

LESSON 2

Being Safe Outdoors

You will learn . . .

- safety rules to follow for walking.
- safety rules to follow for swimming and ways to prevent drowning.
- ways to stay safe in different weather conditions.

Vocabulary

- lightning, C54
- thunderstorm, C56
- hurricane, C56
- tornado, C56
- flood, C57

During your lifetime you might walk more than 100,000 miles. That would be like walking around Earth five times! To prevent injury, walkers must be aware of cars, buses, trucks, and even bicycles. Knowing how to stay safe when walking is important to your health.



Walking Near Traffic

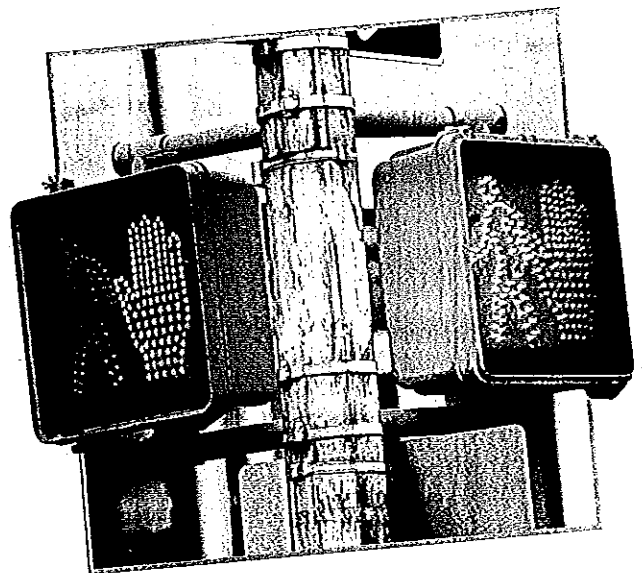
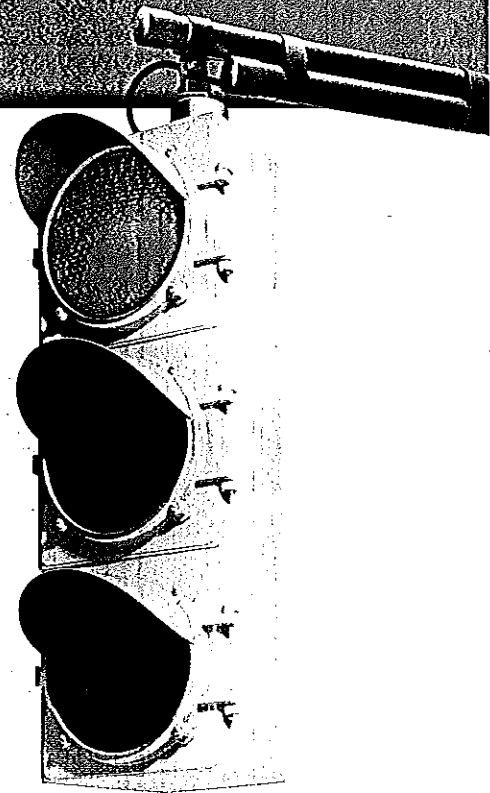
Wear walking shoes. Tie your shoelaces so that you will not trip on them. Keep your hands free. Carry books and other items in your backpack. Make sure your backpack is not too heavy. Your backpack should never weigh more than 10 to 20 percent of your total body weight.

Rules for Safe Walking

- Walk on the sidewalk, not on the street. If there are no sidewalks, walk facing traffic. That way you can see cars that are coming.
- Wear light-colored or reflective clothing at night so that others can see you.
- Learn what traffic signs mean and obey them.
- Do not step off the curb if the sign tells you not to walk.
- Cross the street only when the crossing guard or traffic signal tells you that it is safe.
- Walk inside the lines of a crosswalk when crossing the street.
- Do not cross the street without looking.
- Follow the left-right-left way to check for cars. This means look left, look right, and then look left again to make sure that no cars are coming.



What is the “left-right-left” way to check for cars?



