



# Engaging Students with Disabilities in Safe Routes Programs



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The mission of Bike First! is to empower people with disabilities to be independent, confident, healthy, and social by teaching them the skills needed to ride traditional two-wheel bicycles. We strive to spread the significance of Inclusion for All, break down barriers, and increase belonging in our communities.



# Check-in



HOME OF THE

BOWMEN  
BASKETBALL



Bike First!  
NWDSA • All Born In  
2019

GO

Lose the Training Wheels!



Nearest ATM  
The Alberta St  
You J (6 min drive)

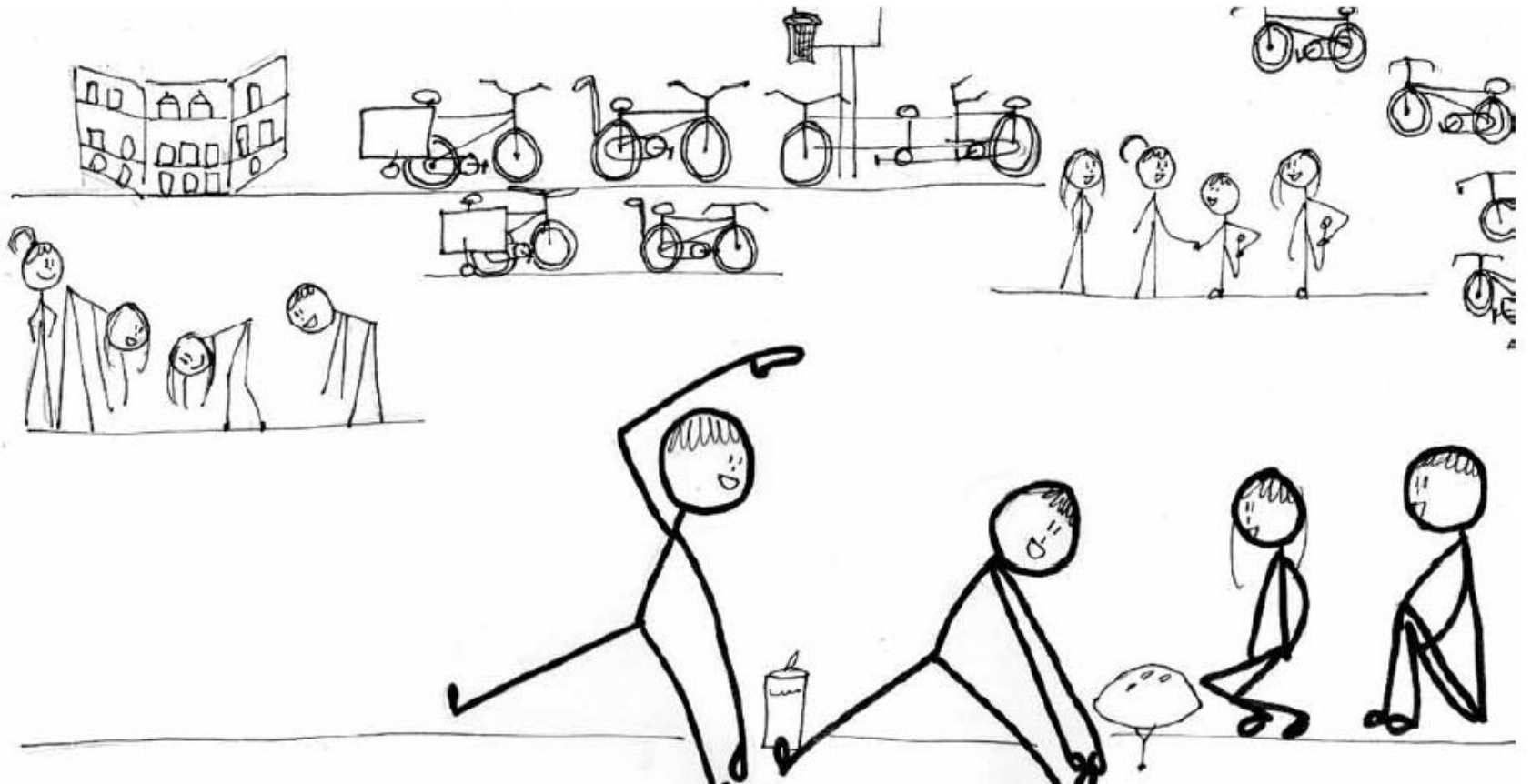




# Meet my team



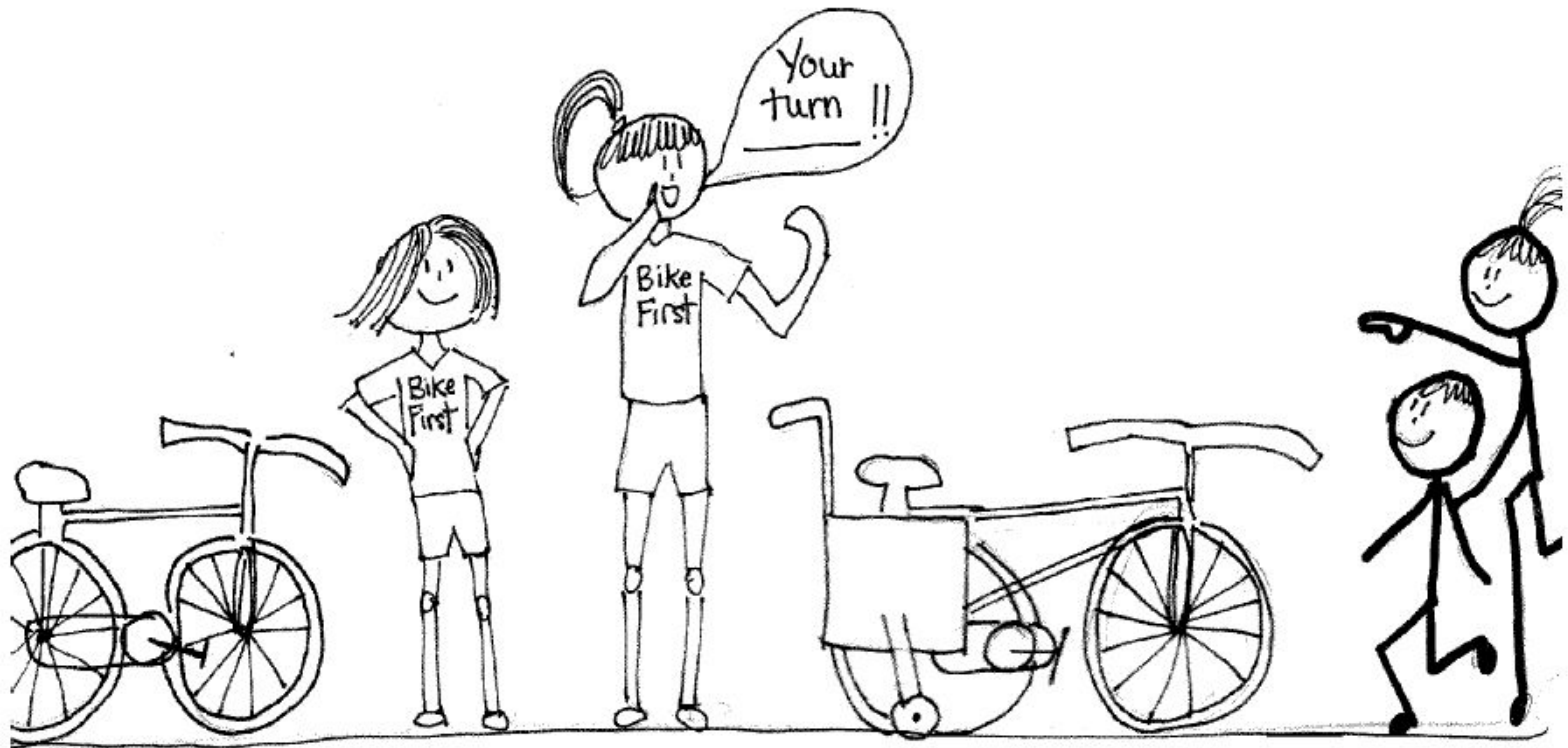
# Warm-ups







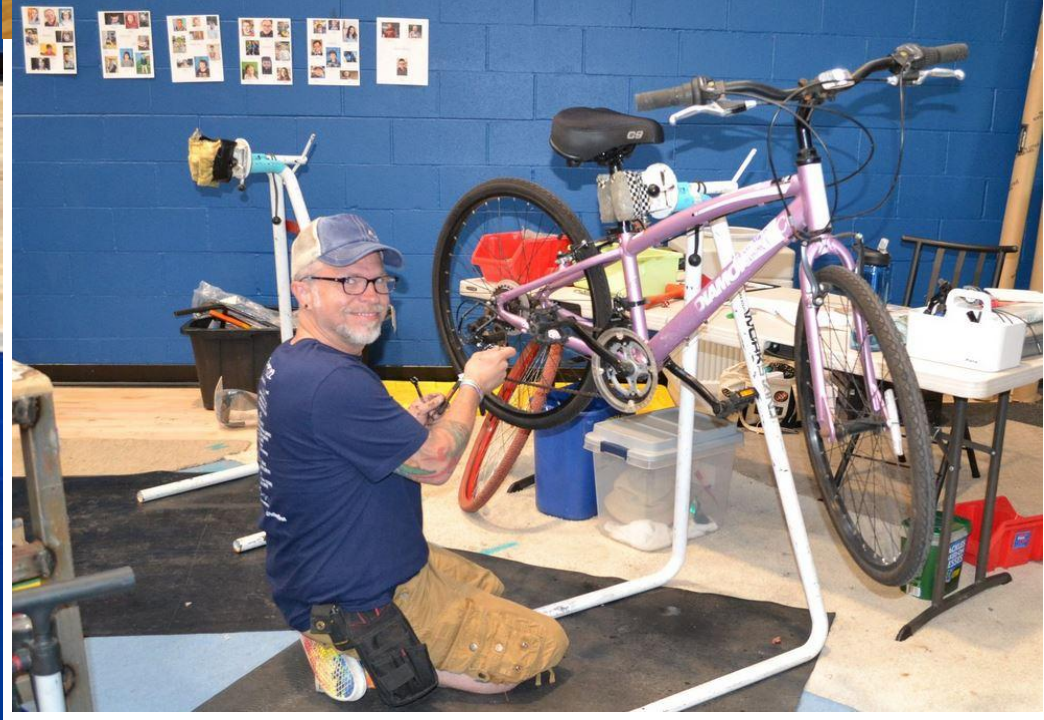
Helmet on and I get on my bike! I am safe!





