



# YOUTH BICYCLE EDUCATION AND SAFETY TRAINING PROGRAM

## What is the Youth Bicycle Education and Safety Training (BEST) Program?

The Youth BEST is a 5-hour, on-bike program that teaches students how to safely and confidently get around by bicycle. The program is administered at schools and is targeted students in the 5<sup>th</sup> to 7<sup>th</sup> grade range. The course takes place for one-hour over the course of five consecutive days.

## Why the Youth BEST Program?

Currently, there is no program educating Utah's youth about the safe operation of bicycles. This program will be a starting point to getting students and their families more physically active. At Bike Utah, we know that bicycles have the ability to improve personal health, air quality, and the livability of communities. Getting physical activity each day even helps to improve academic performance.

## What will the students learn during the course?

Students will learn:

- The benefits of riding a bicycle
- Rules of the road
- Helmet fitting
- Bicycle safety checks
- Navigating intersections
- Right of way
- Avoiding hazards

We have worked to align our program learning outcomes with the core standards.

## What is the responsibility of the school in participating?

There is no cost for any school or student to participate. Bike Utah will provide a trained instructor, bicycles, helmets, and all other necessary equipment for the duration of the program. Most of the support provided by the school is logistical. We will need:

- Time during the school day (1 hour for five consecutive days)
- Space in a recess area or parking lot to hold the program
- Connections to local volunteers (e.g. through a PTA)
- Minor assistance with pre- and post-program evaluation



**The Youth BEST Program will be launching in the fall of 2016. Scheduling of participating schools will begin in July 2016. If you want to learn more about the program or would like to get on the schedule, send us an email at [info@bikeutah.org](mailto:info@bikeutah.org)**

*Bike Utah is the statewide, nonprofit bicycle advocacy and education organization*