

Virtual Bike Club  
**Day 2: Lesson 1 – Helmet Fit**

Duration: 45 minutes

**1. Saddle Up/Log On: 5 Minutes**

Informal welcomes, technological troubleshooting, and capturing attendance.

- Prompt students as they come online that they will need their Bike Club-supplied helmet, supplied label and a marker/sharpie for this lesson.
- Volunteers should also have their helmet available.

**2. Warm Welcome & Volunteer Connector: 10 Minutes**

Warm Welcome Suggestion: What's going on in this picture?

- Find a funny or interesting Bike-related photo (Bike Club can send examples) and ask the following: What's going on in this picture? What do you see that makes you say that? What more can you find? Answers can be shared by having students raise their hands in Zoom or through the chat function.
  - The New York Times photo: [Chris Froome did the only thing he could think to do: He ran toward the finish line](#) (without a bike).
- Now review previous week's Bike Buddy self-assessment assignment. Invite students to share if they are comfortable doing so in the chat or as a speaker on the call.

Volunteer Connector (consider doing this in breakout groups)

- Ask students if they usually wear a helmet when they ride their bike (or scooter or skateboard)?
- If they usually do not wear one (which will be typical) ask some of the reasons why: Do you not have one? Do you feel it is uncomfortable or uncool? Etc.
- Address these concerns by letting students know that properly fit helmets, such as the one Bike Club supplies, can be adjusted to be comfortable and helmets are ALWAYS worn by serious cyclists. Head injuries are serious (you only get one brain!) and helmets can reduce the risk when worn and worn properly.
- Remind students that when a helmet is involved in a "crash" it MUST be replaced.

### 3. Main Lesson: 10 Minutes

Watch Bike Club Video: Lesson 1 – Helmet & Bike Fit

- This short video covers helmet fit, clothing, and bike fit - stop the video if possible before beginning bike fit content, which will be covered in next meeting.
- Watch helmet fit portion of video at least once and call for questions.
- Reminder that we always wear helmets in Bike Club.

Hands-On helmet fit activity

Call for students to get their helmet in hand.

- Prompt students to follow the same steps as outlined in the video to put on and adjust their helmets.
- Faculty sponsor and volunteers should follow the process themselves with their own helmet and be watching video feed, checking helmet fit of students.

Helmet Fit Steps

- Start with helmet facing you, upside down and with straps laid flat across the sides. Make sure the ratchet on the back of your head is loosened by turning clockwise/to the right.
- Put helmet on your head, pull straps down and straighten if twisted. Pull front of helmet down so that there are only 2 fingers of room between your eyebrows and the front edge of the helmet. Show students how to place two fingers (index and middle finger) stacked on top of each other, on their forehead, to check this.
- When that is done, tighten the ratchet adjustment on the back of your head by turning counterclockwise/to the left. You should feel the harness tightening until the helmet is very snug on your head.
- Next, buckle the chin strap and check the straps on the side of the helmet - they should form a Y shape over your ears (faculty/volunteer demonstrate using their own helmets). If they do not make this shape, the straps might be tangled, and you might have to take the helmet off and put it back on with them straightened.

- Lastly, adjust the chin strap so that only one finger can comfortably fit between the strap and your chin. This may seem tight, but a helmet that is too loose/does not fit is almost like wearing no helmet at all.

Review helmet fit of students and remind them of the three quick check rule (2-Y-1) they should do every time they put on their helmet:

2 - Two fingers of space between eyebrows and helmet on their forehead

Y - The Y shape made by the straps just beneath their ears

1 - One finger of room between the strap under their chin

#### **4. Supplemental Activity/Demonstration: 10 Minutes**

Marshall Walter "Major" Taylor was an American professional cyclist. He was born and raised in Indianapolis, where he worked in bicycle shops and began racing multiple distances in the track and road disciplines of cycling

- Major broke barriers and was an international star as cycle racing captured relatively more of the public's attention than it does now.
- Today, dozens of cycling associations across the country are named in honor of Major Taylor.
- YouTube video: [The Six Day Race: The Story of Marshall 'Major' Taylor](#)

Discussion Prompts

- Major Taylor rode 1,732 miles in the race discussed in the video. How far do you think you could ride in 6 whole days?
- How would cycling be different today if bicycles were still more numerous and even faster than cars?
- Are there athletes currently competing that you think of when learning about Major Taylor?

#### **5. Bike Buddy Assignment: 5 Minutes**

With their properly fit helmet and vest, encourage students to complete at least one 20-minute ride with their "Bike Buddy" before the next meeting.

- Assign next online assignment and/or exit survey.

## **6. Optimistic Closure: 5 Minutes**

Thank a Helper!

- Ask students to share an example of something new they have learned or someone that has helped them with their bike riding lately or in the past. Can be shared in the chat, as a designated speaker or in breakout rooms.