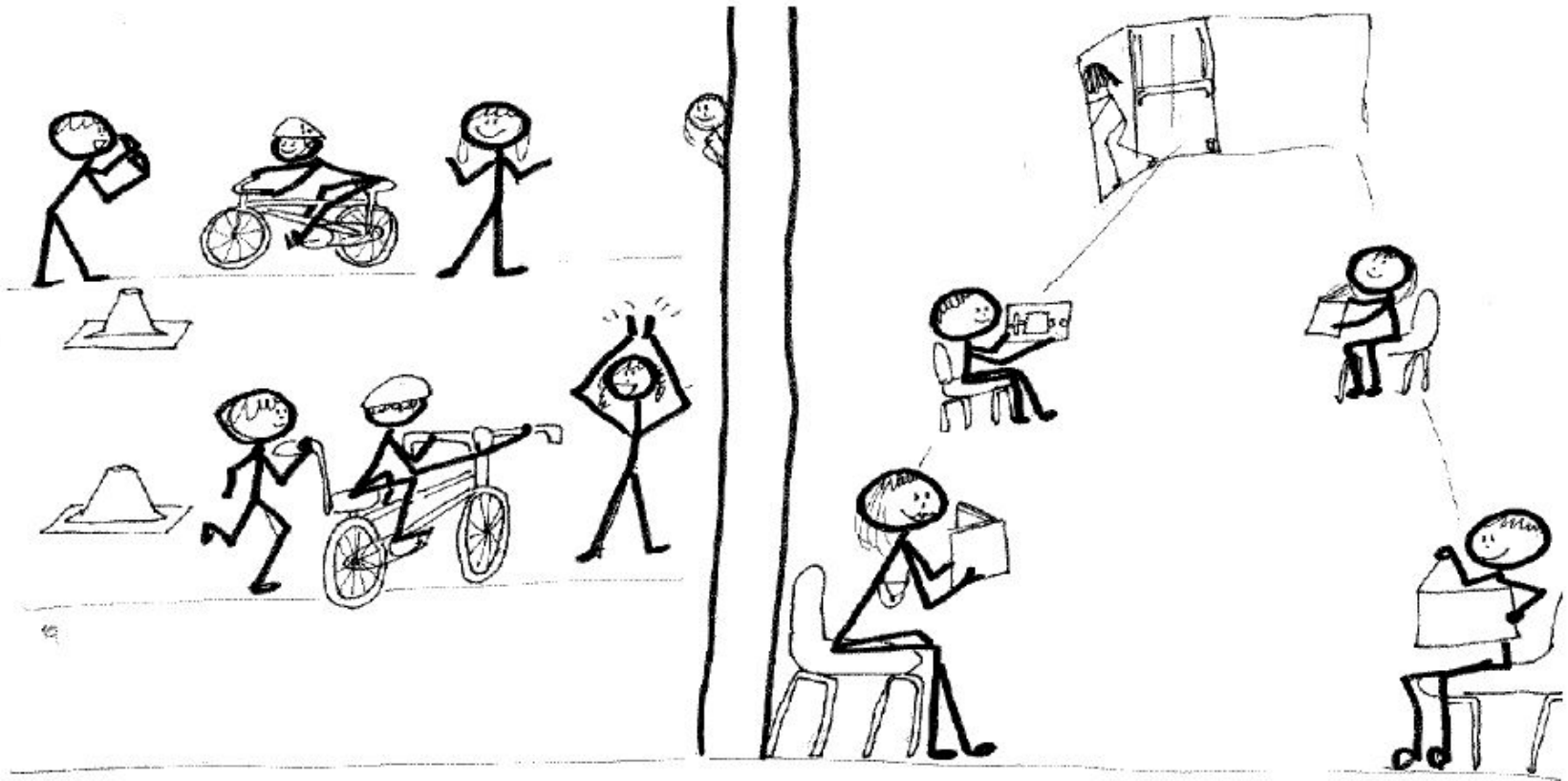








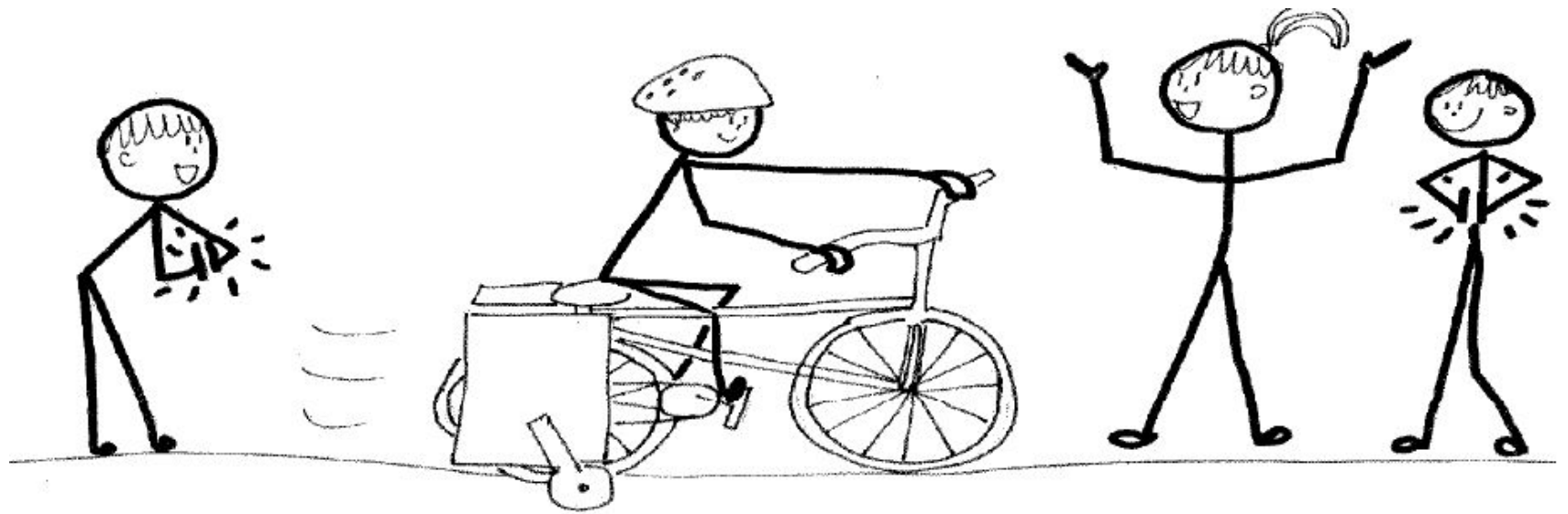
Look at me go!





