

Let's Share Our Paths Safely and Graciously!

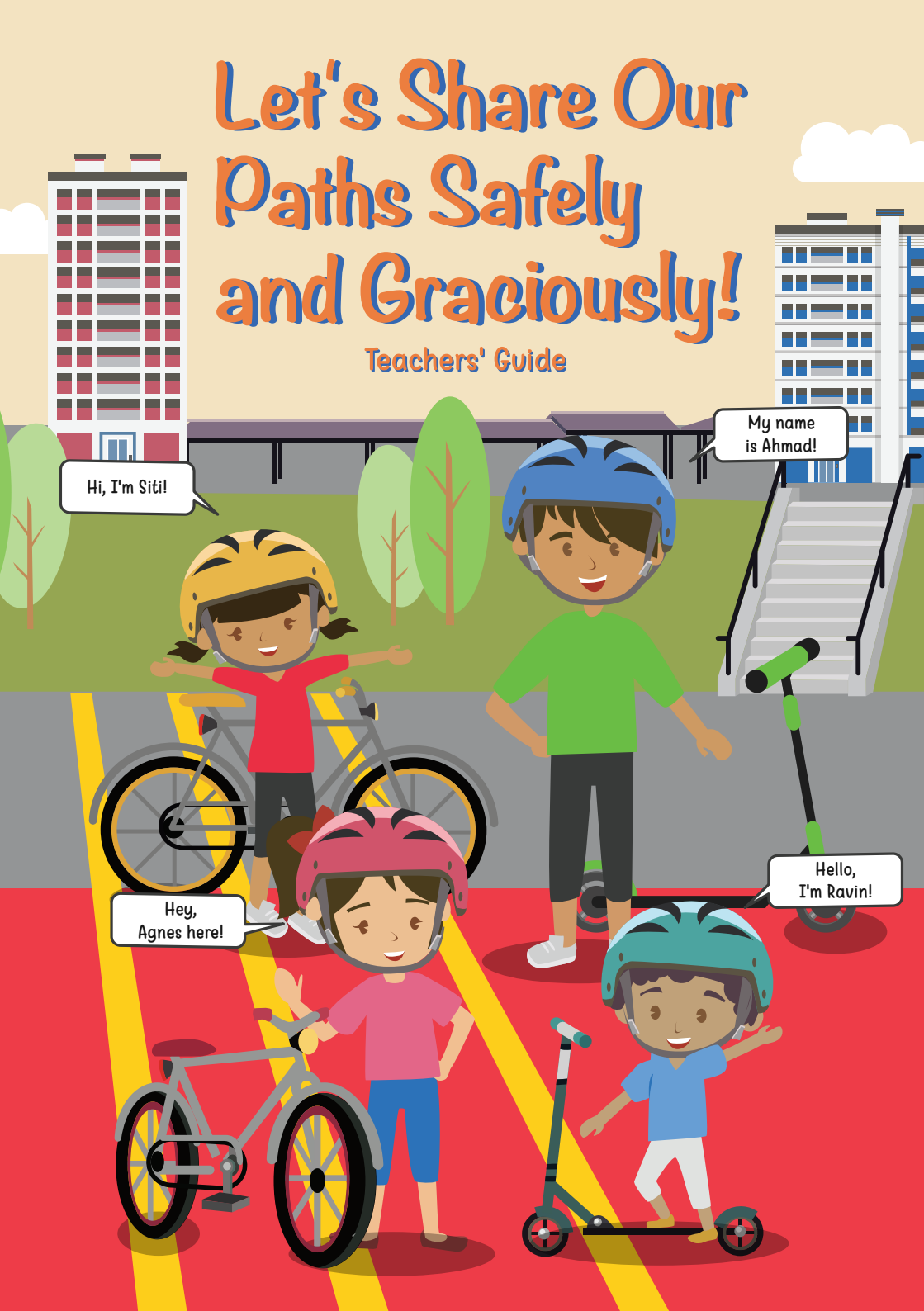
Teachers' Guide

Hi, I'm Siti!

