



COMMUNITY DEVELOPMENT DEPARTMENT EXPANDS BICYCLE EDUCATION PROGRAMMING THROUGH VIRTUAL WORKSHOPS, VIDEOS, ONLINE MEETUPS, AND CONTESTS

students with the skills needed to independently get around town as they grow older.

2ND GRADE

In second grade, students spend 4 Physical Education classes learning sidewalk, parking lot, crosswalk, and intersection safety, as well as skills to walk safely around buses and parked cars.

In the final class, Massachusetts Safe Routes to School introduces bicycle safety, which includes handing out free helmets while teaching proper helmet fit. As part of the City of Cambridge virtual adaptation of the program during the COVID-19 pandemic, CDD worked with Massachusetts Bicycle Coalition (MassBike) to create a series of pedestrian education videos as a resource for teachers and parents/caregivers.

6TH GRADE

Frequently young people first learn how to ride a bicycle in parks and on sidewalks! In order to navigate streets safely, the City, in partnership with the Cambridge Public Schools, created the on-bicycle version of the Safe Routes to School program. The on-bicycle SRTS program teaches 6th grade students effective riding techniques, bike safety, rules of the road, and basic bicycle repair and maintenance, using our fleet of 30 orange bicycles. The 6th grade program launched as a pilot in 2017 and now runs in all five Cambridge Upper Schools. The goal of the program is to equip students with the skills and knowledge they need to cultivate safe riding habits, whether riding in their neighborhoods or commuting to school. Over four to five classes, students learn how to stay visible and predictable through use of hand signals, how to shift gears, how to be conscious of the “door zone,” and common repairs to keep bicycles in riding shape. The course builds to an optional on-street group ride that visits local bicycle infrastructure (like bike lanes and off-street

paths) and allows students to apply the skills they have learned with a Cambridge Police Department escort.

BIKE WEEK CONTEST

In 2020 and 2021, due to restrictions around in-person gatherings, Cambridge moved its 6th grade SRTS program online, working with MassBike and Cambridge Public School PE teachers Elizabeth Batchter and Tim Gill to create a series of short videos covering the curriculum. To incentivize students to take part in the training virtually, the City of Cambridge created a Bike Week contest! Students who watched all the videos and handed in the corresponding assignments over the week would be entered into a drawing for a new bicycle. In total 10 Cambridge students were awarded bicycles over the 3 Bike Week contests.

“Both weeks were so much fun! Students learned important lessons about basic bike safety and riding around the city, and students who participated were entered in a raffle to win a bike! With so many organizations closed last year due to the pandemic, bike week offered students a chance to get outdoors, learn about bike safety, and potentially win a bike!” – E. Batchter, Amigos School Physical Education Teacher

“I believe in public education. I invest a lot of my time and effort in the public schools of Cambridge, and respect anyone else with a good heart who invests in the betterment of their community, specifically Cambridge. To be involved in collaborative efforts with the Cambridge Community Development Department in organizing a Bike Week program to educate and ultimately give away free bicycles to the youth of Cambridge was inspiring. It made me realize that what we do directly affects people in a positive way; supporting healthy habits, education for healthy living, and a healthy respect among our community.” – T. Gill, Tobin Montessori School Physical Education Teacher

The City of Cambridge regularly offers free bicycle workshops and in-school programs to support a vibrant bicycling culture in Cambridge. By providing education around urban cycling, bike maintenance, and skill building, as well as special topics such as bicycling with families and winter bicycling, Cambridge intends to provide resources to make bicycling more accessible.

With more people turning to bicycling as a form of socially distant transportation and recreation during the COVID-19 pandemic, bicycle education has become more important than ever. Pivoting to embrace the challenges that the pandemic has presented to in-person programming and events, Cambridge has reconfigured its bicycle education workshops to virtual platforms.

Here is a peek into the virtual world of Cambridge's bicycle education programming!

