

MATERIALS GUIDE

To teach all of this curriculum, you will need the equipment listed below. If you want to just see the equipment needed for a specific lesson, reference that lesson plan.

- 1 bicycle and helmet for every student (see below)
- 204 small cones
- 54 big cones
- 4 stop signs
- 4 yield signs
- Directional arrows
- Sidewalk chalk
- 8 tennis balls cut in half
- 2 racquetballs cut in half
- 4 sand bags
- 30 safety vests
- 1 bicycle pump
- 1 allen wrench multi-tool
- 1 adjustable open-ended wrench
- 1 bottle of chain lube and rags

Bicycles and Helmets

Students can either bring their own bicycle and/or helmet from home or you can use a fleet of bicycles and helmets provided in a trailer by the school or local partner. If you don't have enough bicycles and helmets, students can take turns. If students will be sharing helmets, you will need the following additional materials:

- Hair nets
- Trash can for hair nets

If you are using a bicycles provided by the school or a local partner:

- Designate an assistant arrive 20-30 minutes ahead of the lesson to help you stage the bicycles. We suggest staging bicycles of similar sizes near each other.
- Designate an assistant to stay 20-30 minutes after the lesson to help you pack up all the bicycles and equipment.
- If the bicycles are arriving via a trailer, see the next page for a diagram of how the bicycles and equipment should be loaded back up after each lesson.

Trailer Organization

Packing a bike trailer is a puzzle. It will all fit in there but you have to put the pieces in right. Here we'll go over some basic rules to help you get everything loaded properly. All cones and other equipment should be loaded into the back of the trailer before the first bicycle goes in.

Alternating Bike Placement

The key to fitting all the bikes in smoothly, is alternating floor/hook placement. First, hang one bike on each wall, using hooks that are directly across from each other at the back of the trailer. Then load one bike with both wheels on the floor. Next, repeat with two bikes hanging on the next set of hooks in the trailer. This makes it easier to get bikes into the trailer and lets you stack them closer together.



Alternating Bike Direction

As you load the bikes in, switch the direction that each bike is facing. For bikes on the floor of the trailer, this means having the handlebars facing the opposite direction as the previous floor bike. For bikes on the hooks, this means alternating between hanging by the front wheel, or by the back wheel. This helps ensure that handlebars don't come into contact with each other, allowing you to pack the trailer tighter.

