

Cycle Helmets – Junior Travel Ambassador Safety Demonstration



(JTA) Demonstration

It's not been long since Love your Bike Week and with summer just around the corner, we want schoolchildren to consider the safety elements of riding on two wheels.

Due to this Croydon Road Safety have provided your school with two egg helmets in order to demonstrate the effectiveness of helmets in terms of keeping us safe. We would like for you to give these to your Junior Travel Ambassadors (JTAs), asking them to visit each class to deliver the demonstration. You may wish to do this in assembly instead.

You can add this to your STARS school travel plan as an 'other road safety activity' for it to count towards your accreditation progress.

We would love to receive feedback from demonstrations, so please do send us some pictures and quotes.

Should you have any questions on STARS or Junior Travel Ambassadors, please contact lewis.campbell@croydon.gov.uk



Equipment

- Eggs
- Bowl to crack eggs into
- Egg helmets
- Cloth (just in case!)
- Cycle helmet if you have one but not necessary

Before starting, check to make sure that none of the children have an egg allergy (they may need to either be removed from the demonstration area, to the back of the room or even out of the room)



Demonstration

- **Demonstration – Hold up an egg to show to the children and ask:**

Q How is an egg similar to your head?

- Likely answers
- Shape
 - Hard outside and soft inside
 - An egg will crack if you hit it and your head might also if it was hit hard

Ask the questions below:

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| Q What is the hard part of an egg called? | A Shell |
| Q What is the hard part of your head called? | A Skull |
| Q What is the purpose of the shell? | A To protect the egg inside |
| Q What is the purpose of your skull? | A To protect your brain (inside) |
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- **Demonstration – Hold the egg up high over the basin**

Q If I drop this egg from a height into this basin what will happen?

A It will smash and the goo inside will come out

Demonstrate by dropping the egg into the basin and show the children the mess

Discuss with the children what they think would happen if they fell off a bicycle and hit their head onto a hard road or footpath.

Q What can we do to protect our heads? A Wear a helmet

Say to the children – “Let’s see what happens if we put a helmet onto an egg”.

- **Demonstration**

- Now show the children an egg helmet and tell them that the helmet is made out of Polystyrene which is the same material as a cycle helmet. (If you have a cycle helmet with you, show the children as proof).
- Put the helmet onto the egg making sure it fits snugly
- Drop the egg from the same height as before (but not over the basin) and drop it directly onto the hard floor.
- Take the helmet off the egg and show the children that the egg hasn’t even cracked – Proof that by wearing a helmet, you will protect your head

Ask if they will always wear a helmet when they are out on their bicycles

Ask if they skateboard or roller skate/blade – It might be a good idea to wear a protective helmet for these activities also.

Any questions?

Make sure you clean up any mess to avoid slips trips and falls