SAFE ROUTES TO SCHOOL BIKE WEEK AND K-12 BICYCLE EDUCATION

Each year, the City of Cambridge works with all 2nd and 6th graders through Cambridge's Safe Routes to School programs. The pedestrian and bicycle trainings provided through Safe Routes to School prepare students for walking and biking to school while emphasizing transportation choices that are both sustainable and active. Repeated exposure at different ages helps to reinforce concepts around pedestrian and bicycling safety as well as bicycle maintenance and route planning, which equips



BICYCLE RODEOS

Bicycle rodeos offer a fun and engaging introduction to bicycling through games, rides and obstacle courses, which replicate real-world scenarios. Instead of in-school programming during the COVID-19 pandemic, CDD partnered with the Department of Human Service Programs Recreation Division to offer socially distanced bicycle rodeos during the fall and spring of the 2020-2021 school year. Students in grades JK-8 participated in condensed versions of the in-school on-bike SRTS program, learning bicycle helmet fit, ABC bicycle safety checks, hand signaling, and basic bicycle handling skills, with an obstacle course and short rides on off-street parks and play spaces.

For more information: www.cambridgema.gov/saferoutes.

We are looking for parent leaders to start a walking or biking school bus to encourage more students to walk and/or bike to school. If interested, email aphilson@cambridgema.gov.

VIRTUAL COMMUNITY BIKE WORKSHOPS

Cambridge has expanded its repertoire of Bicycle Education workshops by inviting guest experts to give workshops on a diverse array of topics. To offer a deeper dive into bicycling in Cambridge, our virtual workshops have aimed to present different aspects of bicycling such as cycling infrastructure and Bluebikes bike share, Bike Life, and bicycle camping. Did you know that by participating in one of Cambridge's Bicycle Workshops you qualify for one free helmet per year? See below for a list of bike

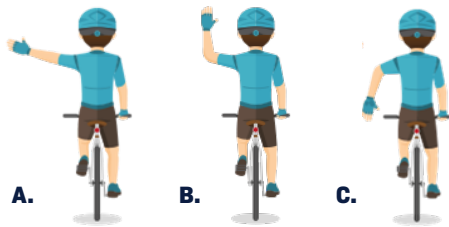
workshops hosted on our YouTube page! Learn more at youtube.com/CDDat344

- Everything You Need to Know about Renting Bluebikes!
- Bluebikes: Bike Adjustments and Features
- MassBike FAQs on Buying a Bike and Cycling Basics
- Ask Me Anything with MassBike
- Urban Cycling Basics
- What is all this new bicycle infrastructure?
- Bicycle Mechanics in Depth: Chain
- Bicycle Mechanics in Depth: Brakes
- Bicycle Camping and Long Distance Riding
- Winter Biking Basics
- Boston Bike Culture Spotlight

TEST YOUR KNOWLEDGE WITH A SAMPLE OF THE SIXTH-GRADE CURRICULUM:

- At a pedestrian walk signal, people on bikes:
 - May cross with pedestrians
 - Must either walk their bicycles through the crosswalk or wait for a green light
 - May bike through crosswalk, but must yield to pedestrians

- Match the hand signal with its corresponding meaning:



A.

B.

C.

_____ Right turn _____ Stop _____ Left turn

- What is the main reason it is better to use your left arm when signaling?
 - Most people are right-handed and so it is important to standardize for consistency.
 - It is safer to stop with your rear (right) brake, so you should keep your right hand on the handlebars.
 - Since traffic generally travels to the left of cyclists, the left arm is more visible to people in the travel lane.
- For a helmet to properly protect your head, it must sit:
 - On your hair line
 - Two fingers above your eyebrows
 - As long as it is buckled it will protect your head
- True / False: If there is a bicycle lane, people on bicycles must ride in the bicycle lane.

Bonus: Explain your reasoning from above.

Answers: 1. B. Must either walk their bicycles through the crosswalk or wait for a green light. 2. B Right Turn; C Stop; A Left Turn. 3. C. Since traffic generally travels to the left of cyclists, the left arm is more visible to people in the travel lane. 4. B. Two fingers above your eyebrows. 5. False