My name
is Ahmad!

Hey,
Agnes here!

Hello,
I'm Ravin!



Dear Teachers

Many people in Singapore have adopted cycling and the use of manual and motorised personal mobility devices (PMDs), such as kick scooters and e-scooters. Like cars and buses, active mobility devices such as bicycles and PMDs allow us to get from one place to another conveniently, economically and with less harm to our environment, if used safely.

We believe that it is important to instil the values of graciousness and inculcate safe riding habits in individuals right from a tender age, so that they will be safe riders when they use active mobility devices at an older age.

The *Let's Share Our Paths Safely and Graciously* Students' Activity Book consists of simple worksheets and activities to help students aged 7 – 8 years old learn about safe riding behaviour in a fun manner. This accompanying teachers' guide provides defined learning objectives, coupled with suggested classroom activities. Feel free to use this resource for students of other ages where appropriate.

If you have queries and/or suggestions on how we could improve this resource, or how LTA can partner you to create awareness on safe riding, please do not hesitate to reach us at vania_lim@lta.gov.sg and ellen_ng@lta.gov.sg.

Yours sincerely

Vania Lim and Ellen Ng
Active Mobility Group, Land Transport Authority



Let's Ride Safely to the Playground

(Page 2- 4 of Students' Activity Book)

In this short comic, Ahmad and Agnes rode hurriedly on their kick scooter and bicycle to meet their friends Ravin and Siti at the playground. Along the way, they crashed into an elderly couple, who were fortunately not hurt.

The story ends with Ahmad and Agnes learning the importance of being mindful of other path users, and that they should always look out for others while riding, go slow especially when there are other users on the path, and to give way to pedestrians.

Learning Points:

There are different types of users on paths

Users such as pedestrians, cyclists and users of PMDs (such as kick scooters) as well as personal mobility aids (such as electric wheelchairs) share our paths, to get to different places. People use paths for different purposes – to get home, to go to school, or get to work, for example.

Look out and give way to pedestrians

Riders should always look out and give way to pedestrians, as pedestrians – being slower users on paths – are more vulnerable.

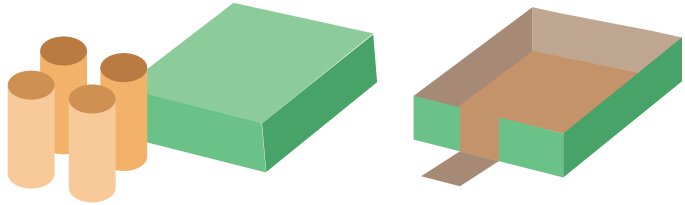
Watch your speed and go slow around others

Going slow prevents the rider from colliding into pedestrians, especially the children and elderly, and provides sufficient time for other path users to react.

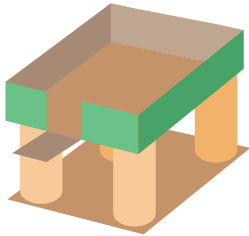
Suggested Activities

- Ask students to share their personal experience on paths. E.g. Have they come across any speeding or reckless behaviour? Is this a right or wrong behaviour? Through such reflections, teachers can revisit the learning points in this comic, to reinforce the correct behaviour.
- Teachers can also split students into groups, and get each group to come up with a story that brings across a safe riding message (e.g. alert others before overtaking, walk the device in crowded areas, etc.) and role-play their story to their classmates.
- Conduct a simple experiment to show students the impact of speed. You will need 2 cereal boxes, 4 toilet rolls, glue, scissor, 6 ping pong balls and a toy car for this experiment (see next page for more details):

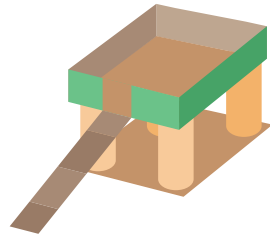
Step 1: Cut out the back and top panels of a cereal box, as pictured.



