WHEELS WEEK DETAILS

**Helmets required for all students.** Please check to make sure the helmet fits and is adjusted properly. If you do not have a helmet you should think about buying one. We have some helmets if a student needs to borrow.

**Put your child’s name on their helmet.** Helmets will be kept above cubbies or in locker. Put all wrist guards, pads and skates in a bag. Equipment will be stored in the classroom, locker or cubby. If you bring a bike you must lock it up outside, you are responsible to lock your bike. **NO BIKES ALLOWED IN GYM.**

*****Put your child’s name on ALL equipment.******

**Volunteers needed for Grades 1-4.**

Grade 1
- Scooters **ONLY**.

Grade 2
- Scooters.
- Skates & skateboards (**wrist guards required**)
  - Must be **self sufficient** on how to put on.
- **NO** Bikes.

Grade 3-8
- Scooters.
- Bikes. **AT YOUR OWN RISK.** Lock them up outside.
- Skates, skateboards and ripstiks (**wrist guards required**).

**Wrist guards:** we never have enough. Please bring your own if you are bringing skates, skate board or ripstik.

SCHOOL EQUIPMENT: Students may borrow school equipment. We expect that all school equipment is treated with respect. Things students may borrow: helmet, skate board, ripstik, bike, scooters and in-line skates.

**WHEELS WEEK VALUES**

This is a learning based activity.

**HEART SAFE-BODY SAFE**

- **Respect others and equipment.**
- **Safety**
  - Wear proper safety gear.
  - Safety check.
  - Know how to stop.
  - Know the rules of trail/road.
- **Participate**
  - Try, learn, enjoy.
- **Teach**
  - Share your talents.
  - Encourage & help others.
CHECK LIST - Reminders to parents

Things YOU should do two weeks prior to wheels week

- **Label** everything. Use masking tape & sharpie.
- **Helmet:** adjust for proper fitting and put name on it. 2- V -1 see diagram at bottom.
- **Equipment:** check for lose bolts, proper height, wheels pumped up, brakes, chains oiled...
- **Discuss:** safety rules for trails, streets and why PE requires all safety gear.

Important Information when using bikes, skates, skateboards...

- Always wear closed toe shoes and tie laces.
- Check equipment before use.
- Keep clothing away from wheels.
- Wear safety gear. Make sure you wear it properly.

Safety Facts

- Universal bicycle helmet use by children ages 4 to 15 would prevent 39,000 to 45,000 head injuries, and 18,000 to 55,000 scalp and face injuries annually.
- Bicycle helmets are **85-88 percent effective in mitigating head and brain injuries**, making the use of helmets the single most effective way to reduce head injuries and fatalities resulting from bicycle crashes.
- Despite the fact that 70 to 80 percent of all fatal bicycle crashes involve head injuries, only 18 percent of all bicyclists wear bicycle helmets.
- Nationally bicyclists ages 14 and under are at five times greater risk for injury than older cyclists.
- In-line skating facts: The wrist is the most frequently injured body part, making up 37 percent of all injuries, and two-thirds of wrist injuries are fractures.

Resources

http://www.minnesotasafetycouncil.org/bicycle/rules/mnlaws.cfm
http://www.bikemn.org/education/minnesota-bicycle-laws