



Alameda County

Skills Drills Bicycle Safety Course Request Form

Safe Routes to School offers fun and exciting Skills Drills Bicycle Safety Courses free of charge to Alameda County schools, giving kids a festive, engaging way to learn important skills for safe riding. This course is well suited for structured groups of 20-25 students in K-6th grade after school programs or during a weekend school event. It focuses on teaching advanced skills such as shoulder checking and obstacle avoidance. Two instructors, drill course, and 25 bicycles and helmets are provided.

Skills Taught:

- * How to Perform a Bicycle Safety Check
- * Proper Starting and Stopping
- * Shifting Gears
- * Obstacle Avoidance
- * Signaling and Communication
- * Scanning Ahead
- * Shoulder Checking
- * Proper Helmet Fitting



Grade Level: K-6 th	Capacity: Up to 25 Students per hour (approximately 75 students overall)
Setting: After School Programs	Help Required: At Least 1 After School Teacher
Space Required: 50'x 100' min. of blacktop space	Teaching Duration: 3-4 hrs

To sign up, fill out form on other side and return to:
Fax: 510.740.3131 or Email: staff@alamedacountysr2s.org



Healthy Kids, Safer Streets, Strong Communities

Alameda County Safe Routes to Schools

1111 Broadway, Suite 800, Oakland, CA 94607 • T: 510.740.3150 ext. 323
staff@alamedacountysr2s.org • www.alamedacountysr2s.org



Sign Up Today!

School Name _____ School District _____ Date of Application _____

Address _____ School Phone _____

Principal/After School Contact _____ Phone _____ Email _____

On site contact if different than person listed above:

Name/ Title _____ Phone _____ Email _____

Anticipated number of kids to attend: _____ per hour _____ total
Anticipated age range or grade of kids participating: _____

Minimum 1 staff member to supervise? Yes No
Minimum 50 X 100 sq. foot blacktop or open space? Yes No
Is your school a participant in the Safe Routes to Schools Program? Yes No
Does your school provide bike racks for student & staff use? Yes No

Please list your scheduled means of promoting this course at your school, e.g.: newsletter, website, posters, e-blast, etc.

Please tell us what you hope to accomplish by bringing a Skills Drills Bicycle Safety Course to your school.

Select your preferred dates:

1st Choice Date _____ Time/s _____
2nd Choice Date _____ Time/s _____
3rd Choice Date _____ Time/s _____

- Please ensure that the event space is available **1 hour before** and **after** your requested times for set up and take down.
- We will get back to you within a week of receiving your request to confirm the date. **Please do not publicize the Skills Drills event until we have confirmed your date with you!** Thank you for booking the **Skills Drills Bicycle Safety Course!**