking equipment safety check, to display and use proper roadway hand signals and behaviors, and to maintain control of a moving bicycle or pedestrian under challenging conditions.

*Student feedback: "I learned the ABCs! A=air pressure, B=brakes, C=chain."*