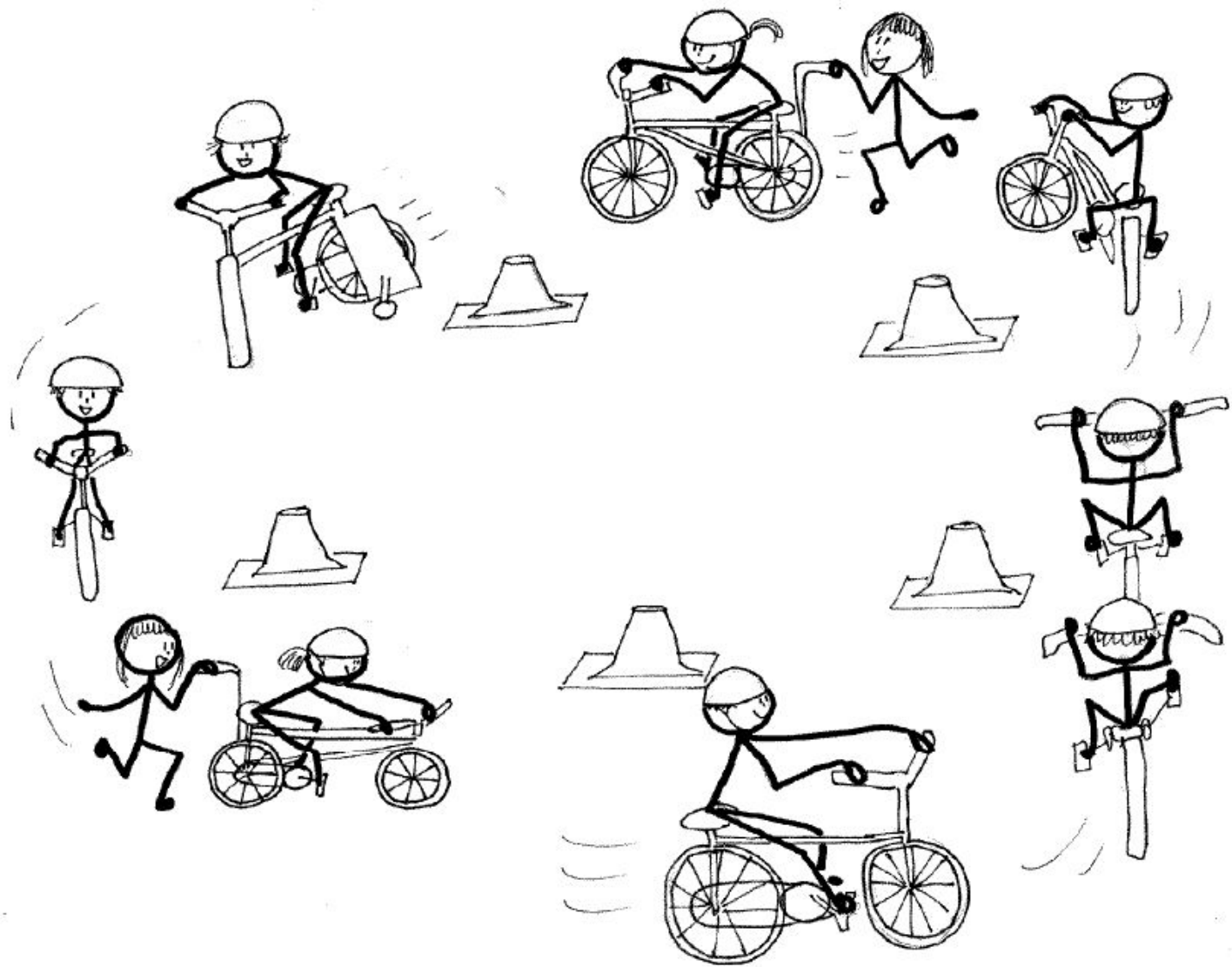


I'm a star!













SENIOR



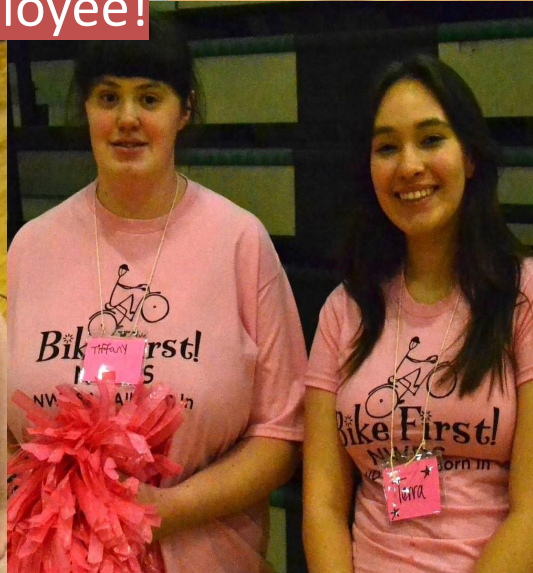
I can come back to help one day, too!

Paid BF! Employee!



Paid BF! Employee!

