

# Safe Moves

## Traffic Safety Training

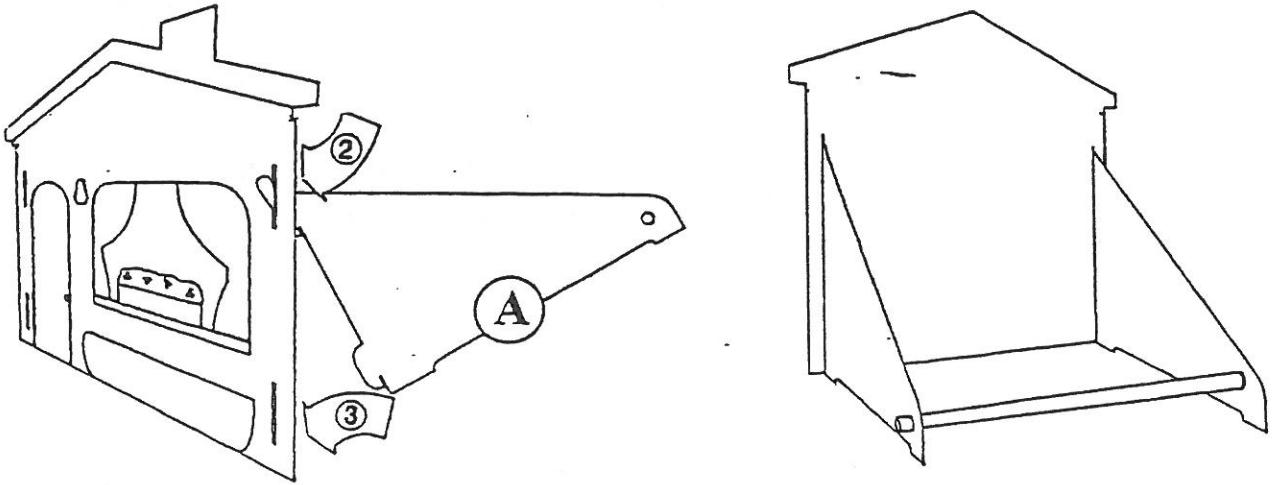


SAFE MOVES  
15500 Erwin Street, #1121  
Van Nuys, CA 91411  
(818) 908-5341

# SAFE MOVES CITY

## HOUSE AND GARAGE

The house and garage are assembled identically. The legs (A) are inserted into the slots on the sides of the house and garage. After both legs are installed, put the dowel through the holes on the legs. You may use sand bags draped across the dowel to stabilize the house and garage if necessary.



## STOREFRONTS

The storefronts are assembled identically to the house and garage. The legs are inserted into the slots on the sides of the storefront. After both legs are installed, put the dowel through the holes on the legs. You may use sand bags draped across the dowel to stabilize the storefronts.

# SAFE MOVES CITY

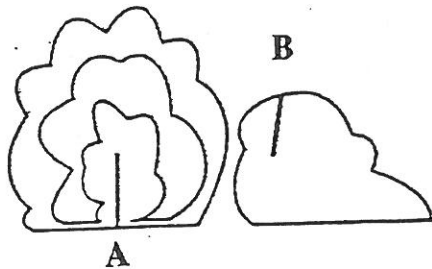
## CAR

The cars are assembled by taking the handle piece (A) and inserting the grooves into the slots of the front and back of the car. The handle is used to move the car around the course.



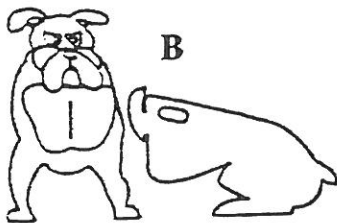
## BUSHES

The bushes are assembled by simply sliding the front part of the bush (A) down onto the slot of the bracket (B) of the bush.



## DOG

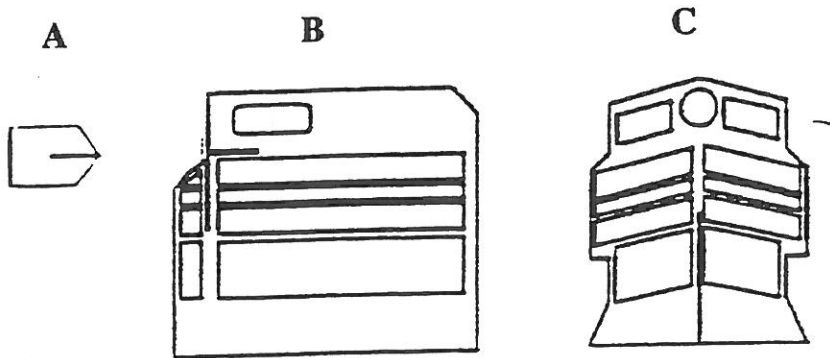
The dog is assembled identically to the house and garage. The bracket (B) is inserted into the slot located in the middle of the dog.



