



CITY OF  
ELK GROVE

# Cycle Quest



The Safe Biking Adventure Book





This workbook was produced by the City of Elk Grove with funding from the California Office of Traffic Safety through the National Highway Traffic Safety Administration and is intended to be used by elementary school students and their caregivers.

For more information about what Elk Grove is doing to make biking safer for people of all ages and abilities, visit [www.elkgrovecity.org/CycleQuest](http://www.elkgrovecity.org/CycleQuest).

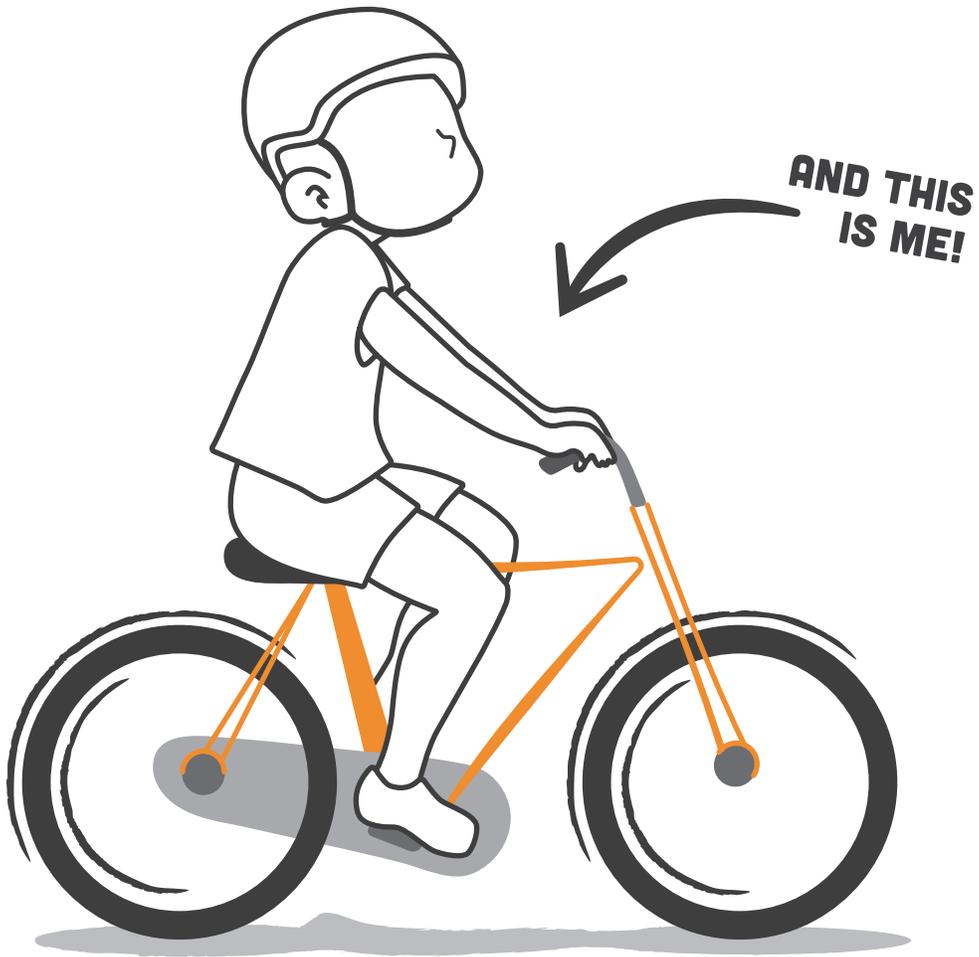
Scan the QR code to learn more about the workbook and how to use it.



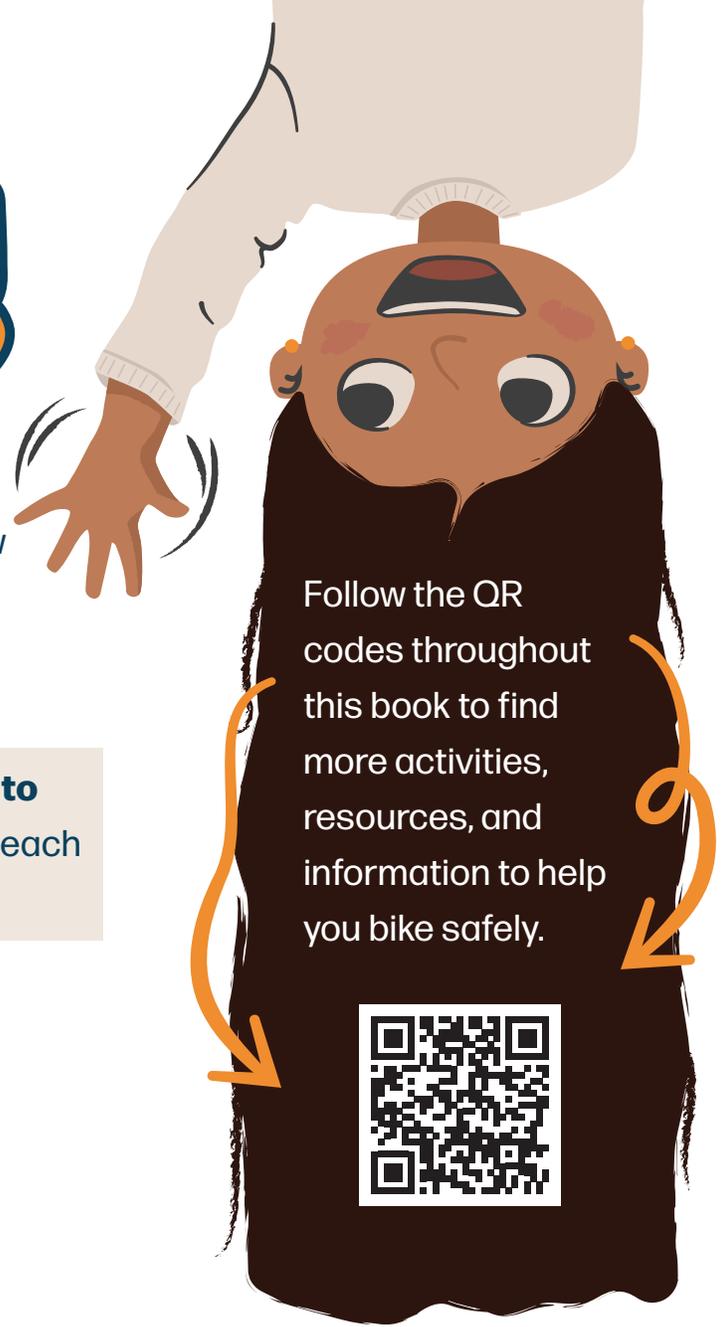
Created by  
**TOOLE**  
DESIGN

**THIS BOOK BELONGS TO:**

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# HEY KIDS!



**This book is for YOU!** It will help you learn how to bike safely in Elk Grove. You can complete these activities with a friend, with your family, or on your own.

**On page 20 you will see a map of your route to become a Super Safe Biker.** As you complete each activity, head to the map to check off each stop.

Once you've completed the route and the workbook, **take the final quiz** at [www.elkgrovecity.org/CycleQuest](http://www.elkgrovecity.org/CycleQuest). Everybody who completes the quiz has a chance to win a **prize!**

Follow the QR codes throughout this book to find more activities, resources, and information to help you bike safely.



