

Skills Drills Bicycle Safety Course

Request Form

Safe Routes to School offers fun and exciting Skills Drills Bicycle Safety Courses free of charge to Alameda County schools, giving kids a festive, engaging way to learn important skills for safe riding. This course is well suited for structured groups of 20-25 students in K-6th grade after school programs or during a weekend school event It focuses on teaching advanced skills such as shoulder checking and obstacle avoidance. Two instructors, drill course, and 25 bicycles and helmets are provided.

Skills Taught:

- * How to Perform a Bicycle Safety Check
- * Proper Starting and Stopping
- * Shifting Gears
- * Obstacle Avoidance
- * Signaling and Communication
- * Scanning Ahead
- * Shoulder Checking
- * Proper Helmet Fitting

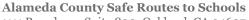


Grade Level: K-6 th	Capacity: Up to 25 Students per hour (approximately 75 students overall)	
Setting: After School Programs	Help Required: At Least 1 After School Teacher	
Space Required: 50'x 100' min. of blacktop space	Teaching Duration: 3-4 hrs	

To sign up, fill out form on other side and return to:

Fax: 510.740.3131or Email: staff@alamedacountysr2s.org





1111 Broadway, Suite 800, Oakland, CA 94607 • T: 510.740.3150 ext. 323 staff@alamedacountysr2s.org • www.alamedacountysr2s.org





Sign Up Today!

School Name School District Address Principal/After School Contact Phone			Date of Application School Phone	
		_		
		 Email		
On site contact if different than pers	on listed above:			
Name/ Title	Phone	_	Email	
nticipated number of kids to attend:	per hour	total		
nticipated age range or grade of kids	participating:			
inimum 1 staff member to supervise?		□Y€	□ Yes □ No	
linimum 50 X 100 sq. foot blacktop or open space?		☐ Yes	□No	
your school a participant in the Safe Routes to Schools Program?		☐ Yes	□No	
oes your school provide bike racks for student & staff use?		☐ Yes	□No	
lease list your scheduled means of pr tc.	romoting this course at your sc	hool, e.g.: newsl	etter, website, posters, e-blas	
ease tell us what you hope to accom	nplish by bringing a Skills Drills	Bicycle Safety C	Course to your school.	
	Select your preferred o	lates:		
1 st Choice Date	e Time/s			
	te Time/s			
3 rd Choice Dat	re Time/s			

- Please ensure that the event space is available 1 hour before and after your requested times for set up and take down.
- We will get back to you within a week of receiving your request to confirm the date. Please do not publicize the Skills Drills event until we have confirmed your date with you! Thank you for booking the Skills Drills Bicycle Safety Course!