# SAFE MOVES CITY

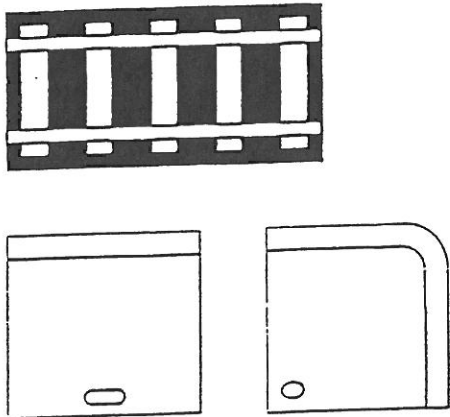
## TRAIN

The train is assembled by sliding the middle piece (A) in the slot of the body of the train (B). The front part of the train (C) slides down over the body of the train (B).



## RAILROAD TRACKS, DRIVEWAY AND SIDEWALK PIECES

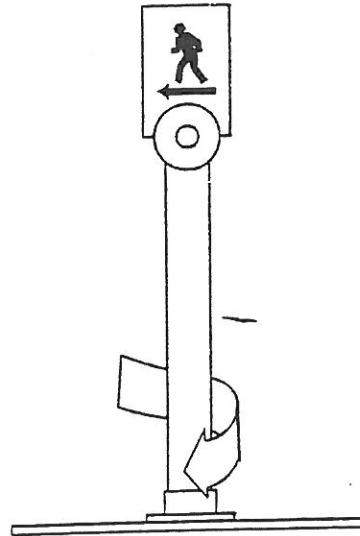
There is no assembly required. Simply place the pieces in the desired position on the course. The sidewalk should be positioned so that the corner pieces are used at the crosswalks. The lines on the sidewalk designate the curb, therefore the sidewalk should be positioned so the line is facing out from the house, garage and storefronts.



# SAFE MOVES CITY

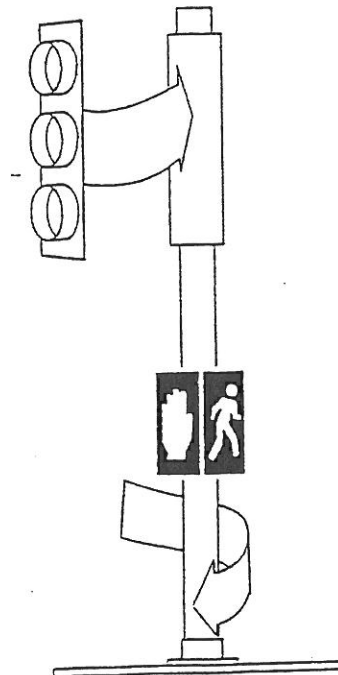
## PEDESTRIAN PUSH BUTTON

Place the pole into the base and turn clockwise until secure. Hand tighten only. Press the pedestrian symbol plate onto the push button box in the desired direction. The velcro strips will hold the symbol in place. The direction of the pedestrian symbol can be changed by simply flipping it over.



## TRAFFIC LIGHT & PEDESTRIAN SIGNAL

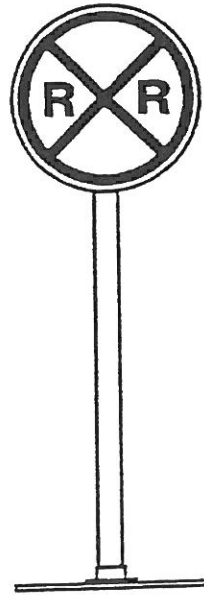
Place the pole into the base and turn clockwise until secure. Hand tighten only. Press the traffic light and pedestrian signal onto the pole at the flat plates with the velcro strips. The traffic light has two sliding panels that are used to expose the desired signal. The pedestrian signal requires you to move the door from side to side to reveal the "WALK" or "DON'T WALK" symbols.



# SAFE MOVES CITY

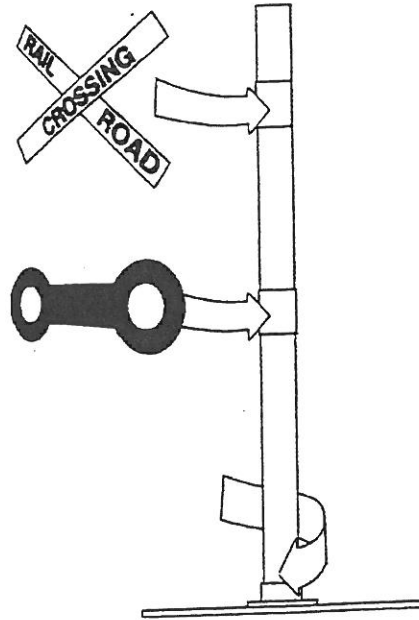
## RAILROAD CROSSING SIGN

Place the pole into the base and turn clockwise until secure. Hand tighten only. To finish assembly, press the railroad crossing sign onto the flat plate with the velcro strip. The velcro will hold the sign in place.