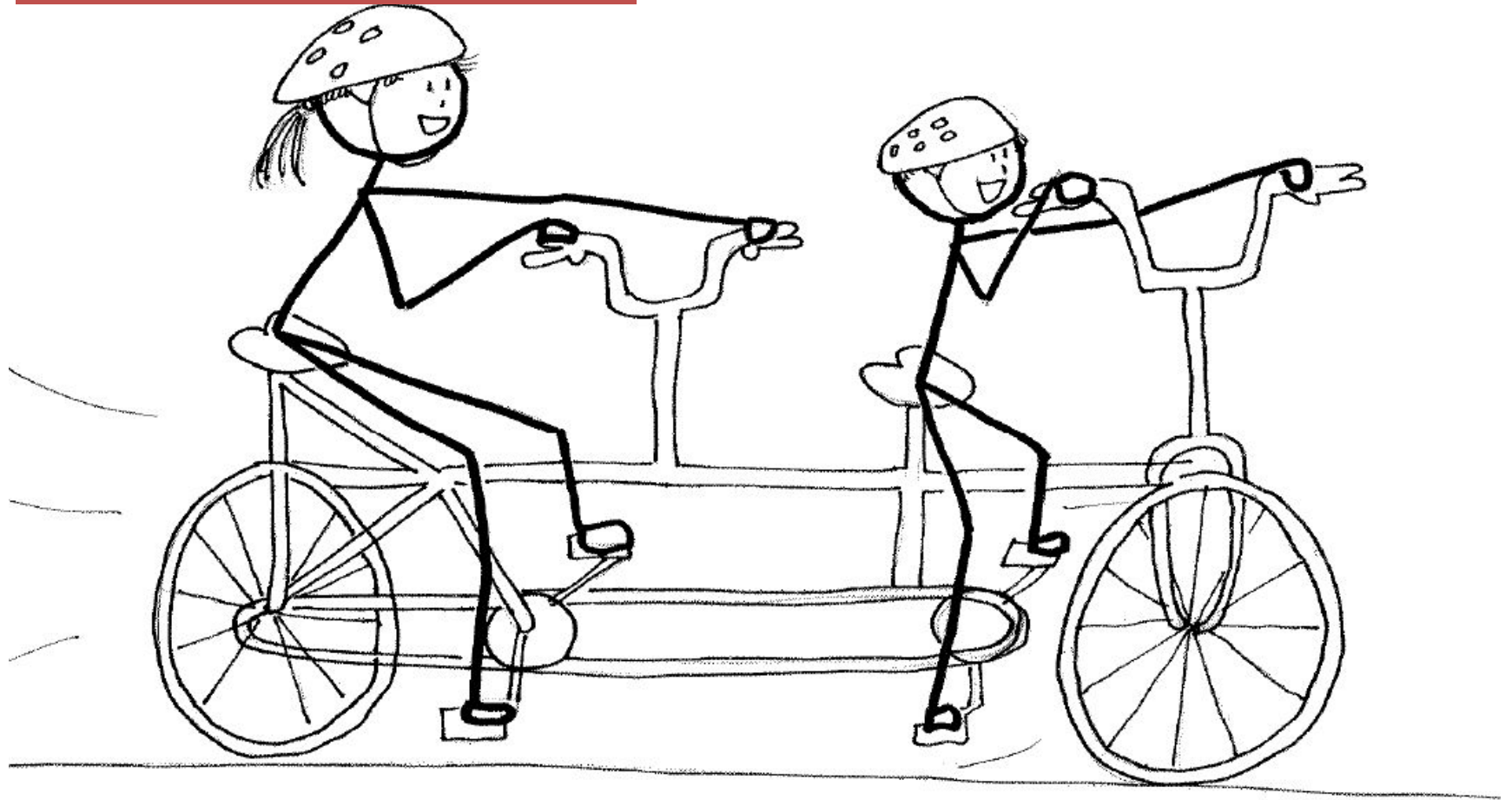
Paid BF! Employee!



Paid BF! Employee!



On the tandem bike!





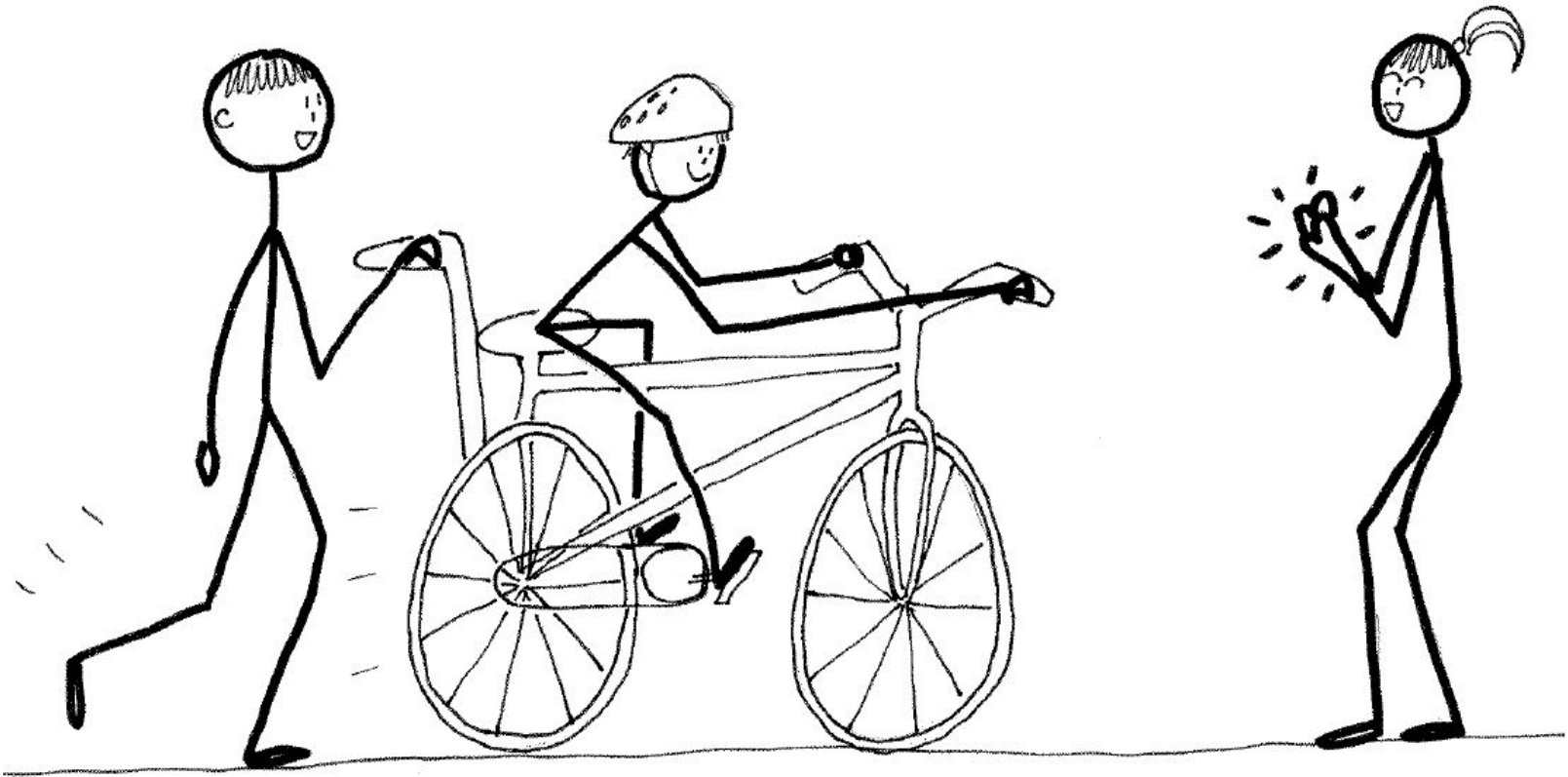








I am learning lots of skills.