## HAVE FUN AND GOOD LUCK!

### **HEY GROWN-UPS!**

**You are your child's role model.** Caregivers like you should demonstrate safe behaviors, both on and off a bike. **Look for the "Hey Grown-Ups!" boxes throughout this workbook for special tips and tricks you can use to help keep your young biker safe.**

Safe biking behaviors can help prevent your child and others from getting hurt. Plus, biking has been shown to lead to improved physical and mental health, cleaner air, and stronger community connections. **Amazing!**

You will ultimately decide when your child has the skills and experience needed to bike without supervision. Research shows that from ages seven to nine, children:

- » Still need **supervision when biking**. Their brains are still developing, and they may not be able to make good decisions quickly.
- » Are ready to **learn more complicated skills**.
- » Benefit from biking with **an adult who can explain more complex tasks**, such as where and when to cross a street.

# PRE-QUIZ

Before you start the workbook, let see how much you know about biking safely. Once you finish the workbook, take the quiz again on page 19 to see what you've learned!

**1** What is **not** one of the steps for making sure your bike helmet fits?

- |   |  |
|---|--|
| <input type="checkbox"/> Check your mouth | <input type="checkbox"/> Check your nose |
| <input type="checkbox"/> Check your eyes  | <input type="checkbox"/> Check your ears |

**2** What type of clothing should you wear when riding your bike?

- |  |  |
|--|--|
| <input type="checkbox"/> Dark clothing | <input type="checkbox"/> Brightly colored clothing |
| <input type="checkbox"/> A headband    | <input type="checkbox"/> Flip flops                |

**3** When should you begin thinking about your bike route?

- |  |  |
|--|--|
| <input type="checkbox"/> During your ride            | <input type="checkbox"/> After you've finished your ride |
| <input type="checkbox"/> Before you get on your bike | <input type="checkbox"/> When you're riding too fast     |

**4** What does the "B" stand for in "ABC Quick Check?"

- |                                  |                                  |
|----------------------------------|----------------------------------|
| <input type="checkbox"/> Bicycle | <input type="checkbox"/> Brakes  |
| <input type="checkbox"/> Brain   | <input type="checkbox"/> Bananas |

**5** What should you do before passing somebody while biking on a trail?

- |   |  |
|---|--|
| <input type="checkbox"/> Speed up                               | <input type="checkbox"/> Go to their right |
| <input type="checkbox"/> Ring your bell or say, "On your left!" | <input type="checkbox"/> Get off your bike |

**6** Number the three steps of crossing the street on your bike, and cross off the one that isn't true.

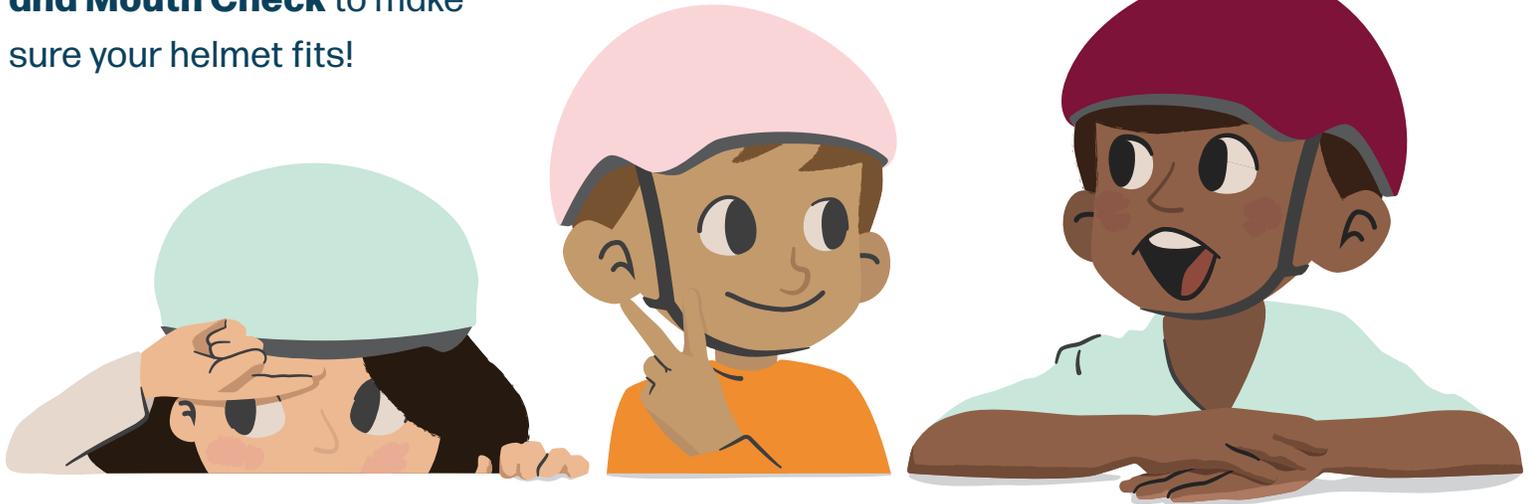
- |  |   |
|--|---|
| <input type="checkbox"/> Look left, right, and left again            | <input type="checkbox"/> Stop at the curb   |
| <input type="checkbox"/> Cross as soon as drivers start slowing down | <input type="checkbox"/> Make eye contact with drivers and cross in a straight line |

**7** When would you use a Rectangular Rapid Flashing Beacon?

- |   |   |
|---|---|
| <input type="checkbox"/> In art class           | <input type="checkbox"/> At a dance party                   |
| <input type="checkbox"/> When crossing a street | <input type="checkbox"/> To make your bike visible at night |

# HELMET FIT

**Always wear a helmet!** Your helmet can only protect your head if it fits correctly. Every time you ride, use the **Eyes, Ears, and Mouth Check** to make sure your helmet fits!



## CHECK YOUR EYES

Place the helmet on your head so that **two fingers** fit between your eyebrows and the helmet.

## SHAKE YOUR HEAD

If your helmet has a dial at the back, **tighten it until the helmet doesn't move** when you shake your head.

## CHECK YOUR EARS

Adjust the helmet straps to **create a "V"** directly under your ears.

## CHECK YOUR MOUTH

Adjust the helmet straps so **two fingers fit between your chin and the chin strap**. Or, open your mouth wide, the straps should feel snug against your chin.

## SUPER BIKER BONUS!



Watch a quick video to see the **Eyes, Ears, and Mouth Check** in action.