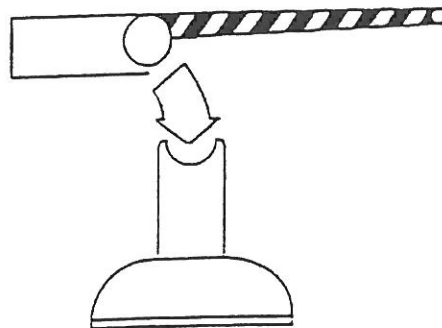
## RAILROAD FLASHING SIGNAL

Place the pole into the base and turn clockwise until secure. Hand tighten only. To finish assembly, press the railroad cross and the flashing light pieces to the flat plates with the velcro strips. The velcro will hold the pieces in place.



## RAILROAD CROSSING GATE

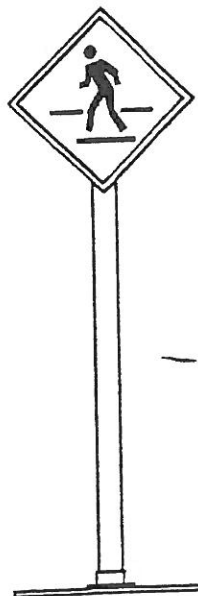
Place the base of the railroad gate on the ground and place the crossing gate wheels in the base saddle. The crossing gate arm will move up and down. The crossing gate will stay in whatever position you place it.



# SAFE MOVES CITY

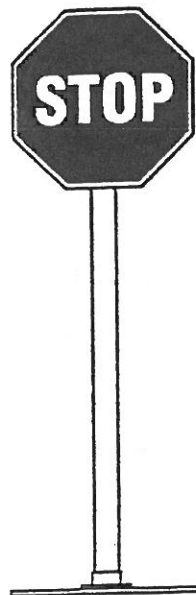
## PEDESTRIAN CROSSWALK SIGN

Place the pole into the base and turn clockwise until secure. Hand tighten only. To finish assembly, press the pedestrian cross walk sign to the flat plate with the velcro strip. The velcro will hold the sign in place.



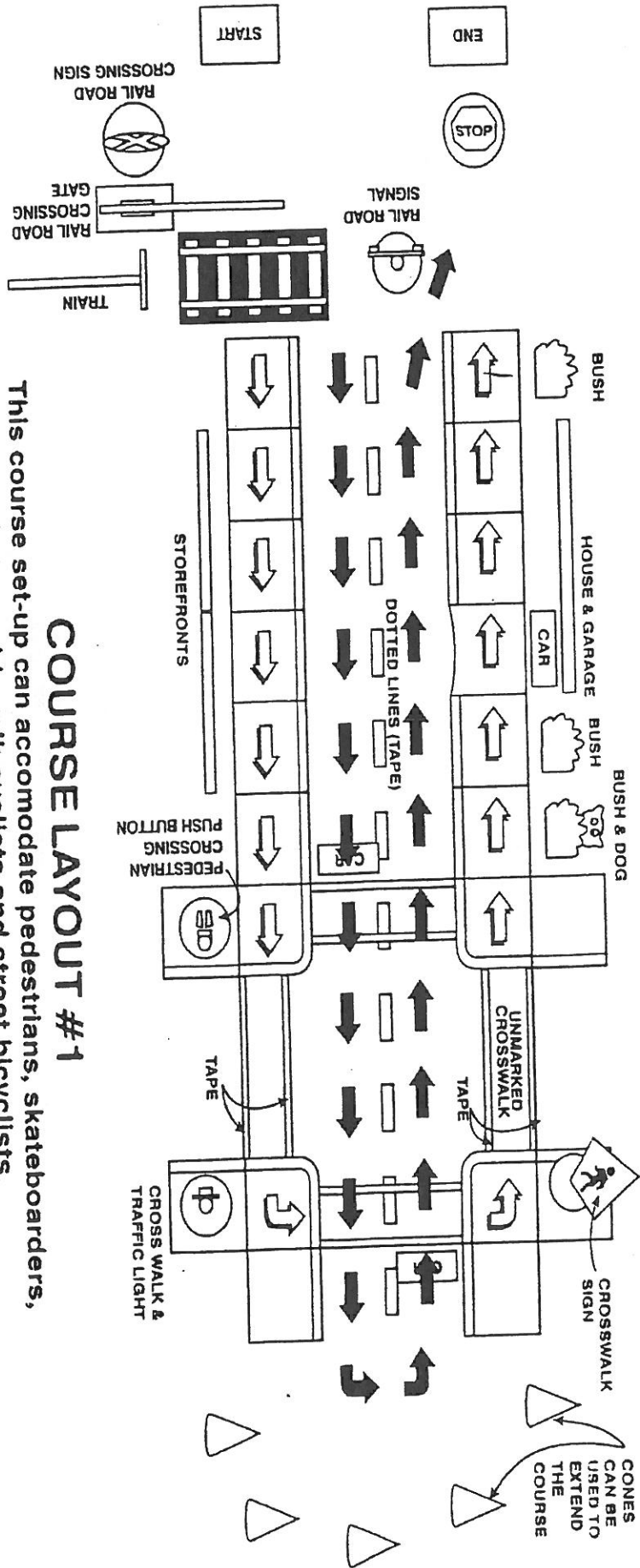
## STOP SIGN

Place the pole into the base and turn clockwise until secure. Hand tighten only. To finish assembly, press the stop sign to the flat plate with the velcro strip. The velcro will hold the sign in place.