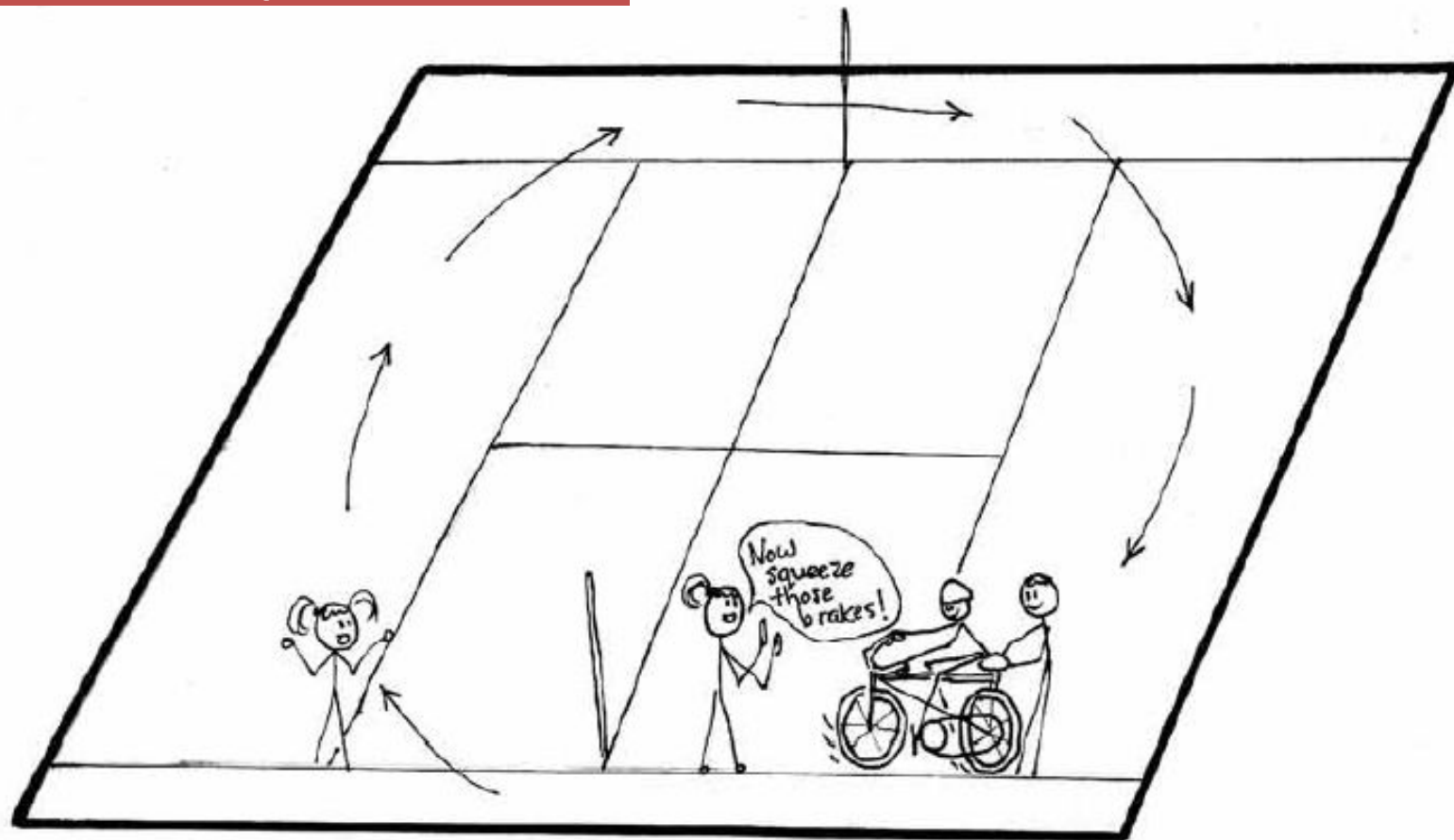
Launching me to ride alone is next.







Now that I can ride, I go outside to learn how to stop and start.