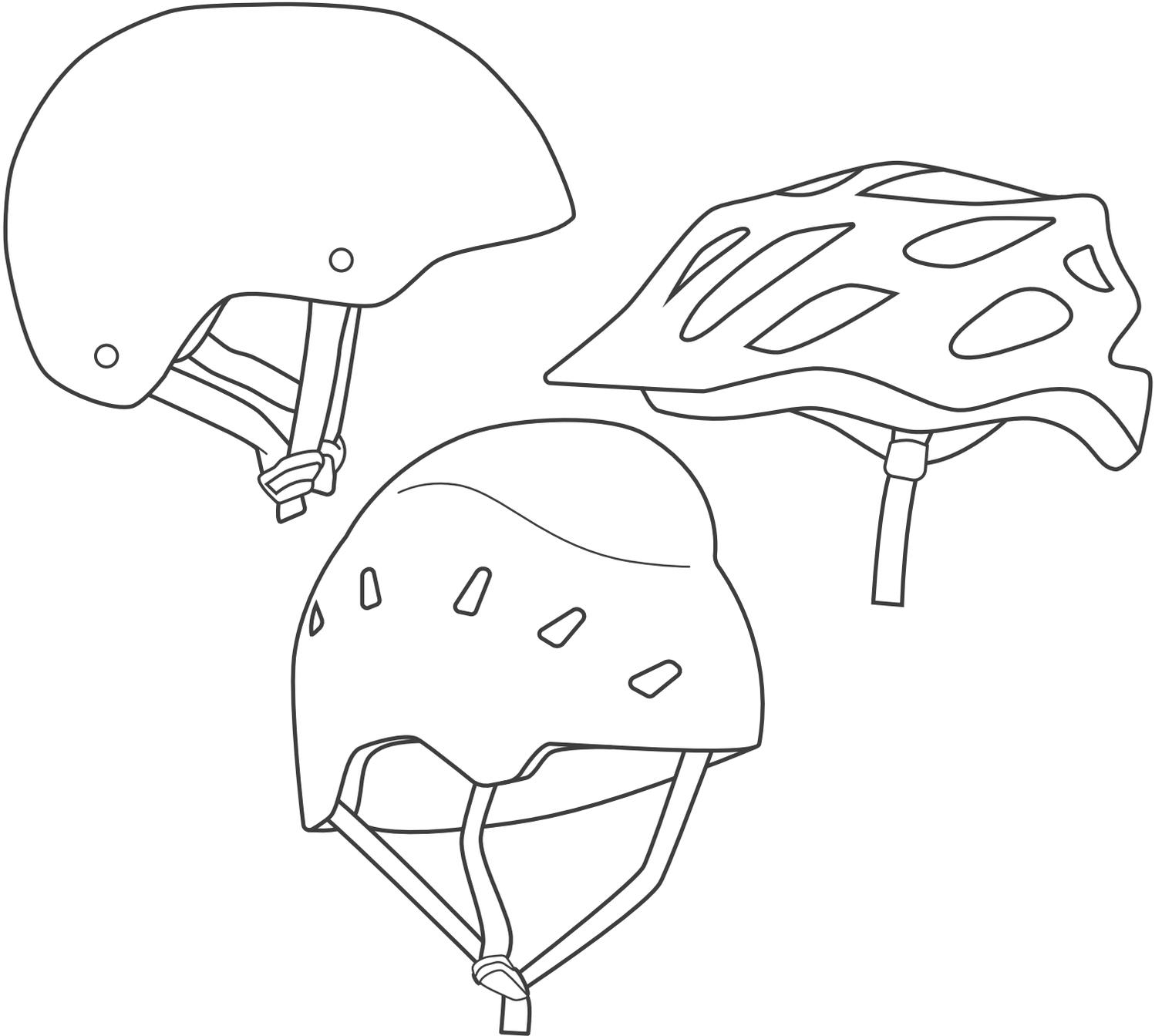


Do you wear a **patka** or **turban**? There are helmets made to keep you comfortable!



Do you have **afro-textured hair**? Check out these tips for keeping your head safe and your hair good.

**Color in the helmets below using your favorite colors, designs, or even your name.**



 **HEY GROWN-UPS!**

In California, if you are under 18, you must wear a helmet on a bike, skateboard, or scooter. If your student needs a helmet, **contact your school or the police department's non-emergency line to ask about free helmets.**

Set a good example for your young biker by always wearing your helmet too. Use the **Eyes, Ears, and Mouth Check** together with your child regularly to establish a healthy habit. They're growing, so you may need to adjust the helmet often!

# ABC QUICK CHECK

Is your bike ready to ride? Go through the **ABC Quick Check** checklist with an adult to make sure your bike is good to go before you head out.

## A IS FOR AIR.

Do your tires have enough air when you squeeze them? They should feel hard like a basketball.

## Q IS FOR QUICK RELEASE.

Gently try to open the quick release levers on the seat and wheels (if your bike has them).

**If it is tight, it is right!**

## CHECK.

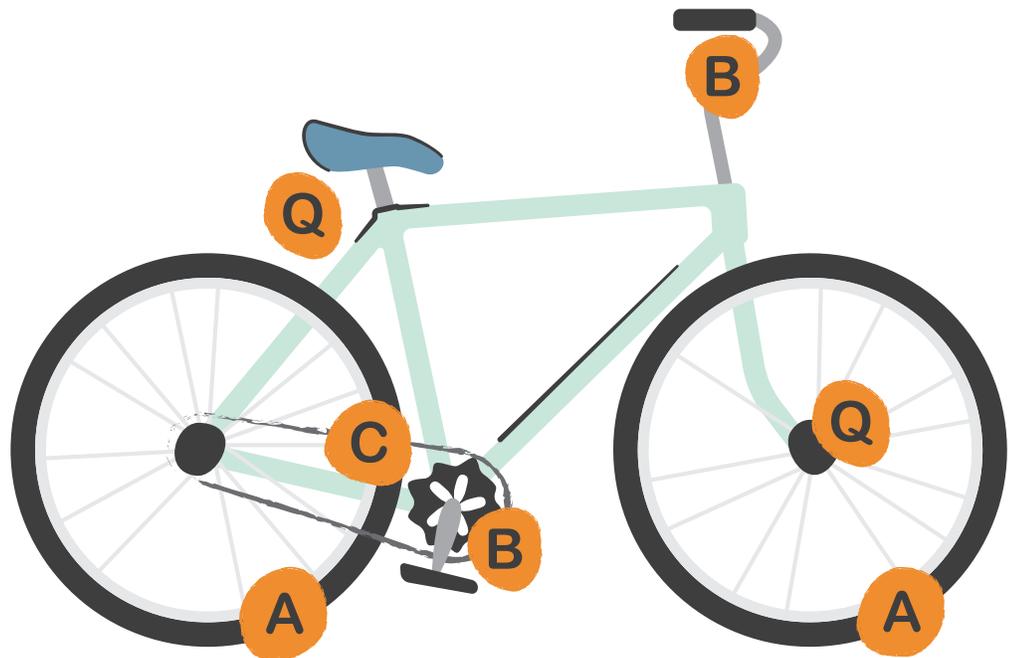
Take a brief ride around and check that shifting, pedaling, and braking works well. Listen for weird noises.

## B IS FOR BRAKES.

Do the brakes stop the bike when you pull the levers (for hand brakes) or pedal backwards (for coaster brakes)?

## C IS FOR CHAINS.

Is your chain oiled? Is your chain attached to the front chainring and back cogs?



## SUPER BIKER BONUS!

Check out a video to make sure you're doing the ABC Quick Check right and your bike is good to go.