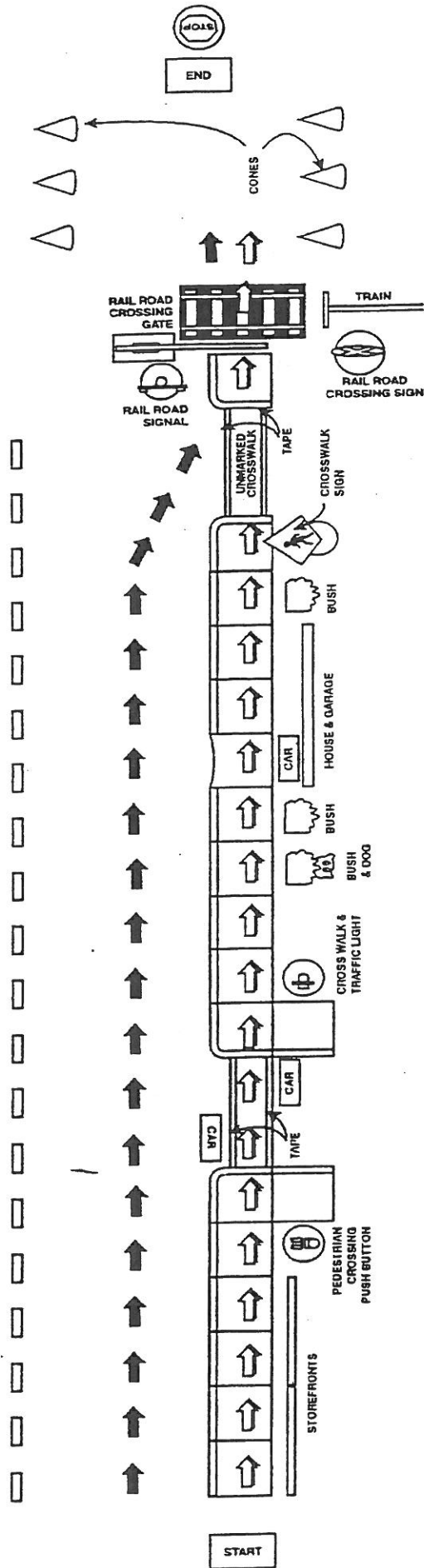


KEY:  
 SIDEWALK ROUTE  
 STREET ROUTE

**COURSE LAYOUT #1**  
 This course set-up can accommodate pedestrians, skateboarders, skaters, sidewalk cyclists and street bicyclists.  
 Use the dotted line street markings for street bicyclists.