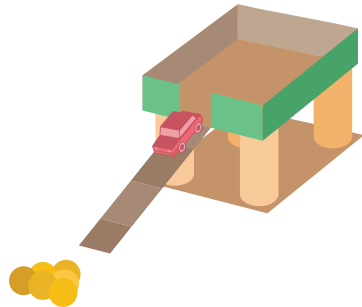
Step 2: Glue one toilet roll on each of the 4 corners of the back panel. Put the cereal box on top of the board with the 4 toilet rolls, and glue the components firmly together.



Step 3: Cut out a cardboard strip from a second cereal box, and glue it as pictured below to form a ramp. You may wish to make the ramp more sturdy by sticking more cardboard strips of the same size.



Step 4: Place the 6 ping pong balls at the foot of the ramp, and place a toy car on top of the ramp. Gently push the toy car down the ramp, and get students to observe the impact when the car travels down the ramp. Repeat this step, but exert more force when pushing the car down the ramp this time round. Students should observe that the faster the car travels, the greater the impact would be on the ping pong balls.



Learning Points:

It is always better to ride slowly, as the impact of a faster moving device is always greater than one that travels at a slower speed and the severity of collisions is also lower when one is travelling at a slower speed. Riding slowly allows the rider to better react to unexpected changes on the paths.

Be Gracious, Do The Right Thing!

(Page 5 of Students' Activity Book)



For this activity, get students to watch the jingle that can be downloaded from:
<https://go.gov.sg/saferidingjingle>

Students should take note of the safe riding behaviours exhibited in the jingle, which will help them answer the questions on page 5.

- 1) When you see a road crossing, you should:
- a) stop and look out for traffic before crossing
 - b) speed up to cross the road
 - c) ride across without checking for traffic



- 2) When riding on a path, what is the right thing to do?
- a) Keep left on the path
 - b) Watch for pedestrians on the path
 - c) All of the above

- 3) At a crowded bus stop, you should:
- a) ride quickly though the bus stop
 - b) look out for pedestrians, slow down and walk your bicycle or scooter
 - c) shout at others to get out of the way



- 4) What should you do when you want to overtake others?
- a) Keep a safe distance from other users
 - b) Alert others gently by ringing the bell or saying 'Excuse me, thank you'
 - c) All of the above

- 5) When you ride your bicycle or scooter at night, you should:
- a) switch on the front white lights and rear red lights
 - b) wear bright coloured clothing
 - c) All of the above



Path Safety Starts with Me!

(Page 6 - 10 of Students' Activity Book)

Students can learn various safe riding behaviour on paths through this matching card game.



Teachers can pair students up for this game, guide them to cut out the 16 game cards and follow the game instructions on page 6 of the Students' Activity Book. The student who collects the most pairs of 'Path Safety' cards wins the game.

Slow down around others

Going slow prevents the rider from colliding into pedestrians, especially the children and elderly and provides sufficient time for other path users to react.

Give way to pedestrians

Riders should always look out and give way to pedestrians, as pedestrians – being slower users on paths – are more vulnerable.

Keep both hands on the handlebars when riding

Putting both hands on the handlebars allows riders to maintain control of their device when riding and prevent them from getting into accidents.

Walk your device in crowded places

Riders should go slow and walk their devices in crowded areas. This gives them time to better react to unexpected situations, e.g. when pedestrians suddenly change course.

Slow down when approaching bends

There may be other path users walking or riding behind the bend. Slowing down prevents the rider from colliding into them and provides sufficient time for other path users to react.

Alert others before overtaking

Riders should signal their intentions early by ringing the bell gently or saying 'excuse me' before overtaking others. This will provide sufficient time for other path users to react.

Pay attention to other users

All path users, including pedestrian has a role to play in making our journeys on public paths safe and harmonious. Pedestrians should stay alert at all times and be aware of their surroundings as they walk. E.g. Keep their eyes on the path, not on the phone or other electronic gadgets when walking, always look before turning off a path.

Wear a helmet and bright coloured clothes

Wearing a helmet protects the rider's head from serious injuries in the event of an accident and bright coloured clothing can increase rider's visibility to other users, especially at night.

