

Virtual Bike Club
Day 10: Lesson 8 – Obstacle & Crash Avoidance

Duration: 45 minutes

1. Saddle Up/Log On: 5 Minutes

Informal welcomes, technological troubleshooting, and capturing attendance.

2. Warm Welcome & Volunteer Connector: 10 Minutes

Warm Welcome Suggestion: I'm excited about...

- Students are prompted to think about something they are excited about as we complete the Virtual Bike Club lessons or can be something unrelated to Bike Club.
- After a minute of time to think about their answers, students should share their answers as they are called upon or drop their answers in the chat.

Review previous week's assignment side by side ride with Bike Buddy.

Volunteer Connector

- If you have been able to ride outside (with your Bike Buddy, in a safe place) has there been a time that something unexpected has happened on the ride? A loose dog ran out, a crash, a tire blowout.
- Reminder that cyclists as road users have the same rights AND responsibilities as cars, motorcycles, and other road users.

3. Main Lesson: 10 Minutes

Watch Bike Club Video: Lesson 7 – Avoidance Drills

- What real world situation would use the avoidance stop?
To avoid hitting a car, other cyclist.
- What real world situation would use the quick turn?
To avoid a car that has cut us off.
- What real world situation would use the rock dodge drill?
Dodge a pothole or debris.

4. Supplemental Activity/Demonstration: 5 Minutes

Volunteer or Bike Club staff will demonstrate how to set up the three drills shown in the video using chalk or household items and walk the group through each of the drills in further detail.

5. Bike Buddy Assignment: 5 Minutes

Complete at least one 20-minute ride and spend 20 minutes performing each of these three drills in a safe space.

Always wear a helmet, safety vest, and ride in a safe space with your Bike Buddy.

6. Optimistic Closure: 5 Minutes

What have I learned (so far) in Bike Club?

- Ask students to share something new they have learned in Bike Club.