I've completed the ABC Quick Check checklist with my child. **Their bike is ready to ride!**

Caregiver signature:

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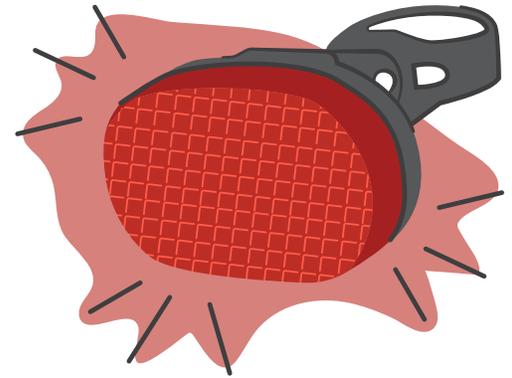
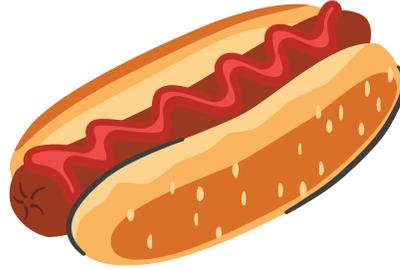
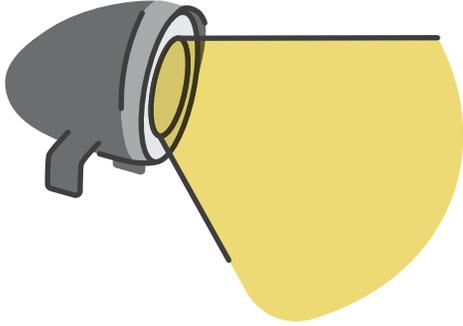
Date:

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# BE SEEN BE SAFE

It's hard to see in the dark! Everyone is safer when you are easy to see.

**Circle the equipment you could use to be visible on your bike at night or on cloudy days.**



## SUPER BIKER BONUS!

Want more ideas about how to be seen on your bike? Watch this video to learn more!



## HEY GROWN-UPS!

It's everybody's responsibility to watch out for each other no matter whether they are driving, biking, or walking. When talking about being visible as a bicyclist with your kids, emphasize that everyone has the responsibility to watch for others. Pay special attention when it's dark, rainy, or foggy, as that can make it harder to see.

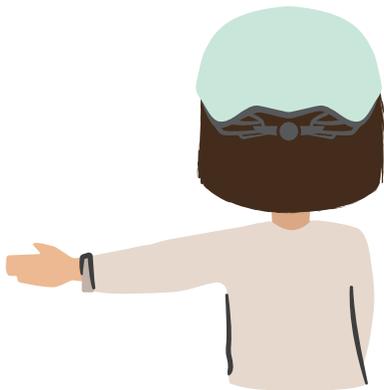
# HAND SIGNALS

To stay safe, everyone on the road needs to show each other where they are going. Cars use turn signals and bicyclists use hand signals.

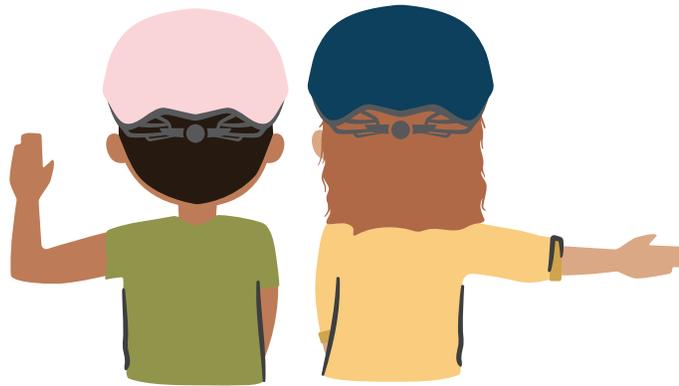
**Draw in the arms on stick figures to demonstrate the correct hand signals.**

## **HEY GROWN-UPS!**

Play Simon Says with your child to practice hand signals. It's a fun way to practice and get your child to think quickly.



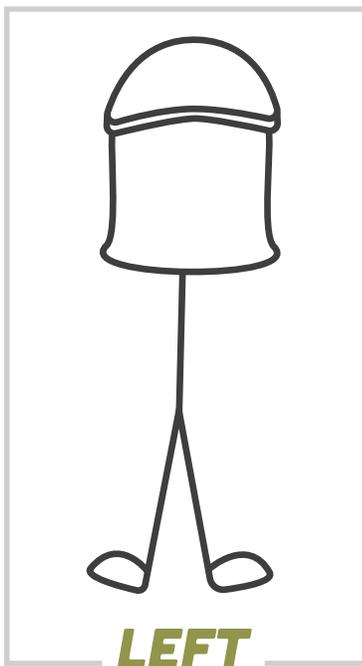
**LEFT**



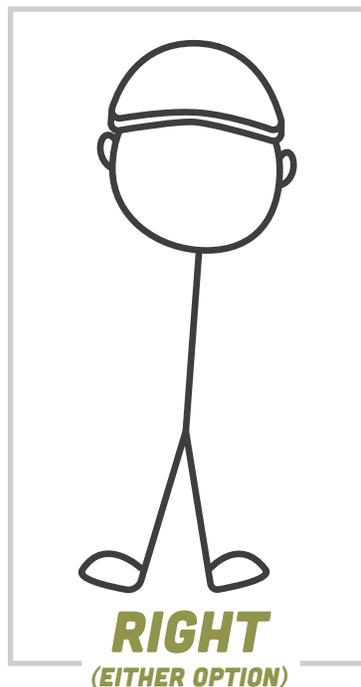
**RIGHT**  
(2 WAYS)



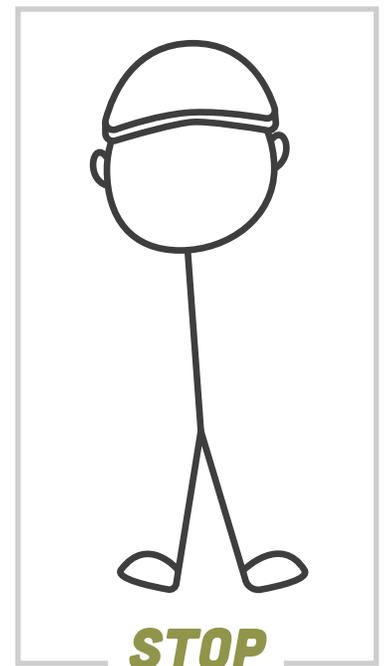
**STOP**



**LEFT**



**RIGHT**  
(EITHER OPTION)



**STOP**

## **SUPER BIKER BONUS!**

Want to see hand signals in action? Check out this short video to make sure you're doing it right.



# TRAFFIC SIGNS AND SIGNALS

There are lots of signs and signals that both drivers and bicyclists need to follow, so it's important to understand what they mean.

**Match each sign to its meaning. For extra fun, color in the signs using the right colors!**

## **HEY GROWN-UPS!**

Be sure to follow all traffic laws when you're biking with children. Stop at stop lights and stop signs. When you're in the car with your child, point out signs and signals, and demonstrate how they are used.



The arrow shows you which way traffic is traveling.

The number shows you how fast people driving cars can legally go.



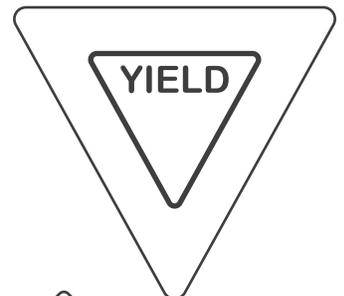
You can cross the street but always make sure to look both ways before you start!