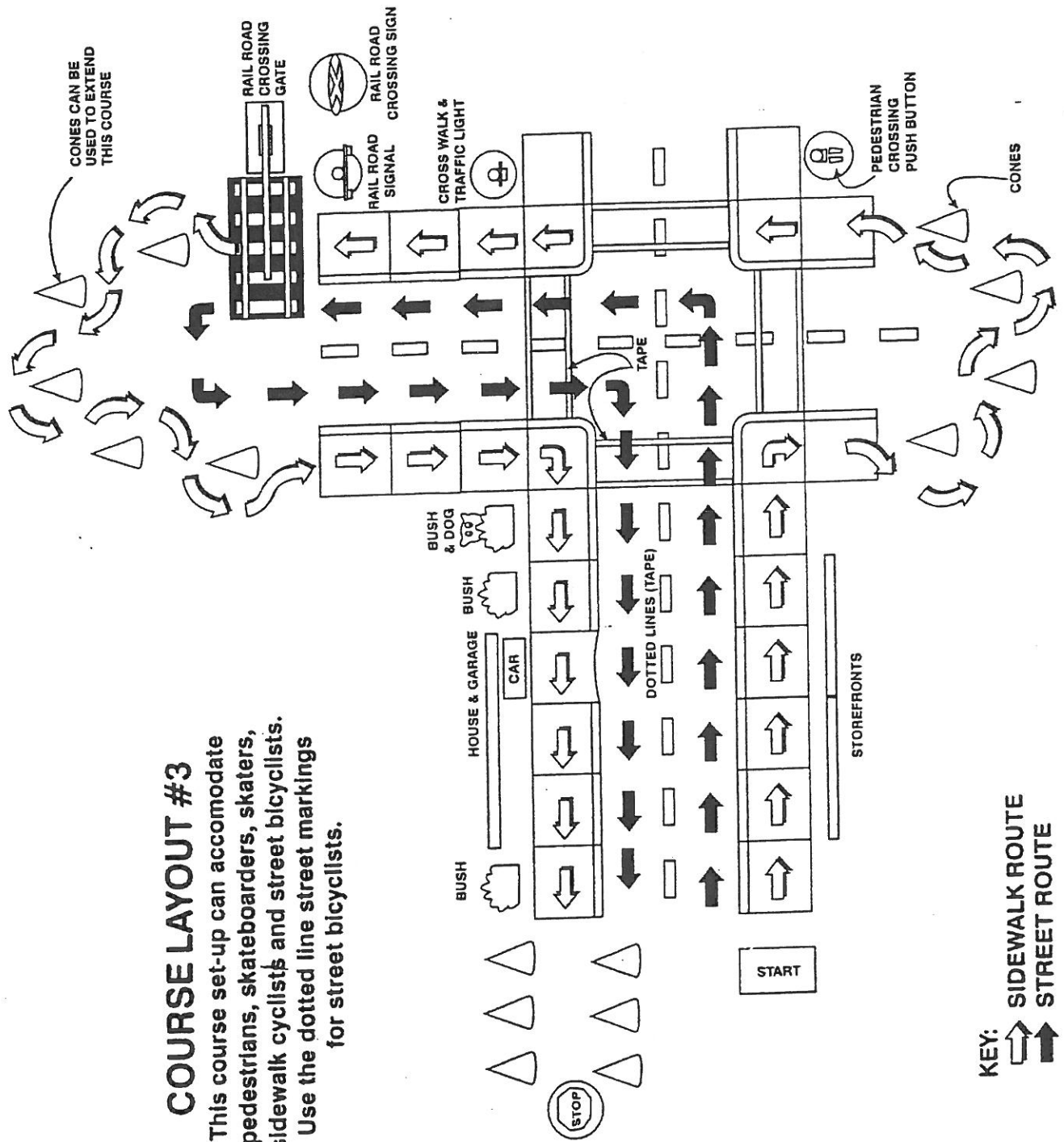
## COURSE LAYOUT #2

This course set-up can accommodate pedestrians, skateboarders, skaters, sidewalk cyclists and street bicyclists. Use the dotted line street markings for street bicyclists.

- KEY:
-  SIDEWALK ROUTE
  -  STREET ROUTE

### COURSE LAYOUT #3

This course set-up can accommodate pedestrians, skateboarders, skaters, sidewalk cyclists and street bicyclists. Use the dotted line street markings for street bicyclists.





# **Traffic Safety Rodeo Lesson Plans**

\* Content is adjusted depending on the age of the child.



## Comments from "Safe Moves City" Participants

"The safety course is the most unique teaching tool I have ever seen. The kids loved it."

*Andrea Norton, Principal, Monte Vista Elementary School*

"When I was a kid all we had were cones and chalk. All I learned with cones and chalk was how to swerve around cones. A realistic course is the best way to teach kids traffic safety."

*Don Pedersen, driving school instructor*

"It looked like so much fun, I was tempted to get on a bike myself."

*Peter Johnson, parent*

"When my kids wanted to go to the bike rodeo, I thought what is so exciting about a bunch of cones and chalk. Wow! Rodeos have certainly changed since I was a kid."

*Stu Muskowitz, father*

"Training kids on traffic safety in a realistic setting is the only way to go. Thanks, Safe Moves"

*Carol Flynn, City of Lakewood*

"This rodeo is hard. I bet my dad couldn't make it through without making a mistake."

*Allie Michaels, student, age 12*

Traffic safety is often taught in a boring, negative way. "Safe Moves City" changes the entire concept of traffic safety education."

*Officer Wade Taylor, Burbank Police Department*

"My students have not stopped talking about the course. They understood that the law says you must ride on the right, but now that they have cycled through the course, they now understand why it is dangerous to ride on the left side of the street. The demonstration was incredibly effective."

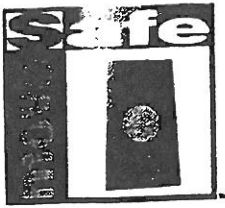
*Peggy Copeland, Principal, Miller Elementary School*

"It is the only way to teach traffic safety."

*Sharon Lee, Principal, Ranchito Elementary School*

"Cool."

*Allen Johnson, Student, age 11*



## Traffic Safety Rodeo Lesson Plans for Sidewalk Bicyclists

### **Bicycle Helmet**

- Proper fit and adjustment

### **Bicycle**

- Checklist (brakes, seat, handlebars, reflectors, kick stand, etc)
- Proper fit

### **Proper Clothing**

- Closed toed shoes (laces tied)
- Avoid baggy pants
- Avoid loose bracelets and/or necklaces
- Properly secured back pack
- No sharp objects in pockets
- No jackets/sweaters tied around waist

### **Rail/Train Safety**

- Identification of railroad crossing signals
- Performance of tasks necessary to cross railroad tracks
- Identification of potential hazards at railroad crossing.

