

From mountain to sea

HELMET SAFETY



Helmet Safety

Activity Guidance

| Guidance Notes | |
|---------------------|--|
| Activity | Learning about why we wear helmets while cycling. |
| Description | Discussion followed by a practical demonstration of the importance of wearing a helmet. Engage in discussion and thinking about personal safety. |
| Age | Level 1 and 2. |
| Equipment | 2 eggs. Egg helmet - these can be obtained from the Strategy Team, contact details at the end of this document. Information on the importance of the brain - http://kidshealth.org/en/kids/brain.html |
| CFE Outcomes | LITERACY & ENGLISH: LIT 2-09a, LIT 2-10a HEALTH & WELLBEING: HWB 2-16a, WB 2-17a, HWB 2-18a |
| Timescale | Time: 30 minutes |



Helmet Safety

Activity Guidance

Introduction

This workshop looks to explore the health benefits of helmet wearing while cycling. It sets out to demonstrate, and provide information on, why a helmet is an essential piece of cycling equipment. The workshop aims to inform, not instruct, to allow families to make their own choices. Young people should always be encouraged and advised to wear a helmet. This fits with the Cycling Scotland policy for cycle training and is also widely recommended by the Department for Transport, The British Medical Association, RoSPA, Royal College of Paediatrics and Child Health, The Bicycle Helmet Initiative Trust, and many other health related organisations. While you can insist that pupils wear a helmet when taking part in cycling activities at school, i.e. bikeability or cycle led rides, schools cannot be responsible for pupils once they leave the school. There is no law to say helmets must be worn. This workshop is designed to provide schools with an opportunity to discuss the topic.

Aims

Discuss the benefits of cycling

Discuss and demonstrate how a helmet can help keep you safe

Learn why you are a vulnerable cyclist and what else you can do to keep yourself safe

Provide an opportunity for pupils to become more aware of their own personal safety



Task 1

Discussion about helmet use – Classroom based

| Question | Answer |
|--|--|
| What are the benefits to cycling? | Fitness, more environmentally friendly choice of transport than car driving, freedom, independence, can travel further than walking, fun. |
| Think about different jobs, what kind of people would need to wear a helmet or require head protection? | Discuss what types of people use a helmet and why, helmet provides a practical safety function for many roles. Jockeys, American football, ice hockey, cricket, baseball, camogie, hurling and rock climbing, construction, mining, riot police. |
| Why do we need to wear a helmet? | There are a number of different styles of helmet available depending on the job or hobby, but all share the main purpose to protect the head and brain from damage. The brain is a vital organ. We need our brain to do everything we do in life. It is responsible for our thoughts, reasoning, and ability to move, think and feel. Messages from the brain are sent all over our body to help us perform tasks such as moving. Damage to the brain can be irreversible, devastating and quite simply wrecks lives and even causes death. |



Task 2

Practical demonstration.

| | |
|---|---|
| | |
| 1 | Take 2 small eggs. Think about where you would like to do this demonstration. |
| 2 | Explain to the class that the eggs represent your head. Draw a face on the eggs if you wish. |
| 3 | Ask the class what will happen if you drop the egg? It will break. Demonstrate this from a height of about 1.5 metres, or ask a pupil to do this. |
| 4 | Put an egg helmet on the second egg. Ask the class what will happen this time? Drop the egg from the same height. The egg should not break. |
| 5 | Discuss why the egg did not break – the helmet worked to absorb the force, which protected the egg. Cycle helmets work in the same way on your head, which in turn protects your brain. Helmets work to prevent head injuries. This is even more important for children, whose brains are still developing. |



Task 3

True or False. Discussing the myths.

Read out each statement and ask the class if it is true or false. Discuss the statements and reasons.

| Instructions | |
|--|---|
| True or False. Wearing a helmet won't protect me. | False – While it is true to say wearing a helmet won't fully protect you or stop you from having an accident, it WILL offer vital protection to your head. You may hear ongoing debates in the media about the benefits of wearing a helmet. These arguments are in relation to adult cyclists who are experienced (some people think that if you look like an experienced cyclist, then drivers will give you less space). These debates should be ignored when talking about children. No matter how well you can cycle, you are still young and new to using the road and need the fullest protection. |
| True or False. If I wear a helmet I am still not safe. | True - A cycle helmet will not prevent you from having an accident with a vehicle, nor will it protect the rest of your body. This needs to be made clear. There can be some assumption that wearing a helmet means you are safe, however it is important that pupils are made aware of how vulnerable they can be. A helmet will not stop an accident from happening, but will help to protect their head if one does. |
| True or False. I won't be cycling on a road; therefore I don't need a helmet. | False - Accidents do not have to involve a vehicle. Simply falling off your bike could lead to a bash in the head. Therefore a helmet should be worn at all times. |

Further cycle training is essential to help young cyclists become confident road users; this is the most valuable tool in keeping safe as a cyclist. You cannot become a trained and confident cyclist if you do not cycle. Cycling should never be discouraged, but safety awareness should be improved and safe behaviours should be encouraged, particularly for young cyclists who are still gaining their cycling skills and building their confidence.

Thank you! To pupils at Rothienorman Primary School for helping to develop this lesson plan.

For further information, please contact: Aberdeenshire Council transportationstrategy@aberdeenshire.gov.uk, Tel: 01476 536929
Strategy Unit, Infrastructure Services, Aberdeenshire Council, Woodhill House, Aberdeen, AB16 5GB.

