

## 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. **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.
- 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 loose bolts, proper height, wheels pumped up, brakes, chains oiled...
- **Discuss**: safety rules for trails, streets and why PE requires all safety gear.

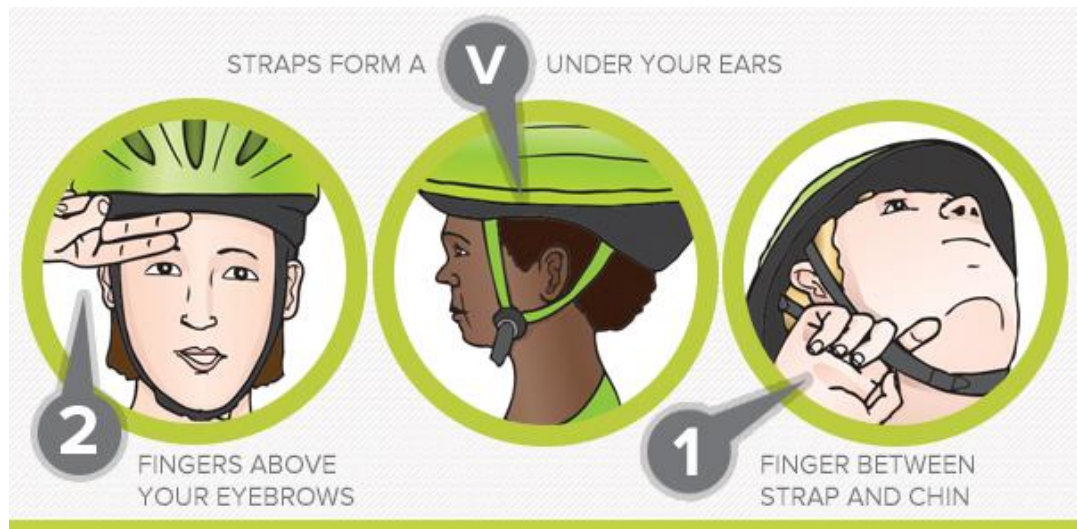
## Important Information when using bikes, skates, skateboards...

- 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

<https://one.nhtsa.gov/people/injury/pedbimot/bike/KidsandBikeSafetyWeb/index.htm>

<http://www.minnesotasafetycouncil.org/bicycle/rules/mnlaws.cfm>

<http://www.bikemn.org/education/minnesota-bicycle-laws>