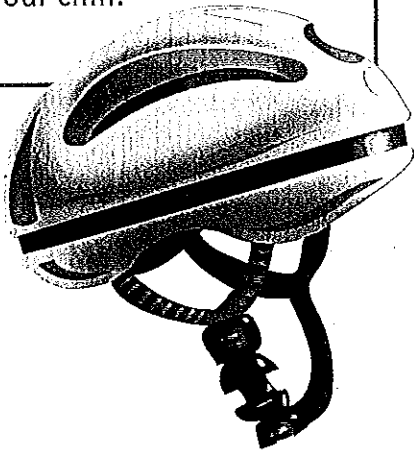
▲ Don't run to beat a DON'T WALK signal. When the sign tells you it is safe to go, wait a moment before you step into the crosswalk. A car might be completing a turn.

Bike and Scooter Safety

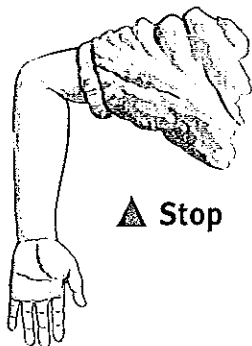


Wear It Right For Health!

Demonstrate how to wear a bicycle helmet correctly. The helmet should sit level on your head, two finger widths above the eyebrows. Buckle the straps tightly under your chin.



▼ Signal with your left hand when you ride.



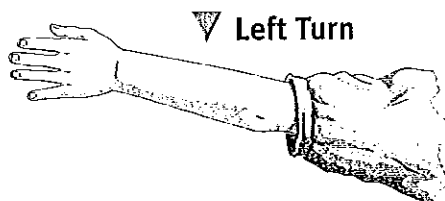
▲ Stop

Safety Rules for Riding a Bike

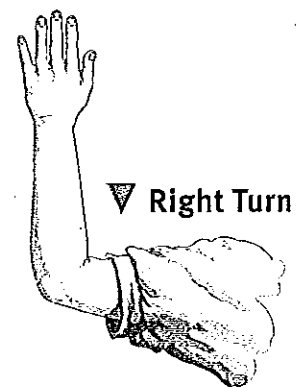
- Wear an approved helmet that meets safety standards. Do not wear headphones.
- Check your brakes and tires often.
- Ride your bike on a bicycle path whenever possible, not on the street.
- Avoid swerving.
- Ride in the same direction that cars are moving.
- Obey traffic signs and lights. Use the hand signals shown below before you turn or stop.
- Walk your bike across busy streets.
- Don't carry a passenger on your bike.
- Slow down when the street or ground is wet. Allow more time to stop.



How should a bike helmet fit?



▼ Left Turn



▼ Right Turn

Ride a Scooter Safely







- Wear an approved helmet, elbow pads, and knee pads. Don't wear headphones.
- Ride on a smooth path. Avoid riding through water, or on gravel, sand, and slick surfaces.
- Stay out of traffic.
- Make sure that your brakes work.
- Wear sneakers.
- Do not ride at night.



Road Signs

These are some signs you might see when you are biking.

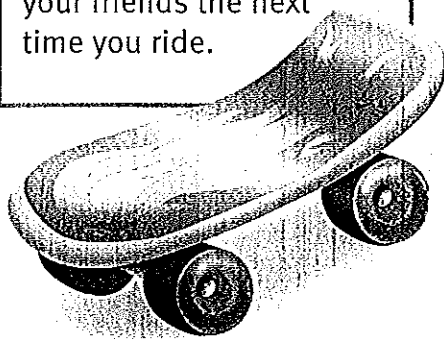
▲ Follow local safety rules for where you can ride a scooter.

Road Signs			
Sign	What the Sign Means	Sign	What the Sign Means
Bike lane sign 	Bikes only can ride in the right lane.	Slippery when wet sign 	The road is slippery when it rains or snows.
No walking sign 	Do not walk in this area.	Stop sign 	Come to a complete stop.
School crossing sign 	School area ahead. Children cross the road here. Slow down and watch for walkers.	No bike zone sign 	You are not allowed to ride a bike here.

ACTIVITY **Character**

Following Rules

Citizenship Does your town have specific safety rules for skateboarding? When you follow safety rules for skateboarding, you are being a good citizen. List the safety rules for riding a skateboard where you live. Share these safety rules with your friends the next time you ride.



Do You Know

Myth If I don't have a bicycle helmet I can use a football helmet instead.