### **Intersections**

- Identification of traffic signs, traffic signals, corners, crosswalks, traffic, traffic conditions, right-of-way
- Performance of tasks necessary to cross the street
- Recognition of hazardous situations
- Turning cars
- Marked and unmarked crosswalks
- Eye contact with motorists
- Identification of dangers crossing mid-block

### **Neighborhoods**

- Identification of hazardous situations (dogs, pedestrians, skaters, skateboarders, alleyways, driveways, strangers, gangs)

### **Business/Shopping Area**

- Identification of potential hazards
- Safe moves in parking lots

### **Safe Places to Ride**

- Identification of safe places to ride

### **Driveways**

- Identification of hazards in and around driveways
- Identify a vehicle as pulling out or in
- Identification of hazards of passing driveways
- Identification of hazard of riding into the street from the driveway



### **Large Vehicles (truck and emergency vehicles)**

- Identification of hazards
- Safe moves to make around large vehicles

### **Causes of Bicycle Collisions**

- Identification and avoidance

### **School Sites**

- Bicycle policy
- Bicycle lockers/storage

### **Cycling Skills**

- Braking (flat surface, hill and during an emergency)
- Steering
- Balancing
- Getting on and off the bicycle
- Group riding

**Note:** All lesson plans are adjusted to the age and abilities of the child/teen participating in the rodeo.



## Traffic Safety Rodeo Lesson Plans for Street Bicyclists

### **Bicycle Helmet**

- Proper fit and adjustment

### **Bicycle**

- Maintenance checklist
- Proper fit

### **Proper Clothing**

- Shoes (laces tied)
- Avoid baggy pants
- Avoid loose bracelets and/or necklaces
- Properly secured back pack
- No sharp objects in pockets
- No jackets/sweaters tied around waist

### **Rail/Train Safety**

- Identification of railroad crossing signals
- Performance of tasks necessary to cross railroad tracks
- Identification of potential hazards at railroad crossing

### **Intersections**

- Identification of traffic signs, traffic signals, corners, crosswalks, traffic, traffic conditions, right-of-way
- Performance of tasks necessary to cross an intersection
- Recognition of hazardous situations
- Turning cars
- Marked and unmarked crosswalks
- Eye contact with motorists
- Identification of dangers crossing mid-block
- Bike lanes and routes
- Left and right hand turns

### **Neighborhoods**

- Identification of hazardous situations (dogs, pedestrians, skaters, skateboarders, alleyways, driveways, strangers, gangs)

### **Business/Shopping Area**

- Identification of potential hazards
- Safe moves in parking lots

### **Safe Places to Ride**

- Lane position
- Class I, II and III bike facilities



### **Driveways**

- Identification of hazards in and around driveways
- Identify a vehicle as pulling out or in
- Identification of hazards of passing driveways
- Identification of hazard of riding into the street from the driveway

### **Large Vehicles (truck and emergency vehicles)**

- Identification of hazards
- Safe moves to make around large vehicles

### **Parked Cars (parallel and diagonal)**

- Identification of hazards

### **Causes of Bicycle Collisions**

- Identification and avoidance

### **School Sites**

- Bicycle policy
- Bicycle lockers/storage

### **Cycling Skills**

- braking (flat surface, hill and during an emergency)
- left shoulder check
- steering
- group riding

**Note:** All lesson plans are adjusted to the age and abilities of the child/teen participating in the rodeo.





## **Traffic Safety Rodeo Lesson Plans for Pedestrians**

### **Rail/Train Safety**

- Identification of railroad crossing signals
- Performance of tasks necessary to cross railroad tracks
- Identification of potential hazards at railroad crossing

### **Intersections**

- Identification of traffic signs, traffic signals, corners, crosswalks, traffic, traffic conditions, right-of-way
- Performance of tasks necessary to cross the street
- Recognition of hazardous situations
- Turning cars
- Marked and unmarked crosswalks
- Eye contact with motorists
- Identification of dangers crossing mid-block

### **Neighborhoods**

- Identification of hazardous situations (dogs, sidewalk cyclists, skaters, skateboarders, alleyways, driveways, strangers, gangs)

### **Business/Shopping Area**

- Identification of potential hazards
- Safe moves in parking lots

### **Safe Places to Walk/Play**

- Identification of safe places to walk

### **Driveways**

- Identification of hazards in and around driveways
- Identify a vehicle as pulling out or in
- Identification of hazards of passing driveways
- Identification of hazard of walking into the street from the driveway

### **Large Vehicles truck and emergency vehicles)**

- Identification of hazards
- Safe moves to make around large vehicles

### **Ice Cream Truck**

- Identification of hazards
- Safe moves to make around ice cream trucks

### **Causes of Pedestrian Collisions**

- Identification and avoidance

### **School Sites**

- Understanding of drop-off and pick-up zones
- School bus (entering and exiting)
- Crossing guards