Stop! Put one foot down and look both ways for traffic.



Slow down! Wait for a safe gap in traffic before continuing. You must let other cars, bicyclists, or pedestrians go first.

You can't bike here! This sign makes sure you aren't biking in the wrong direction.



Pedestrians are crossing the street. Get ready to slow down or stop if you see people crossing.



# RIDING SAFELY ON THE SIDEWALK

Depending on where you're riding and your skill level, the sidewalk might be the best place to ride, especially for kids and people learning to bike. Remember these tips to bike safely on the sidewalk:

- » **Sidewalks are mostly for people walking**, so use safe behaviors when you bike on the sidewalk. Go slowly when you are near other people. Get off your bike and walk if there are lots of people walking around you.
- » **Many crashes happen at intersections and driveways so be extra careful.** To stop at an intersection, put one foot on the ground and keep the other foot on the pedal. Look left-right-left. When there is a safe gap in traffic, push off.
- » **Be aware by listening and looking for turning cars.** At driveways, look and listen for vehicles that might be backing up. If you see a car leaving a driveway, wait until the driver “waves you across” before continuing.



## HEY GROWN-UPS!

It's legal to ride a bike on any sidewalk that has been designated as part of Elk Grove's bike route system (scan the QR code to check it out!). That said, it's up to you to decide where it's safest for your child to ride. If they are riding on the sidewalk, make sure they are riding slowly and give people walking the right-of-way!



Also, watch out for people on the sidewalk when you are driving and entering or leaving a driveway. Make sure to use extra caution when backing up your vehicle, and stay alert for people biking and walking!

**Mateo** is biking to the park. Sometimes Mateo makes the right choice. Sometimes he doesn't. The images below show Mateo's trip. For each pair of images, **circle the picture where Mateo's making the right choice and draw an X through the picture where he's not.**

*Write a note about what choice Mateo should make!*




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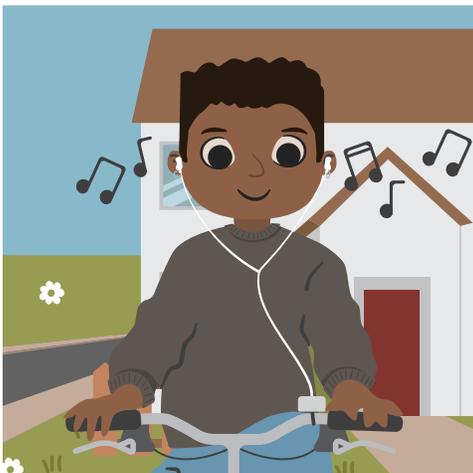

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# HOW TO CROSS THE STREET ON A BIKE

Remember these tips to make sure you cross the street safely on your bike:

- » **Look for a good place to cross.** If possible, cross at a pedestrian signal or Rectangular Rapid Flashing Beacon (RRFB).
- » **Stop at the curb if you're on the sidewalk or before the intersection if you're biking on the street.** Keep one foot on the ground and one foot on the pedal, ready to push off.
- » **Obey any signs or signals.** Learn more about what different signs and signals mean on page 8.
- » **Look left, right, and left again.** Make sure there is a gap in traffic or drivers are stopping. For roads with multiple lanes, make sure all the lanes are stopped before you cross.
- » **Make eye contact with drivers and cross in a straight line.** This helps make sure that they see you and that you get across the street safely!

**Connect the dots** to draw a RRFB. Then **read what's below the picture** to learn what to do.

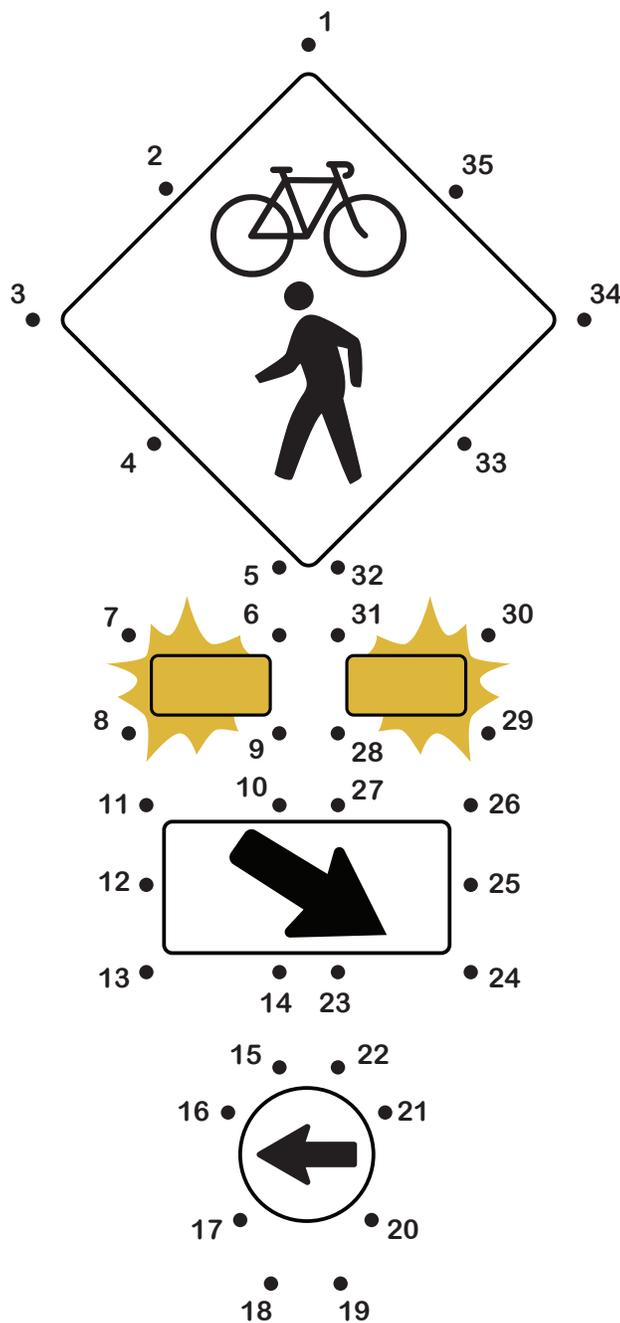
## SUPER BIKER BONUS!

Watch this video to learn how to cross at an RRFB.