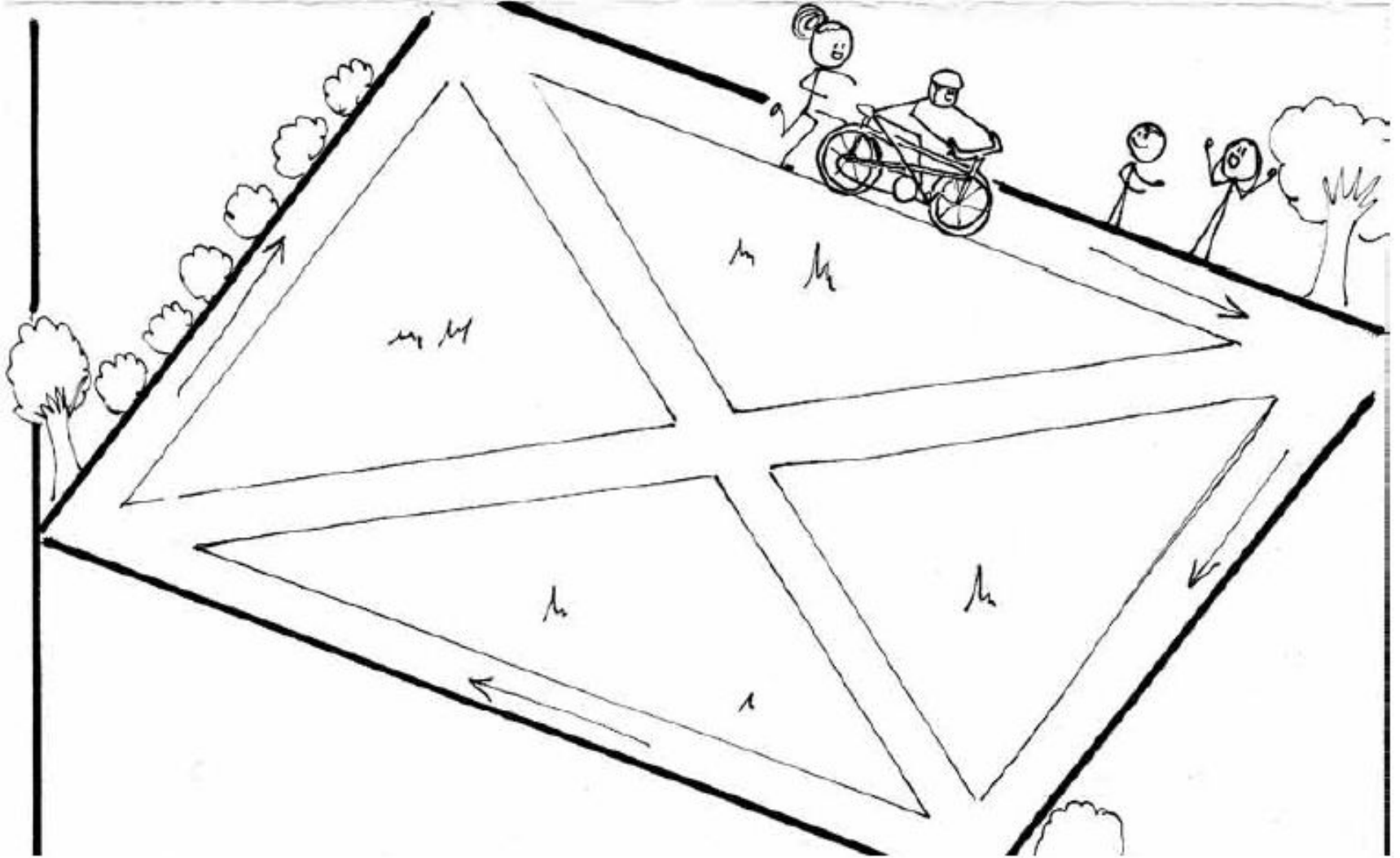








My team makes sure that I am safe.





