

Working Title: Get Started Biking

Video Script Outline

Introductory Action Scenes/Narrative

News Flash - People are riding bikes!

Where to ride – parking lots, trails, quiet streets

News Flash – You can ride a bike safely! Solo Riding Skills

Learning to ride on 2 wheels

Bike fit

Helmet fit

Mechanical check

Controlling your bike – starting/stopping, straight line, slalom, signalling

News Flash 10 sec – Group riding skills, Riding with your friends

Riding with a friend or group – separation, signaling, precision handling

Riding to school

What does it mean to YIELD

Closing – “This is just a start...”

Kids Video – Working Title: Get Started Biking

Introduction 20s

Introductory Action Scenes

Narrative:

Biking is great fun, and a great way to get places under your own power. Especially when you have the skills to do it safely and share the road with others. We've made this video as an introduction to bike riding, mainly for anyone learning to ride – from balancing on 2 wheels to riding with friends. But that's enough from me, we've brought some kids in to make the story a little more exciting. Here they are....
(Complete this section when the body is finished)

News Segment 1 20S + pictures

(Show pictures of congested Morgantown traffic, car smog, traffic noise) **10s** Cities are being overrun with traffic jams, noise and pollution from cars. And things only seem to be getting worse. But there might be a way to make them better. It seems people everywhere are rediscovering their feet, and one thing these feet are really good for is pedaling a bicycle. Some people think bikes are just toys, but it turns out they can be the best way to get to places you need to go.

Narrative 1 60s

That's right! Many of the trips we make every day in cars are short enough to use a bike – and riding a bike is safe if you use the skills we're going to show you. Not only do you get there but riding keeps the air cleaner, makes you stronger and can even be faster. Besides, isn't it cool to get places using your muscles for power on something that weighs less than you do?

We know that you and your family want you to be safe so when you're learning to ride, learn to do it in places where there isn't any traffic. That still leaves a lot of places you can go. Quiet streets, parking lots, trails and parks are great places to practice riding. We'll talk about riding safely in traffic in a later video. Many kids ride their bikes to school every day, so they can stay later for activities and not have to spend so much time on the bus or in Mom's car. Remember that wherever you go, let your parents (or other responsible adult) know where you're going and when you'll be back. Make sure they say it's OK before you leave.

News Segment 2 30s

This just in. Studies have shown that it can be safe to ride a bike! (amazement) You just have to learn the skills to ride safely. Crashing doesn't have to be part of biking. It turns out that the reason so many kids crash is that they just haven't been taught how not to. If you wear a proper-fitting helmet, ride a bike that fits you and works properly and follow some common sense riding rules – you can get to places you want to go safely, and have lots of fun without worrying your parents.

Narrative 2 2min

We're going to show you the skills for controlling a bike well enough so you don't fall, but most riders still do so it's good to wear a properly fitted helmet to keep from hurting your head. Then make sure your bike fits properly and everything on it works. Here's

how...

Helmet fit

Here are 4 things to remember for good helmet fit. (From the top) Headband, eyes, ears, mouth.

Headband – New helmets have an adjustable headband. Make sure this band is snug enough so that when you put your head down with the chinstrap unfastened the helmet will still stay on.

Eyes – When you look up you should be able to see the rim or the visor of the helmet. This means the helmet is far enough forward to protect your forehead.

Ears – The sidestraps of the helmet should form a “Y” around your ears. This will help hold the helmet in position.

Mouth – Now fasten the strap under your chin, it should be loose enough so you can talk comfortably but tight enough so that when you yawn you can feel the helmet pull down on top of your head.

For a final check shake your head back and forth, left and right and the helmet should stay in place. If it's fitted properly you won't even know it's there.

Balancing

If you're just learning to balance on 2 wheels, here's a trick that might help. Adjust your bike seat low enough so you can reach the ground with flat feet. Have someone take the pedals (and training wheels) off. Now find a quiet place to ride that's flat (or slightly downhill) and start walking your bike around. First with little steps, then bigger and bigger until you can glide without touch your feet on the ground for 10-20 feet. This usually takes about 45 minutes. Then put the pedals back on and you'll be able to ride.

