

How a visit to the hospital taught me to always wear my helmet

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01/11/24

While I lived in Colombia, I enjoyed biking due to the mountains and countless biking trails the country had to offer. While working out, I always wore my helmet, however, while hanging out with friends I didn't. Unfortunately, I learned the consequences of not wearing my helmet at all times on September 10, 2017. As usual, I was riding my bike with a friend one afternoon, and I fell. I don't know exactly how it happened because I hit my head and forgot most of the events from that day. While at the hospital, I would wake up confused, asking my parents questions such as: "What happened to me?" or "Why am I at the hospital?"

What I do remember very well was the suffering my family and friends went through while I was at the hospital. The uncertainty of not knowing if one of your loved ones is going to make it out of the hospital in good condition following a biking accident can easily be avoided by wearing a helmet. Helmets are helpful since they spread the impact of a hit over a large area and reduce the abruptness of the impact (University of Queensland). Although it is true that simply wearing a helmet doesn't protect you from a brain injury, it does ameliorate the damage, which can be the difference between life and death in some instances.

After this experience, I always wear my helmet. It doesn't matter if I'm riding with my friends around the neighborhood or mountain biking in rough terrains; I always have my helmet on. I hope my experience serves as a lesson to those who refuse to wear helmets while riding their bikes in more casual settings and as a reminder to never start pedaling without a helmet.

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Strategies to Improve Bike Safety
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When driving around the Village of Wellington, one would see numerous amounts of children and teenagers riding around on their bikes. This has made the topic of bike safety come up in public discourse and is an important issue with "1,230 bicyclist deaths in 2021." according to the National Safety Council. There are a few simple things that someone can do to be safe while riding their bike.

The first thing someone can do before even riding their bike is to check your equipment. That includes making sure that the brakes are working and that the tires are properly inflated.

A second thing to improve bike safety is by being aware of your surroundings, especially at night. From personal experience, there have been times where it was difficult to see a biker when they were wearing dark clothing at night. This is crucial as it can help save people from being hit by a car. Also at night, it can be hard to see hazardous areas, such as broken glass. Which can result in a biker damaging their tires. The National Highway Traffic Safety Administration (NHTSA) recommends that when riding with other people, "yell out and point to the hazard to alert the riders behind you."

Another problem I have first-hand experience with is being predictable. I have been in a car behind a biker, and the biker does not ride in a straight line. This puts the biker at a higher risk of getting hit by the car behind them.

Another strategy new bikers struggle with is riding a bike not fit for them. Bikers should look to resources such as the NHTSA to make sure their bike properly fits them and adjust it if it does not.

By following these strategies anyone can ride a bike safely.

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Safe Biking

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When biking around Wellington, it is important to stay safe. Biking can be a great way to get exercise, but it should always be done correctly.

Firstly, always wear a helmet. This is your first line of defense if you were to get into a collision. Think of it as your seatbelt. There isn't much else protecting your body if you were to get into an accident. You may not feel like you need a helmet, but anything can happen and it is best to be safe.

Next, always obey traffic signs. When riding on a sidewalk, make sure you are riding the same direction that traffic is moving, and never against it. When coming up on a turn, a biker should always stop at posted stop signs and check behind them to make sure they can safely cross, otherwise, you run the risk of being hit or causing motorists to suddenly brake. At crosswalks, a biker should always wait for the green light before crossing an intersection. This is where caution is important. At a busy intersection, someone could run a red light, or be making a right on red. It is important for the biker to watch out for motorists when crossing an intersection. This is crucial in the early morning or at night, when it may not be very bright outside. If you are riding your bike in a situation with less visibility, ensure your bicycle has proper reflectors, and as an extra precaution, a biker may wear a high visibility vest.

ESSAY

Bicycle safety and convinence

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1/10/23

Bikes are a convenient and cost effective way to get around short distances. No need for gas and no harm to the environment. A bike is very beneficial in saving money and getting good exercise while going from place to place. It can be way better than a car in the aspects of not having to find a parking spot and bypassing traffic. However, we need to think about the safety of the bike users. Bicycle Safety says "There are two main types of crashes: the most common (falls), and the most serious (the ones with cars)". When an accident occurs by a bike and a car the person on the bike is much more likely to be injured. This is why safety on bikes is so important because whether it is a car that hits you or you just fall it could be very dangerous and even life threatening depending on the situation. This is why we need to take procedures such as finding a bike that fits you so the bike is easier to control. As well as a helmet that properly fits your head so if you do fall your head is protected from an injury. Investing in lights for bikes would make bikers stand out at night and allow cars to see them easier, preventing a future accident. The bike light would also allow the rider to see in front of them better. Also picking good locations to ride your bike it wouldn't be the safest thing to take your bike on a very busy road to get somewhere but places that have sidewalks and crosswalks would be ok. The benefits to a bike are very good to consider however we need to take the right precautions so when we ride bikes we do it safely and effectively.

<https://www.nhtsa.gov/road-safety/bicycle-safety#:~:text=Overview,to%20driving%20defensively%20and%20predictably>.

Title: How to Make the Road a Safer Place

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The road can be a hazardous place for cyclers, with fast-driving cars and negligent drivers a cyclist's safety may be at risk. However, many things can be done to remedy this issue. Such as adding more bike lanes to allow cyclists allotted space on the road and alert drivers of the additional presence on the road, raising awareness and therefore creating safer conditions for everyone. Another safety precaution that can be used to create better conditions for commuters is signs being put into place; these signs could notify drivers that certain roads have a high traffic of cyclists and to take extra measures to pay attention to their surroundings. As mentioned before, certain roads have a higher number of bike users; the local government could lower speed limits in these areas to decrease the chances of accidents and fatalities.