**Note:** All lesson plans are adjusted to the age and abilities of the child/teen participating in the rodeo.



## Pedestrian Evaluation

- |  | Yes                      | No                       |
|--|--------------------------|--------------------------|
| 1. Can the pedestrian recognize the purpose of railroad crossing signals?                              | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Can the pedestrian perform all tasks necessary to cross the railroad tracks safely?                 | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Can the pedestrian identify potential hazards at the railroad crossing?                             | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Can the pedestrian identify the crosswalk sign?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Can the pedestrian safely avoid an obstacle on the sidewalk?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Does the pedestrian stop (completely) at the corner with a stop sign?                               | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Can the pedestrian perform all the tasks necessary to cross the street safely?                      | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Can the pedestrian identify the potentially dangerous cars at the intersection?                     | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Before crossing the street, does the pedestrian look in all directions and go only when it is safe? | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Does the pedestrian watch traffic while crossing the street?                                       | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Can the pedestrian be encouraged to cross mid-block?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Does the pedestrian react to a ball entering the street?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. Can the pedestrian identify the hazards of an ice cream truck?                                     | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. Can the pedestrian identify the hazards at the bus stop?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. Can the pedestrian identify the hazards of large vehicles?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 16. Can the pedestrian identify the potential hazards of driveways?                                    | <input type="checkbox"/> | <input type="checkbox"/> |
| 17. Can the pedestrian recognize if a car is backing out of the driveway or turning into a driveway?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 18. Does the pedestrian stop at a red light?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 19. Can the pedestrian perform the necessary tasks involved with crossing the street safely?           | <input type="checkbox"/> | <input type="checkbox"/> |
| 20. Does the pedestrian watch for traffic turning right and left?                                      | <input type="checkbox"/> | <input type="checkbox"/> |
| 21. Does the pedestrian recognize the hazards of an alleyway and parking lot entrance & exit?          | <input type="checkbox"/> | <input type="checkbox"/> |

Student's Name: \_\_\_\_\_ School: \_\_\_\_\_ Grade: \_\_\_\_\_



## Street Cyclist Evaluation

- |  | Yes                      | No                       |
|--|--------------------------|--------------------------|
| 1. Does the cyclist know how to properly fit his or her bicycle helmet?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Can the cyclist name the parts of the bicycle that need to be checked before riding?                          | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Can the cyclist identify improper attire to wear when cycling?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Can the cyclist identify potential hazards at the railroad crossing?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Can the cyclist maneuver safely across railroad tracks?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Does the cyclist identify the correct side of the street to ride on?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Can the cyclist safely avoid an obstacle in the street?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Can the cyclist maintain his/her line in the street?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Does the cyclist stop (completely) at an intersection with a stop sign?                                       | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. If stopped at the intersection, is the cyclist in the proper lane?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Before crossing the street, does the cyclist look in all directions and go only when it is safe?             | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Can the cyclist identify the potentially dangerous cars at the intersection?                                 | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. Can the cyclist identify which car has the right-of-way?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. Can the cyclist maintain their line through the intersection?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. Can the cyclist ride single file with other cyclists and maintain a safe distance from the cyclist in front? | <input type="checkbox"/> | <input type="checkbox"/> |
| 16. Can the cyclist identify the potential hazards of driveways?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 17. Can the cyclist recognize if a car is backing out of the driveway or turning into a driveway?                | <input type="checkbox"/> | <input type="checkbox"/> |
| 18. Can the cyclist perform a left shoulder check without losing his/her line?                                   | <input type="checkbox"/> | <input type="checkbox"/> |
| 19. Does the cyclist stop at a red light?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 20. Is the cyclist in the proper position in the bike lane for going straight through the intersection?          | <input type="checkbox"/> | <input type="checkbox"/> |
| 21. Is the cyclist in the proper position to make a left hand turn?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 22. Is the cyclist in the proper position to make a right hand turn?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 23. Can the cyclist perform all tasks needed to make a left hand turn from the street?                           | <input type="checkbox"/> | <input type="checkbox"/> |
| 24. Can the cyclist perform all tasks needed to make a right hand turn from the street?                          | <input type="checkbox"/> | <input type="checkbox"/> |



Street Cyclist Evaluation  
page 2

- 25. Does the cyclist recognize the hazard of an alleyway and parking lot entrance & exit?
- 26. Does the cyclist watch for traffic turning right and left?
- 27. Does the cyclist watch for pedestrians crossing mid-block and in the crosswalk?
- 28. Can the cyclist ride in a controlled manner in the bike lane?
- 29. Is the cyclist in the proper position in the bike lane for going straight through the intersection?
- 30. What does the cyclist do when approaching a parked car?
- 31. Does the cyclist know that it is against the law to ride bicycles on the sidewalk in business districts?