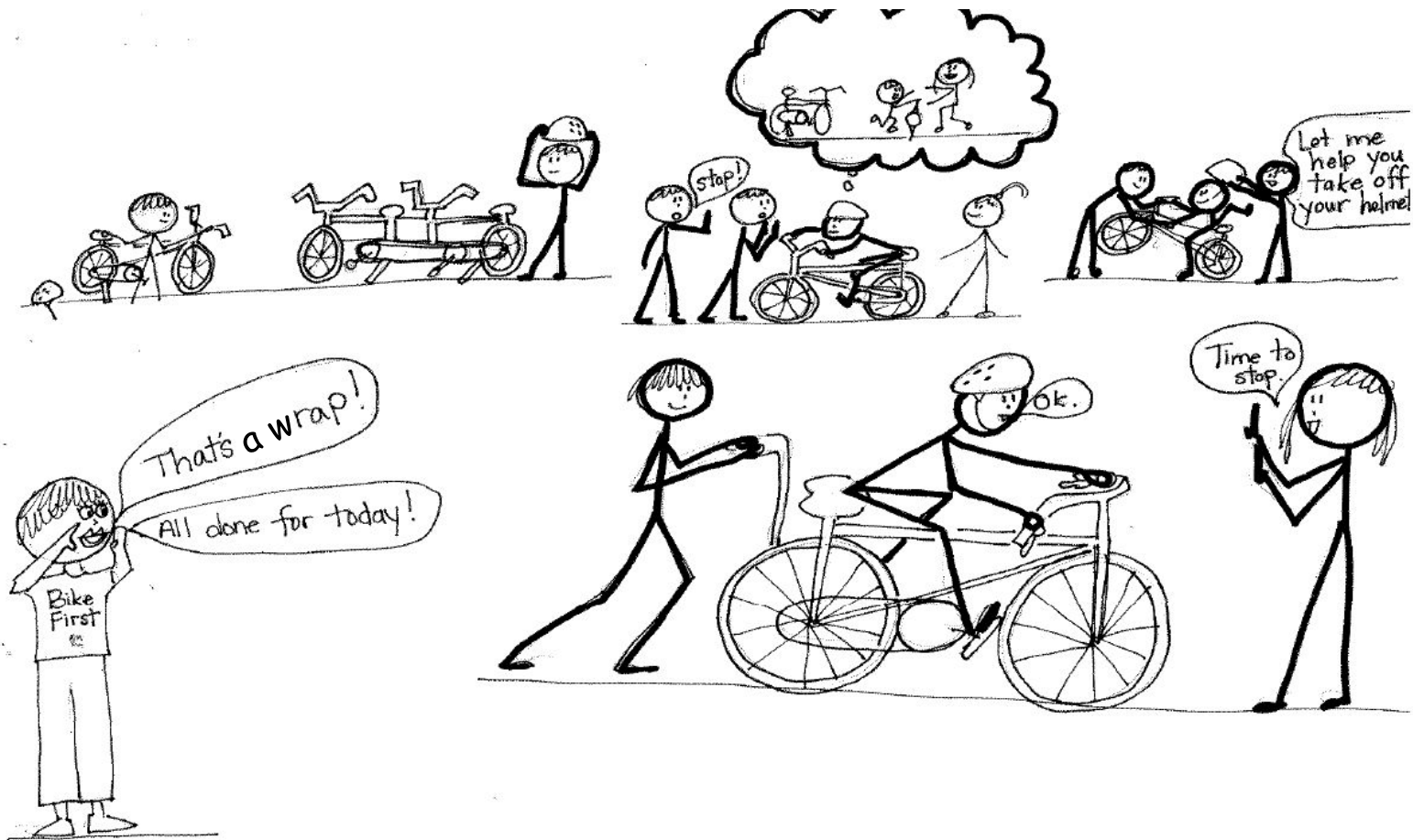








# All done for the day! I am proud of myself.



# Bike First! Daily Update

Name: \_\_\_\_\_

Session # \_\_\_\_\_

Day: Sat Sun M T W

*Skills we focused on today:*

Wore helmet \_\_\_\_\_

Getting on and off the bike \_\_\_\_\_

Hands on handle bars \_\_\_\_\_

Pace of pedaling \_\_\_\_\_

Strength of pedaling \_\_\_\_\_

Correct hip/bike balance \_\_\_\_\_

Steering \_\_\_\_\_

Looking forward \_\_\_\_\_

Braking \_\_\_\_\_

Starting \_\_\_\_\_

Stopping \_\_\_\_\_

Obstacles \_\_\_\_\_

Maneuvering around others \_\_\_\_\_

Communicating with others \_\_\_\_\_

Traffic signs \_\_\_\_\_



Today's trainers:

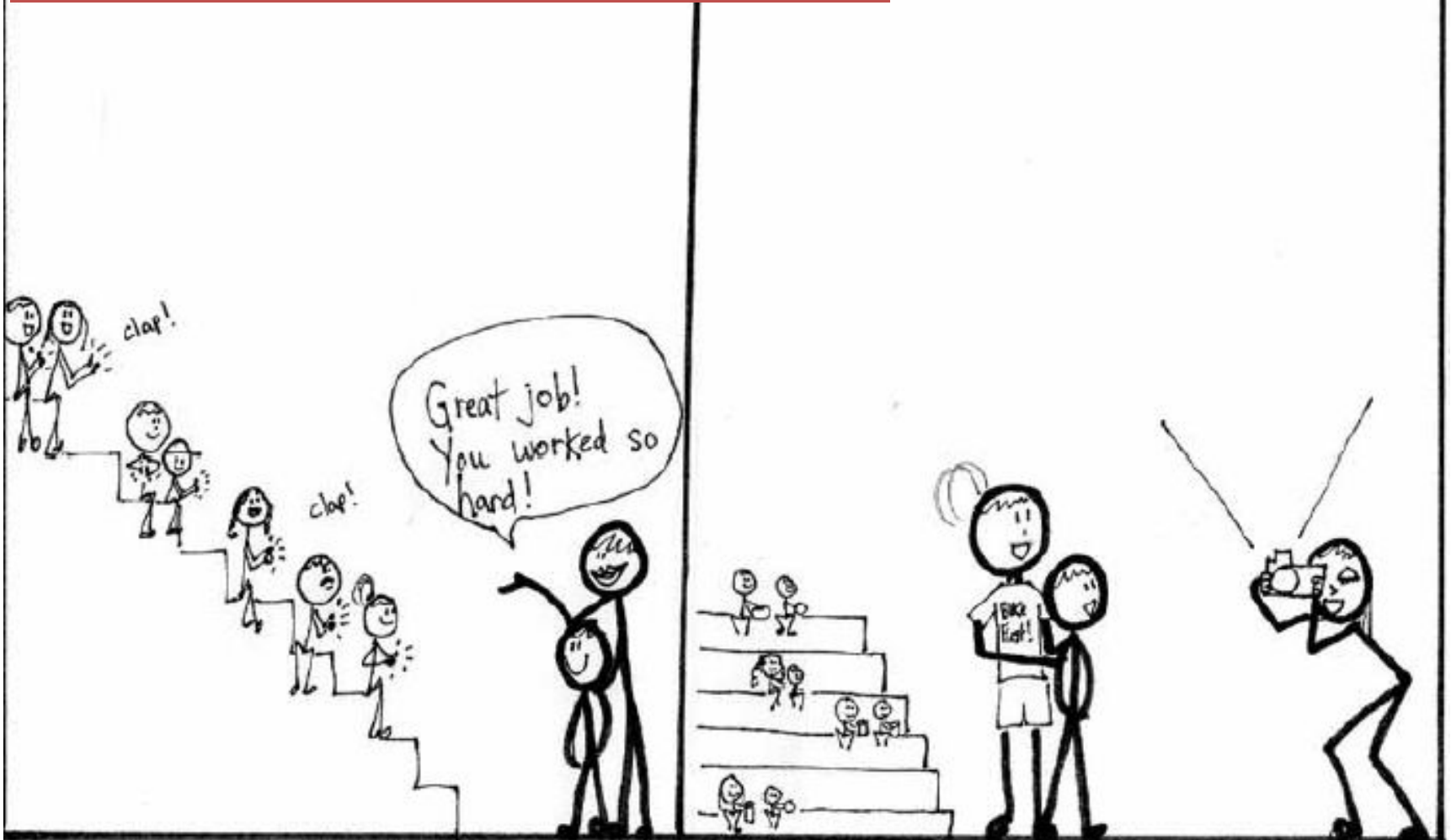
\_\_\_\_\_

*\*Please, NO new physical learning or bike riding outside the clinic this week. The rider will need lots of rest.\**

*Funding for printing and mailing was provided by the Oregon Department of Transportation*



I get an award on the last day!







What a week! We all love Bike First!















**Bike First!**

bikefirst.net