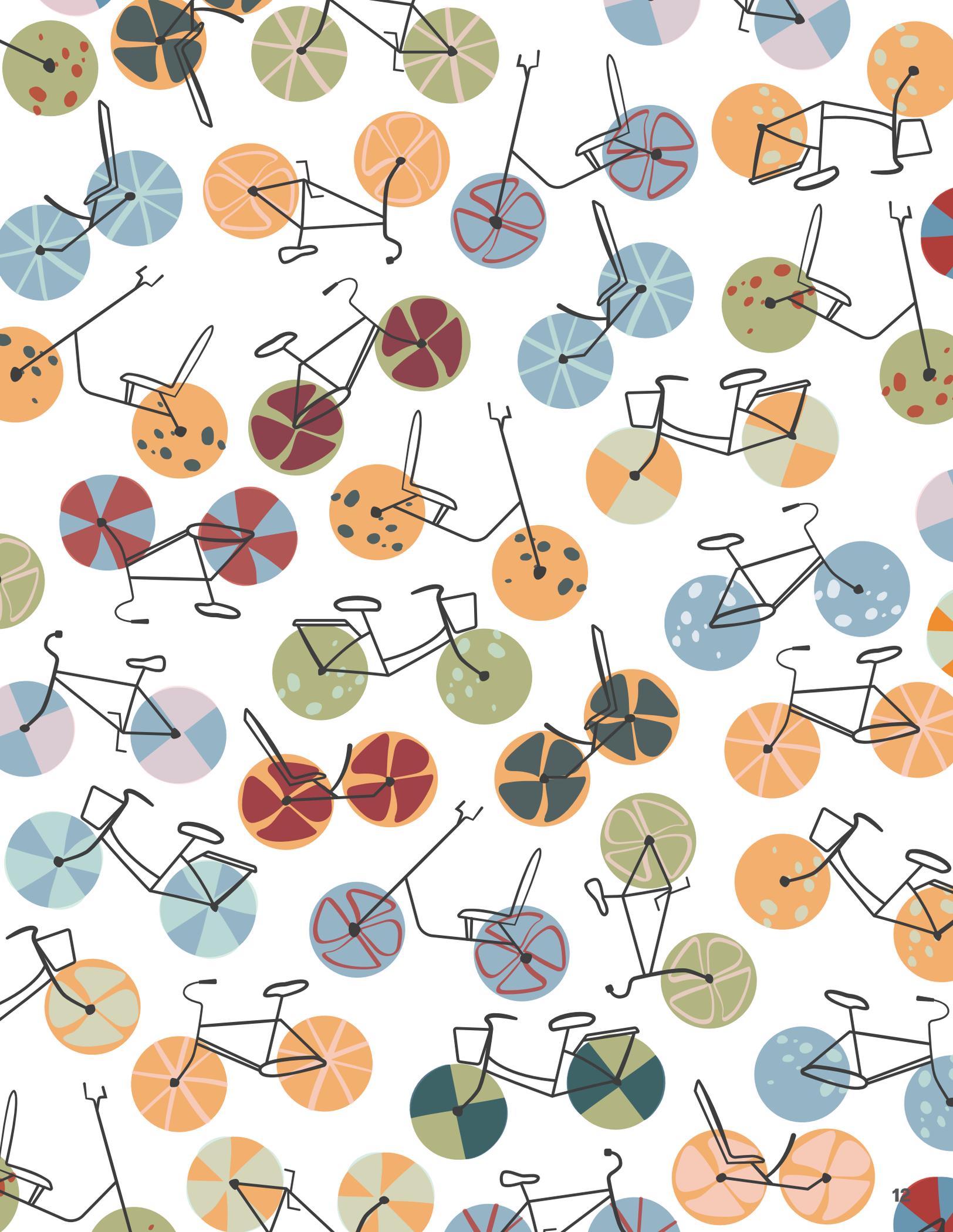


## HEY GROWN-UPS!

When you're driving, talk with your kids about and practice safe behaviors. Talk to them about yielding to people walking and biking at an RRFB, stopping for people crossing within a crosswalk, and not passing stopped vehicle at a crosswalk.



**When you are ready to cross the street, press the  button for the lights to flash. Don't start crossing until all cars are stopped.**



# RIDING RESPECTFULLY ON TRAILS

Elk Grove has amazing bike trails! Follow these tips to keep yourself and others safe and comfortable on our trails:

- » **Be predictable** and ride in a straight line.
- » Always **bike on the right** side of the trail and pass people on the left. If you need to pass someone, say "**on your left**" or **ring your bell** to let them know.
- » Trail crossings may have a **Rectangular Rapid Flashing Beacon (RRFB)**, a **signal**, or just a **crosswalk**.

Color in the items below and the trail on the next page. Next, cut out the pieces below and glue them in the right place on the trail to show everybody riding safely!

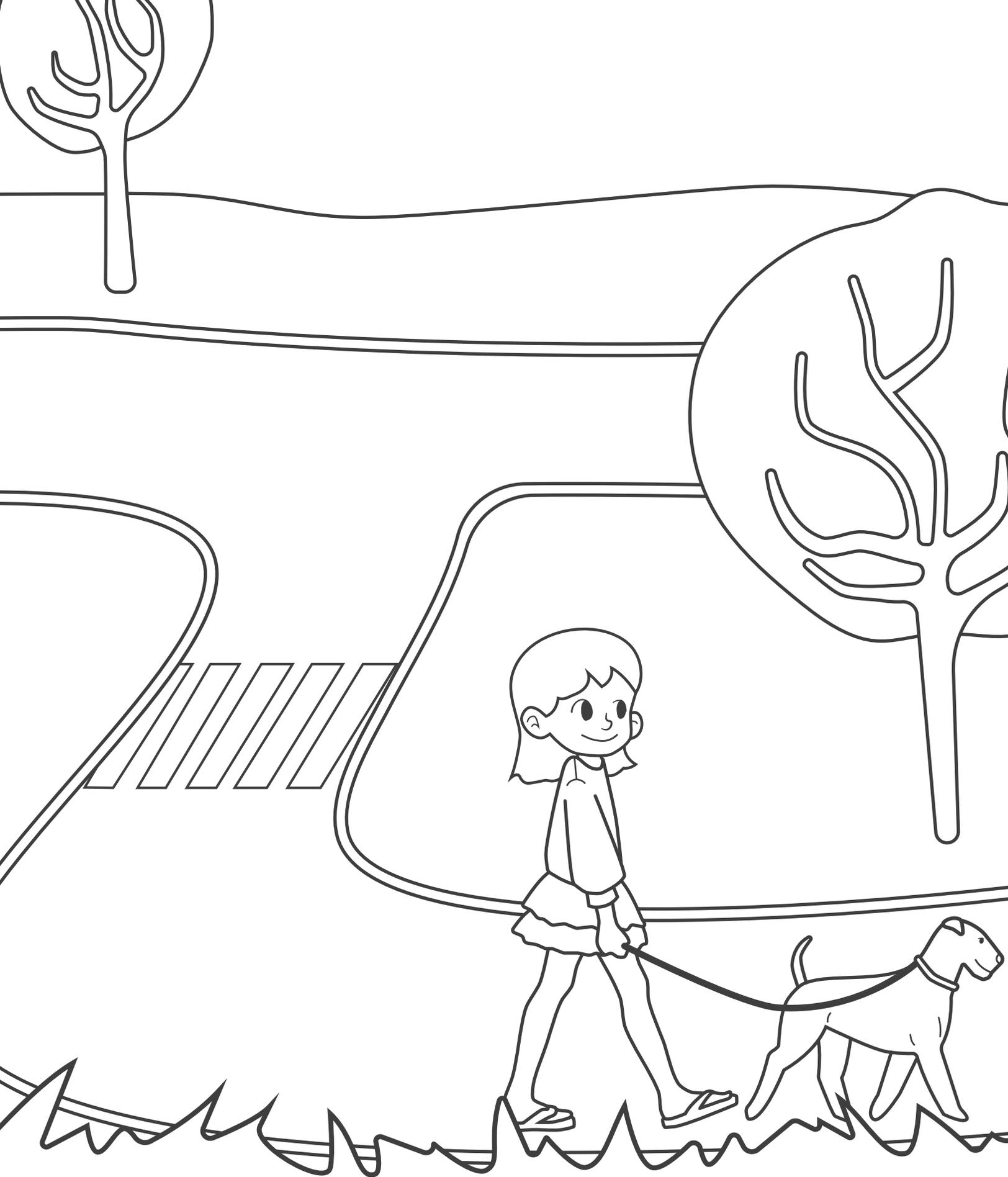
## **HEY GROWN-UPS!**

Set a good example when walking or biking on a trail. The next time you ride with your child on a trail, remind them to try the tips on this page.