Student's Name: \_\_\_\_\_ School: \_\_\_\_\_ Grade: \_\_\_\_\_



## Sidewalk Cyclist Evaluation

- |  | Yes                      | No                       |
|--|--------------------------|--------------------------|
| 1. Does the cyclist know how to properly fit his or her bicycle helmet?                              | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Can the cyclist name the parts of the bicycle that need to be checked before riding?              | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Can the cyclist identify improper attire to wear when cycling?                                    | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Can the cyclist identify potential hazards at the railroad crossing?                              | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. Can the cyclist maneuver safely across railroad tracks?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. Can the cyclist identify the crosswalk sign?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. Can the cyclist safely avoid an obstacle in the sidewalk?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 8. Can the cyclist ride in a straight line?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. Does the cyclist stop (completely) at the corner with a stop sign?                                | <input type="checkbox"/> | <input type="checkbox"/> |
| 10. Can the cyclist perform all the tasks necessary to cross the street safely?                      | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. Before crossing the street, does the cyclist look in all directions and go only when it is safe? | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. Can the cyclist identify the potentially dangerous cars at the intersection?                     | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. Does the cyclist know what to do when approaching a pedestrian?                                  | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. Does the cyclist watch traffic while crossing the street?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 15. Can the cyclist identify the potential hazards of driveways?                                     | <input type="checkbox"/> | <input type="checkbox"/> |
| 16. Can the cyclist recognize if a car is backing out of the driveway or turning into a driveway?    | <input type="checkbox"/> | <input type="checkbox"/> |
| 17. Can the cyclist perform a left shoulder check without losing control of his/her bike?            | <input type="checkbox"/> | <input type="checkbox"/> |
| 18. Does the cyclist stop at a red light?  | <input type="checkbox"/> | <input type="checkbox"/> |
| 19. Does the cyclist watch for traffic turning right and left?                                       | <input type="checkbox"/> | <input type="checkbox"/> |
| 20. Can the cyclist identify when it is safe to cross?   | <input type="checkbox"/> | <input type="checkbox"/> |
| 21. Does the cyclist recognize the hazard of an alleyway and parking lot entrance & exit?            | <input type="checkbox"/> | <input type="checkbox"/> |
| 22. Does the cyclist watch for traffic turning right and left?                                       | <input type="checkbox"/> | <input type="checkbox"/> |
| 23. Does the cyclist watch for pedestrians crossing in the crosswalk?                                | <input type="checkbox"/> | <input type="checkbox"/> |



Sidewalk Cyclist Evaluation  
page 2

24. Does the cyclist know how to safely enter the sidewalk from a driveway?
25. Does the cyclist know that it is against the law to ride bicycles on the sidewalk in business districts?

<input type="checkbox"/>	<input type="checkbox"/>
<input type="checkbox"/>	<input type="checkbox"/>

Student's Name: \_\_\_\_\_ School: \_\_\_\_\_ Grade: \_\_\_\_\_



## Bicyclist Post Program Test

- |   | True                     | False                    |
|---|--------------------------|--------------------------|
| 1. Buying a bicycle that is a little bigger is all right because you will grow into it.                     | <input type="checkbox"/> | <input type="checkbox"/> |
| 2. Bright-colored clothing works well at night.   | <input type="checkbox"/> | <input type="checkbox"/> |
| 3. Helmets are only needed by bicycle racers.   | <input type="checkbox"/> | <input type="checkbox"/> |
| 4. Loose clothing and shoe laces can easily catch in pedals, chains, or wheels.                             | <input type="checkbox"/> | <input type="checkbox"/> |
| 5. The first step to cross a railroad track is to look right and left.                                      | <input type="checkbox"/> | <input type="checkbox"/> |
| 6. When riding in traffic, a bicyclist should keep to the right.  | <input type="checkbox"/> | <input type="checkbox"/> |
| 7. A bicyclist should give proper hand signals before turning or stopping.                                  |                          |                          |
| 8. A bicyclist should not carry things in his hands when riding.  | <input type="checkbox"/> | <input type="checkbox"/> |
| 9. A flashing "hand" sign means, "Don't Start."   |                          |                          |
| 10. A good way to lock your bicycle is to put a chain through the wheels, frame, and around a fixed object. | <input type="checkbox"/> | <input type="checkbox"/> |
| 11. A solid "pedestrian" sign means "Walk."   | <input type="checkbox"/> | <input type="checkbox"/> |
| 12. A white reflector is needed at the back of a bicycle.   | <input type="checkbox"/> | <input type="checkbox"/> |
| 13. A bicycle is a vehicle.   | <input type="checkbox"/> | <input type="checkbox"/> |
| 14. Bicycling takes at least as much skill as driving a car.  | <input type="checkbox"/> | <input type="checkbox"/> |

Your Name: \_\_\_\_\_ School: \_\_\_\_\_ Grade: \_\_\_\_\_