Suggested Activities:

- Students can design and make their own set of safety cards with other safe riding messages, in addition to the current 16 safety cards. With more cards, more students can play the game together.
- To make the game more fun and challenging, teachers can get the whole class to play the game together. This variation will require each student in the class to have one set of game cards. Once the teacher starts the timer, all students will try to match their own cards. The student who is able to find all the matching cards first will win the game.

Word Search

(Page 11 of Students' Activity Book)



Students are to fill in the blanks and locate the words in the puzzle. They can refer to other pages within the activity book for hints to the missing words.

- Be _____ and _____ on your ride

Answer: safe, alert

- Wear a _____ to protect your head from serious injuries

Answer: helmet

- Keep a safe _____ from other users, especially when overtaking

Answer: distance

- _____ play an important part in ensuring the paths are shared safely. We should keep alert at all times and be aware of our surroundings.

Answer: Pedestrians

H	Z	Y	T	E	M	L	E	H	V	C	H
B	W	D	S	M	V	A	Q	I	E	C	D
R	J	W	N	O	S	F	W	R	B	L	F
E	O	S	A	S	L	Q	R	U	S	M	L
G	G	S	I	V	O	U	F	Q	L	B	E
A	V	A	R	L	A	H	P	V	K	L	C
J	F	C	T	B	T	W	S	Q	U	P	N
U	G	O	S	R	V	D	C	R	U	L	A
V	P	C	E	S	I	O	U	Y	T	Y	T
D	K	L	D	E	F	A	S	J	D	K	S
U	A	T	E	G	B	T	H	M	L	D	I
G	E	Z	P	E	T	G	B	K	G	P	D

Suggested Activity:

- Get students to design a bookmark with one of the safe riding messages above or any desired messages from the Students' Activity Book.

Materials needed:

- * Coloured Paper/Cardboard for bookmark (be sure to punch a hole at the top of the paper/cardboard)
- * Scissor
- * Ruler
- * Glue
- * Ribbon
- * Newspaper or magazines (pictures of active mobility devices e.g. bicycles, scooters)
- * Writing/Colouring materials (pencil, coloured pencils, crayons, glitter)

Safe Riding Tips!

(Page 12 - 13 of Students' Activity Book)

Pages 12 and 13 of the Students' Activity Book provide useful safe riding tips for students. Teachers can go through the tips with their students, explain the rationale of each tip, and encourage them to practise such safe riding behaviour.

Learning Points:

Stop and look out for traffic before crossing

Riders should always stop and look out for oncoming traffic before crossing the road as this provides sufficient time for device riders and motorists to react, hence reducing the risk of accidents.

Keep to the left of the path when riding

It is a good habit for all users to keep to the left on paths (similar to how people are keeping to the left side of the escalator) as this helps ensure that there is sufficient space for users to travel in the opposite direction.

Switch on front white lights and rear red lights when riding in the dark

Riders should switch on front white lights and rear red lights on their devices in the dark. This makes them visible to others, and allows other users to identify whether the rider is approaching or riding away from them.

Do not ride personal mobility devices on the road

PMDs are not allowed to be ridden on the roads, as they are smaller in size and less visible as compared to cars, buses and lorries which are travelling at high speed on the road.

Park at designated parking spaces such as bicycle racks and yellow boxes

Riders should be considerate and park their devices at nearby bicycle racks and yellow boxes. This will keep the neighbourhood neat and tidy.

Dismount and walk your device when you see 'No Riding' signs

Riders are required to dismount and push their devices where 'No Riding' signs are installed e.g. overhead bridges and underpass linkways.

Offer help if you are involved in an accident

Riders should be responsible and offer help to the other party if they are involved in an accident.

Ride on cycling paths when available

Riders should ride on cycling paths where available as such paths are wider than footpaths, providing users with more space to manoeuvre and hence reduces the risk of conflicts with pedestrians.