## **SUPER BIKER BONUS!**

Check out Elk Grove's bike trail network and plan your next ride. We've also included a map at the back of this workbook!





## KNOW WHERE TO RIDE

Help Janelle and Marcus bike to school. Using the map on the next page make sure they take the safest route, are riding in the right places, and are following these rules:

- » **Riding in a bike lane?** Stay between the white line or buffer and the curb. Travel with the direction of traffic.
- » **Riding in a separated bike lane?** A separated bike lane is a normal bike lane that has something (like poles, planters, or striped paint) between the area where you ride your bike and where cars travel. When you're biking in separated bike lanes, stay between the buffer and the curb. Travel with the direction of traffic.
- » **Riding in a roundabout?** Use the bike exit ramp to get on the sidewalk.

Remember to find these to help you cross the street!



### SUPER BIKER BONUS!

Want to see how to ride in a bike lane, a separated bike lane, and a roundabout? Check out these videos.



Janelle and Marcus's house



School

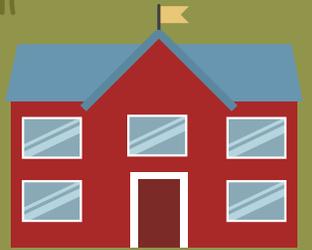
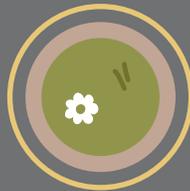
### HEY GROWN-UPS!

Be a role model on your bike and behind the wheel! When you drive, talk about and model safe actions to your kids:

- » Never stop or park in bike lanes.
- » Give bicyclists lots of room when you pass them. California law says drivers must maintain a distance of 3 feet when passing bicyclists. A new law also requires drivers to change lanes, when possible, to provide more space to bicyclists as they pass.
- » Yield to people walking and biking when they're crossing the street.
- » Always check for bicyclists before you open your car door.
- » If you see a shared bike marking on the road (sharrow), you should slow down and either wait for the bicyclist to turn off the road or pass slowly and carefully.
- » Obey the speed limit!

Help Janelle and Marcus bike safely to school!

START



FINISH



# KNOW WHERE TO GO

Not every place is great for biking. Some roads have a lot of traffic and might not feel comfortable. Make sure to plan out your ride before you leave to make it safe and fun.

**In the box below, draw your route** to school, a park, a friend's house, or anywhere you'd like to bike! Use these steps to start planning your trip:

- 1** Think about where you live and where your destination is.
- 2** Think about a route that has comfortable items like the ones listed here. Ask a grown-up to look at a map together if you're not sure.
- 3** Draw your route. Add in buildings, places, or the following objects along your route: stop sign, park, bus stop, trees or flowers, fire hydrant, bike parking.

## Choose a route with

- » Sidewalks or trails
- » Cars driving slowly
- » Not many cars
- » Bright lighting
- » Stop signs and pedestrian crossing signals
- » Well-marked crosswalks
- » A crossing guard

## Try to avoid routes with

- » Lots of cars
- » Lots of travel lanes
- » Low lighting
- » No one else walking or biking

**Draw your biking route here!**

## HEY GROWN-UPS!

Think about how you can use Elk Grove's amazing trail system to get you where you need to go! If your route includes crossing busy streets, try your best to cross at a signal.

# ELK GROVE BIKING BINGO

Get that helmet on, do your **ABC Quick Check**, grab your grown-up, and head out on a bike ride. Try to find as many of the items as possible on the Biking Bingo card.

**Can you get a BINGO** (a straight line), four corners, or fill in the whole card?



<b>BINGO</b>				
Bike to your local library	Put a light on your bike	Stop at a stop sign	Bike somewhere to eat	Bike with a friend
Use a bike lane	Use a bike pump	<b>FREE SPACE</b> Wear your helmet	Bike to somewhere new	Bike near a creek
Ride on a trail	Lock your bike to a bike rack	Say "On your left!"	Cross using an RRFB	Use your hand signals

## **HEY GROWN-UPS!**

Take photos of your Biking Bingo ride and send them to [trails@elkgrovecity.org](mailto:trails@elkgrovecity.org). We'd love to share some of the biking adventures you've done with our community!

# POST QUIZ

You made it! Try the questions again and see what you've learned!

## SUPER BIKER BONUS!

Scan the QR code to take the quiz online for a chance to win a prize!



**1** What is **not** one of the steps for making sure your bike helmet fits?

- Check your mouth
- Check your eyes
- Check your nose
- Check your ears

**2** What type of clothing should you wear when riding your bike?

- Dark clothing
- A headband
- Brightly colored clothing
- Flip flops

**3** When should you begin thinking about your bike route?

- During your ride
- Before you get on your bike
- After you've finished your ride
- When you're riding too fast

**4** What does the "B" stand for in "ABC Quick Check?"

- Bicycle
- Brain
- Brakes
- Bananas

**5** What should you do before passing somebody while biking on a trail?

- Speed up
- Ring your bell or say, "On your left!"
- Go to their right
- Get off your bike

**6** Number the three steps of crossing the street on your bike, and cross off the one that isn't true.

- Look left, right, and left again
- Cross as soon as drivers start slowing down
- Stop at the curb
- Make eye contact with drivers and cross in a straight line

**7** When would you use a Rectangular Rapid Flashing Beacon?

- In art class
- When crossing a street
- At a dance party
- To make your bike visible at night



## RESOURCES

### Elk Grove Safe Routes to School

[blogs.egusd.net/saferoutes](https://blogs.egusd.net/saferoutes)

- » Learn how Elk Grove is making walking, biking, and rolling safer for students.

### Elk Grove Roundabout Activity Book

[tinyurl.com/ElkGroveRoundaboutBook](https://tinyurl.com/ElkGroveRoundaboutBook)

- » Find out how to navigate roundabouts while walking, biking, and driving.

### Elk Grove Bike Shops

- » Need a bike? Or a tune-up? Check out the bike shops in Elk Grove that can help you get on your way!

✓ Bikehaus, 96887 Elk Grove Florin Rd

[bikehausca.com](https://bikehausca.com)

✓ Neighborhood Bike Shop, 9633 Stockton Blvd

[neighborhoodbikeshop.com](https://neighborhoodbikeshop.com)

### Bike Maps

[elkgrovecity.org/trails](https://elkgrovecity.org/trails)

- » There are so many wonderful places to bike in Elk Grove. Plan your next adventure using our bike map.

### Bike Rules and Laws

[sacbike.org/resources/rules-of-the-road](https://sacbike.org/resources/rules-of-the-road)

- » Learn about Elk Grove's bike rules and laws to stay safe and legal.