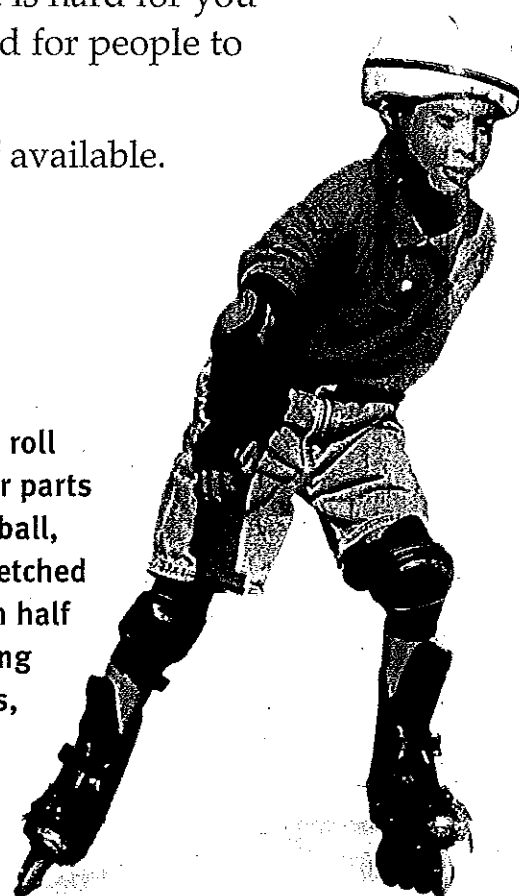
Fact Bicycle helmets are made to protect your head when you fall off a bicycle. A football helmet is not.

Skate and Skateboard Safety

These rules can help you avoid injury when skating and skateboarding.

- Buy a skateboard that is the right size for your weight.
- Wear an approved helmet, elbow and knee pads, wrist guards, and non-slip shoes.
- Do not skate or skateboard in traffic.
- Never ride while holding on to a moving vehicle.
- Skate on smooth areas. Avoid puddles of water or places where oil has spilled. Don't try to ride on rough pavement.
- Do not skate at night. It is hard for you to see the path, and hard for people to see you.
- Use skateboard parks if available.

- If you fall when skating, try to roll onto the softer, more muscular parts of your body. Try to roll like a ball, instead of landing on an outstretched arm or on an elbow. More than half of all skateboarding and skating injuries are to the hands, arms, and wrists.





CRITICAL THINKING

Think as You Ride

Ride and skate responsibly. Ask yourself these questions: How well do I ride or skate? Do I know how to fall? Is this a safe place to ride? Is anything blocking the path? How can I tell someone that I don't want to do something that I know is unsafe? For example, how do I tell someone that I don't want to ride double? Do I know what to do in case of an injury?



Why is it not safe to skate at night?

Set Health Goals

Luis fell and sprained an ankle while biking on a rough road two weeks ago.

- ① **Write the health goal you want to set.**
Luis might set the goal "I will follow safety rules for biking."
- ② **Explain how your goal might affect your health.** Which safety rules will Luis follow to reach his goal? How can these rules help keep him safe?
- ③ **Describe a plan you will follow to reach your goal.** Keep track of your progress. Make a health behavior contract to help Luis plan and keep track of his progress for two weeks. Who can help him if he has trouble meeting his goal?
- ④ **Evaluate how your plan worked.** How did Luis do? If the plan didn't work, talk with a responsible adult to revise it.

LESSON REVIEW

Review Concepts

1. **List** two safety rules for riding in a car and two safety rules for riding a bus.
2. **Identify** three safety rules each for riding a bike and riding a scooter.
3. **Review** the safety rules for skating, riding a skateboard, and riding a bicycle. Tell how these rules are alike. Tell the ways in which they differ.

Critical Thinking

4.  **Make Responsible Decisions** Your parents say that you must wear a helmet when you ride your bicycle. As you hurry to bike with your friends, you forget your helmet. What responsible decision can you make to correct this situation?
5.  **Set Health Goals** Suppose that you are going on a ten mile bike trip. What health goal can you set for biking safely? Write a Health Behavior Contract to learn safety rules and road signs.