

McGruff® Safety Kit



TAKE A BITE OUT OF
CRIME

Kids on wh@e@ls

Balancing FUN and SAFETY!



skate boarding



bikes



in-line



MCKENZIE COUNTY SHERIFF'S OFFICE

OFFICE: 701-444-3654

Kids on wheels

Read this before
you "hit the road!"

Biking, skate boarding and in-line skating are really cool sports and super fun to do. But you'll like it even more when you learn everything you can about the sport, your equipment and personal safety.

Visit your local hardware store for reflectors or reflective tape. Attach reflective material to your helmet, bike, board or the back of your skates so you can be seen more easily.



bikes



A bike should allow you to straddle the frame, with an inch or two to spare, and touch both feet to the ground when the seat's in the right position

in-line



Try on in-line skates with the type of socks you'll wear for skating. Skates should be snug with solid ankle support and roomy enough to wiggle your toes.



TAKE A BITE OUT OF
GRIME[®]

Phone Number:

1-800-288-3344

e-mail: info@mcgruff-safe-kids.com

Internet: <http://www.mcgruff-safe-kids.com>

CHECK THIS OUT!

Always choose equipment that's the right size and matches your skill level. Ask for assistance from a sales person. And be sure to include a helmet with your purchase.

It's a must for all three sports and, in some states, it's the law. A helmet can reduce the risk of head injuries by 85%. Pick out the coolest one you can find. Just make sure it meets national impact standards* When choosing a helmet, follow these tips to ensure a perfect fit:

- The helmet should fit on top of the head in a level position, not tilted back on the head
- Choose a helmet with a snug fit—not tight
- Opt for lighter, brighter helmet colors and attach strips of reflective tape to the front and back
- Adjust the straps for a comfortable fit. Helmet straps should always be buckled when on a bike, skate board or in-line skates

skate boarding



Make sure the wheels spin freely and are in good condition. Beginners should choose a basic 29" board with little flex and a bumpy surface to keep the feet from slipping.

Ask your parents to help you attach **REFLECTIVE TAPE** to your helmet, bike, skates and board. Make **FUN DESIGNS** using different widths and colors of tape!



*American National Standards Institute or the Snell Memorial Foundation

WHEELS SAFETY TIPS

Always wear a helmet with reflective tape attached

Wear light colored clothing so you can be seen.

Always ride with a friend
B sensible, never show off

Watch for potholes, sewer gratings, cracks, railroad tracks, loose gravel, broken glass anything that might cause you to spill

Lease earphones at home

Carry enough money or a telephone calling card to make a phone call or dial 9-1-1 in an emergency

Tell someone where you are going and when you'll be back

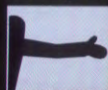
When approaching an intersection, stay back and out of the way of a car that might be turning

bikes



- Wear close-fitting clothing that will not get caught in the bike's moving parts
- Ride with traffic, close to the curb and in single file
- Use hand signals when turning or stopping

Left



Right



Stop



- Walk your bike across streets at the street corner
- Keep your hands on the handlebars
- Don't give rides on your handlebars
- Register your bike with the local police
 - Write down your license number, serial number, type and model of the bike and keep the information in a safe place
- Always lock your bike when you leave it. A U-shape lock is best or use a strong chain and padlock to secure the frame to something solid like a bike rack or tree
 - Park your bike where it can easily be seen

LEARN TO FALL

1. Practice on a soft surface like the grass
2. Bend your knees and lower as you fall
3. Roll yourself into a ball in your head, arms, elbows
4. Relax so you stay flexible
5. DO NOT reach out to stop your fall with your hands



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BIKE SAFETY TIPS



skate boarding

- Wear long pants, a long sleeved shirt, rubber-soled or athletic shoes, a helmet, gloves, and knee and elbow pads
- Choose a safe location like your driveway, a quiet dead-end street, school yard or playground
- Carry your board across intersections instead of riding across

Rules of the Road

- Yield to cars and pedestrians
- Look left, right and left again before crossing the street
- Obey traffic signs and signals

What these signs mean:



Stop, look and listen before moving ahead



Yield Right-of-Way (let traffic go first)



STOP
Caution
Go Carefully

- Stay off of interstate highways, expressways or parkways where prohibited by law
- Never hitch rides on moving cars or trucks

c your body
ll, pulling
bows and hands
ible



in-line

- Wear wrist guards, knee pads and elbow pads
- Skate on the right side of paths, trails and sidewalks
- Pass pedestrians, cyclists and other skaters on the left and call out a warning to let them know you're there
- Learn the basics close to home before heading for bigger and better trails
- Learn how to stop



Kids on wheels

Build Your Own Practice Course

To learn better balance, maneuvering and stopping, set up a practice course in a wide-open, level area away from traffic and obstructions. Draw a chalk course or create an obstacle course to work on some skills so you will help feel more confident about biking, skate boarding and skating.

- 1 Draw a long straight chalk line and practice riding, skating and boarding along that line at various speeds keeping your head up and your eyes forward.

- 2 Next, make a large "X" near the end of your line and practicing braking or stopping at that point. Try it again and again at different speeds to learn to stop accurately each time.

- 3 Practice turns by drawing a large circle with chalk. Practicing staying on that line to improve your turning accuracy. Draw another large circle right next to the first circle to create an figure-eight course. Alternate between courses to master your turns.

- 4 Create an obstacle course using orange cones or weighted objects and practice weaving around and through the obstacles to improve your ability to avoid real obstacles.



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CRIME

Skate boarders, bikers and skaters will sometimes get a bad rap because of the actions of others in the sport. You can prove that you respect rules by acting responsibly and in a mature manner especially around adults, and use your "wheels" only where you are welcome.





Wheel Safety Word Search

A B I C Y C L E L B
 K L M P H E L M E T
 O R O I W S N T A O
 D T L N H R I G H T
 S K A T E B O A R D
 K A M T E G H P U K
 A R F F L O O K L I
 T I U E S L M A E D
 E T N L T R O P S S
 S B U D D Y I E L D

Find and circle the following words:

SKATEBOARD BICYCLE WHEELS SAFETY SKATES
 RULES FUN HELMET BUDDY YIELD STOP
 LOOK KIDS LEFT RIGHT

Math Message

Do the math and decode the secret message using the code below.

12	16	2	26	9	7	14	26
$+14$	-7	$+3$	-7	$+9$	$+2$	-5	-14

--	--	--	--	--	--	--	--

11	6	19	4	29	11	6
$+11$	-3	-17	$+5$	-26	-1	-3

--	--	--	--	--	--	--

Decoder

k	f	d	p	a	q	i	v	e	i	o	g	r	l	y
1	2	3	4	5	6	7	8	9	10	11	12	13	14	15
t	c	h	w	n	z	s	u	x	m	b				
16	17	18	19	20	21	22	23	24	25	26				

Skating Slang:

Crossovers: A turning technique where you move one skate forward and cross over the other repeatedly

Cross Training: Using one sport to practice techniques of another, like using in-line skates to train for hockey or skiing

Footed: The padded insole or liner that fits into the skate boot

Side surfing: Gliding with the heels of the skates facing one another with feet wide apart and arms extended

T-Stop: Stopping by dragging the wheels of one skate at right angles behind the other skate

Skateboard Lingo:

Dings: Bruises

Flat Tracking or Pedaling: Pushing and gliding on a flat surface

Freestyle: Stylized riding and trick riding

Stoked: Ready for action

Thrasher: Skate boarding expert

Be sure you have the necessary skills before you perform these tricks

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