### Bicycle Safer Journey

[pedbikeinfo.org/bicyclesaferjourney](https://pedbikeinfo.org/bicyclesaferjourney)

- » Want to keep learning? Check out these bike safety resources to keep the conversation going.



# ANSWER KEY

## Page 6: Be Seen Be Safe

**BE SEEN BE SAFE**

It's hard to see in the dark! Everyone is safer when you are easy to see.

Circle the equipment you could use to be visible on your bike at night or on cloudy days.

**HEY GROWN-UPS!**

It's everybody's responsibility to watch out for each other no matter whether they are driving, biking, or walking. When talking about being visible as a bicyclist with your kids, emphasize that everyone has the responsibility to watch for others. Pay special attention when it's dark, rainy, or foggy, as that can make it harder to see.

**SUPER BIKER BONUS!**

Want more ideas about how to be seen on your bike? Watch this video to learn more!

Psst! Correct answers can be found on page 22

## Page 8: Traffic Signs and Signals

**TRAFFIC SIGNS AND SIGNALS**

There are lots of signs and signals that both drivers and bicyclists need to follow, so it's important to understand what they mean.

Match each sign to its meaning. For extra fun, color in the signs using the right colors!

**HEY GROWN-UPS!**

Be sure to follow all traffic laws when you're biking with children. Stop at stop lights and stop signs. When you're in the car with your child, point out signs and signals, and demonstrate how they are used.

Psst! Correct answers can be found on page 22

## Page 10: Mateo

Mateo is biking to the park. Sometimes Mateo makes the right choice. Sometimes he doesn't. The images below show Mateo's trip. For each pair of images, circle the picture where Mateo's making the right choice and draw an X through the picture where he's not.

Write a note about what choice Mateo should make!

Psst! Correct answers can be found on page 22

## Page 19: Post Quiz

**POST QUIZ**

You made it! Try the questions again and see what you've learned!

**SUPER BIKER BONUS!**

Scan the QR code to take the quiz online for a chance to win a prize!

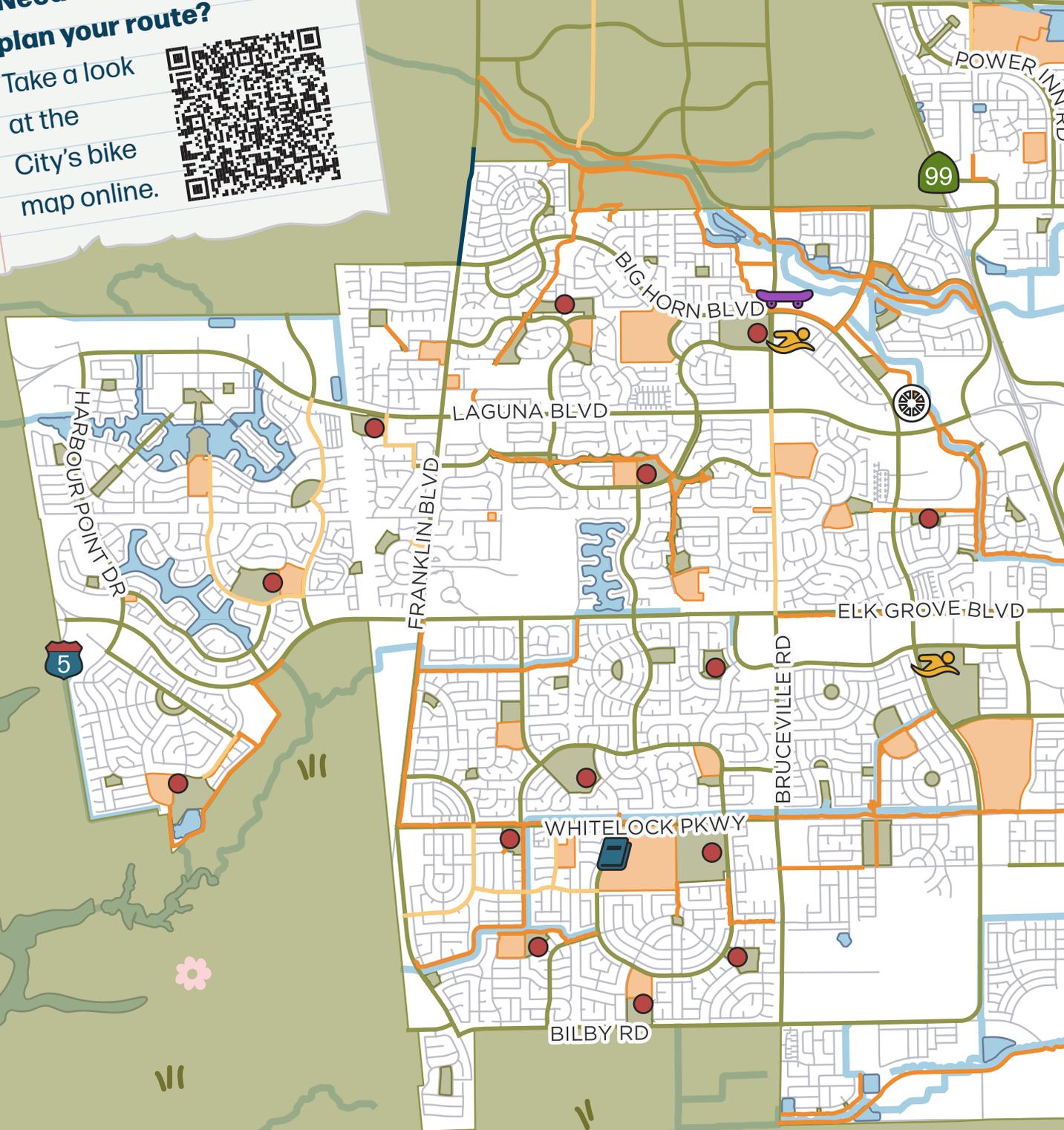
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  - Check your ears
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  - Brightly colored clothing
  - Flip flops
- When should you begin thinking about your bike route?
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- What does the "B" stand for in "ABC Quick Check?"
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  - Brain
  - Brakes
  - Bananas
- What should you do before passing somebody while biking on a trail?
  - Speed up
  - Ring your bell or say, "On your left!"
  - Go to their right
  - Get off your bike
- Number the three steps of crossing the street on your bike, and cross off the one that isn't true.
  - 2** Look left, right, and left again
  - ~~1~~ Cross as soon as drivers start slowing down
  - 3** Stop at the curb and make eye contact with drivers and cross in a straight line
- When would you use a Rectangular Rapid Flashing Beacon?
  - In art class
  - When crossing a street
  - At a dance party
  - To make your bike visible at night

19 | Cycle Quest: The Safe Biking Adventure Book Psst! Correct answers can be found on page 22

BIKEWAYS CONTINUE ON TO SACRAMENTO

Need more detail to  
plan your route?

Take a look  
at the  
City's bike  
map online.



# City of Elk Grove Bike Map

Use this map to plan your next bike adventure!



### Legend

	Bike Shop		Park
	Bike Park		School
	Library		Water
	Pool		Off Street Trail
	Skate Park		Separated Bike Lane
	Public Restrooms		Bike Lane
			Bike Route

0                      1                      2 mi





CITY OF  
ELK GROVE



[www.elkgrovecity.org/CycleQuest](http://www.elkgrovecity.org/CycleQuest)