Bike fit

Choose a simple, single-speed coaster-brake bike for learning. You'll learn how to work handbrakes and shifters later. A bike is easier to control when it fits you well. Here's how to make sure it does. Stand over the frame of your bike with your feet flat on the ground. Lift the bike by the handlebars. You should be able to get the front wheel 2-4 inches off the ground before the top tube touches you. This way if you're riding the bike and you have to stop suddenly, you'll be able to land on your feet.

To see if the seat is the proper height, put one foot on the pedal at its lowest point. Your leg should be almost straight, but slightly bent. Make sure you can reach the ground from the seat when you stop.

Safe Starts and Stops

Once your seat is at the proper height, it will be difficult for your feet to reach the ground at starts and stop. Try this. Instead of starting the bike sitting down, begin by standing over the frame. Then put one foot on a pedal to get you going and lift yourself onto the seat last.

Mechanical check

Have an adult check your bike to make sure everything feels tight and works right. Tires should be at the right pressure, brakes should work well and the chain and gears should be oiled and in good shape. Every time you ride, just take a look at the bike to make sure it's OK and nothing's changed since the last time you rode it.

What to Wear

When riding you should always make sure you can be seen by wearing bright clothing.

If you ride at night, use a good headlight and taillight.

News Segment 3 10s + pictures

(Excited!) This just in! Biking is a great way to have adventures with your friends. Kids are getting together to go on picnics at the park or exploring in the woods or riding to school. When they learn the skills for riding safely in groups it's exciting and lots of fun. (Show pictures of group rides, trail riding, mountain bike racing)

Narrative 3 1min

You don't have to go far to have riding adventures, it can be fun just making riding games to practice your new skills anyplace. Remember that all you're doing is making the bike do what you want it to.

If you have an empty parking lot near your home you can

Practice riding a straight line or use markers to make a slalom course

Practice riding one-hand while you use your signals

You can ride in formation with your friends. Stay far enough behind other riders in case they have to stop suddenly. Stay far enough to the side in case they have to swerve to miss a rock or hole.

When you do want to venture further from home you can often find a forest trail or rail-trail that will take you to fun places. Here you'll be sharing the trail – with walkers, skaters and others – there are ways to do that safely too. These are the same skills you'll need later for riding with cars on roads.

Ride on right with the traffic flow

Look out for others, make sure they can see you and be courteous

Signal your intentions – Left – Right - Stop

Look behind before passing, then call ahead and pass on left

Yield at paths and crossing roads or crosswalks where there might be pedestrians.

Wait a minute! What's that word you just used – YIELD?

Good question, it just means look to see if anyone is coming, if they are let them go first, and you can go when it's clear.

Quiet Streets

Most of the skills you need here are the same ones you learned for riding with other cyclists on trails. In fact, when you're on the road you have to follow the same rules that car drivers do.

Ride on right with the traffic flow

Be aware, courteous, predictable, visible.

Yield to traffic at intersections or walkers in crosswalks.

Signal your intentions – Left – Right - Stop

Look behind before passing to make sure it's clear, then pass on left.

Closing 30s

Here's a quick review of the things to remember the next time you go riding that will help keep it fun and safe.

Places to ride – When you're learning to ride do it in quiet places like parking lots, trails and quiet neighborhood streets until you've learned riding skills and traffic rules well enough to go other places.

Solo Riding Skills – Check your helmet and bike to make sure they fit. Make sure you wear visible clothing. Check your bike before every time you ride to make sure it works right. Practice safe starting and stopping, riding straight, signaling and maneuvering.

Group Riding Skills – Practice bike handling in parking lots, go on riding adventures with friends to places. Ride on right with the traffic flow, pass on the left. Be aware, courteous, predictable, visible. Yield to other traffic and to pedestrians.

Conclusion:

This probably seems like a lot to remember but it's really just a beginning. You'll learn much more from others or by discovering things on your own. And it's fun stuff to learn. The best and safest way to learn, whether doing something new or going somewhere new, is to go with someone who's done it before. Ride with a friend, or responsible adult – they'll usually be happy to share what they know. Use your skills to be safe, go on great adventures and to have fun doing it.

Total Time: Approx 9:00