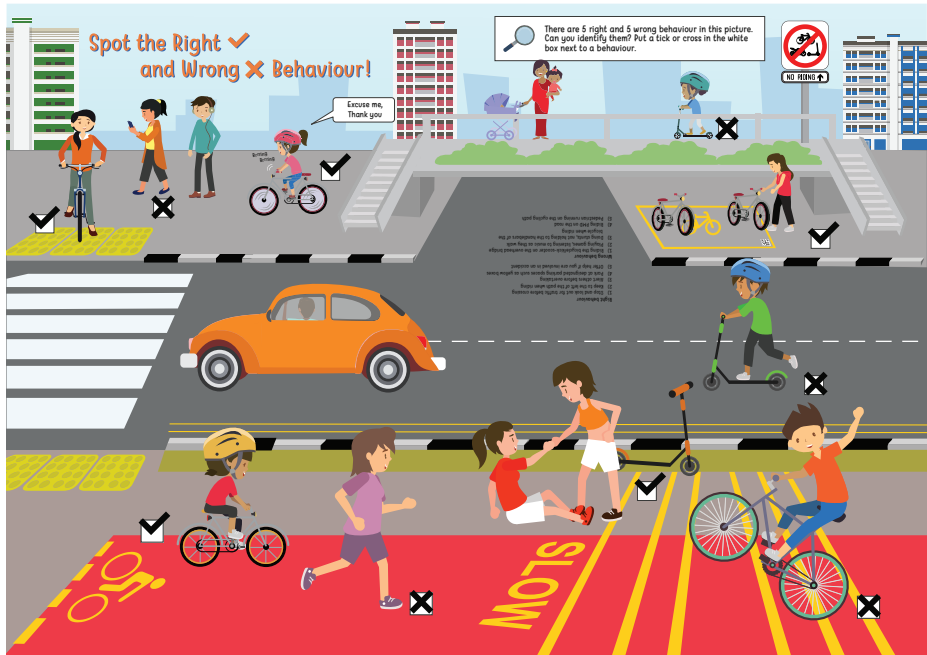
Suggested Activity:

- Teachers can get students to create their own posters (e.g. pick a safe riding tip or any other messages in the booklet that is most relevant to them in their daily lives and illustrate it in the form of drawing) to be put up in class. Students can be creative and draw based on their own personal experience or take reference from illustrations in the Students' Activity Book.

Spot the Right ✓ and Wrong ✗ Behaviour!

(Page 14 - 15 of Students' Activity Book)

For this activity, get students to identify the right and wrong behaviour in the picture. Teachers can discuss the behaviour with the students and explain why the wrong behaviour are inappropriate and what should the right behaviour be.



Right behaviour

- 1) Stop and look out for traffic before crossing
- 2) Keep to the left of the path when riding
- 3) Alert others before overtaking
- 4) Park at designated parking spaces such as yellow boxes
- 5) Offer help if you are involved in an accident

Wrong behaviour

Riding the bicycle/kick-scooter on the overhead bridge

Correct behaviour: There is a 'No Riding' sign on the overhead bridge. Cyclists and PMD users are required to dismount and push their devices where 'No Riding' signs are installed.

Pedestrians looking at mobile phones, listening to music as they walk

Correct behaviour: Pedestrians will be less alert to their surroundings when they text or play games on their mobile phones, or listen to music as they walk. Pedestrians should stay alert at all times and be aware of their surroundings as they walk.

Riding PMD on the road

Correct behaviour: PMDs are not allowed on the road as it is not safe to ride them on the road. PMDs are smaller in size and less visible as compared to cars, buses and lorries which are travelling at high speed on the road. We should always ride PMDs on cycling paths as they are wider than footpaths, hence providing users with more space to manoeuvre.

Doing stunts, not holding to the handlebars of the bicycle when riding

Correct behaviour: We should always ride safely and not recklessly. We should hold on to the handlebars when riding as this allows us to maintain control of the bicycle when riding.

Pedestrian running on the cycling path

Correct behaviour: Pedestrians should be considerate and avoid walking or running on the cycling path, which are meant for cyclists and PMD riders. Instead, they should keep left on the footpath.

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