Overall, taking action and creating a safe environment for everybody on the road is achievable in the future by only taking a few steps. However, for this to happen, the local government and drivers must prioritize biker's safety, by drivers paying more attention and the Village of Wellington enforcing laws and regulations that allow for safer road conditions. Additionally, bikers must also take their own precautions such as being aware of their surroundings, wearing the proper safety equipment, and being courteous to whoever the road is being shared with.

Pedal Together: Raise Awareness for Bicycle Safety

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Picture this: wind blowing in your face, sun shining all around you, and the peaceful open nature all around you. The bliss that comes with riding your bicycle around is unmatched, yet there's a crucial element you cannot overlook: bicycle safety. As phenomenal bike riding is, if correct safety precautions are taken you are at high risk of injury. Nearly 1,000 bicyclists die and over 130,000 are injured in crashes that occur on roads in the United States every year. These devastating numbers can be effortlessly lowered with bikers taking simple precautions like wearing helmets which individuals can even have any design or pattern with, making bicycling not only safer, but stylish. Or cyclists researching the safest destinations to have an adventure on their bike without the dread and fear of cars racing past.

Together as a community, we can all help raise awareness to keep our cyclists safe. We all have to take part in doing this: bus drivers, car drivers, pedestrians, cyclists. You all have a duty to protect yourselves and the others around you or even yourself enjoying the paradise of a bike ride. Stay aware, care for the safety of your community.

How to stay safe on your ride

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The single most effective way to stay safe on your ride no matter the distance of the ride is by wearing a helmet. However it is not just about wearing just any helmet because one of the most crucial factors is whether the helmet fits you and whether the helmet is new or used. Doctors recommend not wearing used helmets as "Helmets adapt to the head that they're on," says Dr. Waters. "What fits someone else well probably won't protect you as it should." Additionally, if the used helmet contains any cracks or fractures it has lost its integrity therefore will not effectively do its job correctly and could lead to more injuries than if you'd worn nothing. Additionally, wearing a proper bike helmet can exponentially increase your chance of survival and protection from sustaining major injuries. For example, helmets "reduces serious head injuries by 60%, reduces traumatic brain injury by 53% , and reduces the number of cyclists killed or seriously injured by 34%." Another practice is being a very defensive rider as failing to yield to the right of way is the most common cause for bike crashes. Being a defensive driver consists of several things such as driving with the flow of traffic, obeying street signs and traffic laws, using hand signals and eye contact and ur voice when needed for signaling your intentions. and always assuming other people can't see you when making decisions so that accidents can be prevented. Using reflectors and lights both during the day and the night are very effective for increasing your visibility of the road but also other drivers' abilities to see you. Always be alert and mindful of your surroundings to ensure you always make it home safe.

Title: Pedaling Safely and Sustainably
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Cruising through Wellington on two wheels isn't just about having a good time – it's about discovering those perfect spots where you can pedal without a care in the world. One prime example is the Wellington Environmental Preserve. Picture this: trails winding through nature, boardwalks that take you on a scenic journey – all without the stress of dodging reckless drivers.

Yet, it's not limited to the preserve. Wellington's neighborhoods have this fantastic network of bike paths weaving through the town. It's more than just being eco-friendly; it's about having a blast while you pedal, knowing you're on a route that's all yours.

In Wellington, safety isn't an afterthought – it's woven into the fabric of cycling culture. Whether you're exploring a designated spot or casually cruising through the streets, the vibe is all about carefree cycling. It's a place where you don't need to worry about traffic chaos; you can just focus on the joy of the ride.

But it goes beyond physical spaces. Wellington is a town that not only loves cyclists but actively celebrates them. Local businesses chip in, offering bike repair stations and giving discounts to riders. Annual cycling events bring the community together, making Wellington a hub for cycling enthusiasts from all around.

So, if you're into bikes and looking for both a rad time and a safe journey, Wellington's got your back. It's not just a place; it's a whole scene, a community where cycling isn't just an activity – it's a way of life. In Wellington, every pedal is an invitation to explore, enjoy, and revel in the assurance that your ride isn't just about the destination; it's about the secure and blissful journey along the way.

Bicycle Safety

By

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Bicycling, a versatile mode of transport, is an eco-friendly, fun, and healthy way to get around. However, safety should never be compromised. Helmets are vital for cyclists as they significantly reduce the risk of head injuries. They're not just a piece of gear, but a necessary safeguard.

Sharing the road with vehicles necessitates safe driving practices. Drivers should maintain a safe distance from cyclists, be vigilant, and respect bike lanes. Cyclists also need to be aware of their surroundings, follow traffic signals, and use hand signals to communicate their intentions.

Electric bikes, while convenient, require extra caution. They're faster and heavier, so maintaining control and understanding their mechanics is crucial for safe riding.

Proper biking equipment enhances safety. Flashlights and bright clothing improve visibility, while bike pumps and locks ensure your ride is ready and secure.

Lastly, choosing safe spaces to ride your bike is important. Dedicated bike paths, parks, and low-traffic streets are ideal. Remember, safety first makes every ride a joy ride.

Essential Bicycle Equipment
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When riding a bicycle, many people forget that there are essential safety features needed when riding. Although many people wear helmets while riding, there are more useful features that could be used when riding.

Firstly, riders who venture out during the early morning or at night when it is dark must use reflective gear to warn drivers who might not see them in the dark. This is essential to prevent any accidental car crashes and to protect yourself when riding. Another piece of equipment you could install on your bicycle is a light in the front and rear of the vehicle, this will also prevent drivers from crashing into you by warning them.

Next, even though it may seem obvious many people always carry a bottle of water when they are riding their bikes but there should be an attachment on the bicycle to hold bottles in case it falls which could help prevent any accidents. When you are off of your bike, use a safety lock so no one steals your bike and so it is secure. You could also carry around tools just in case something happens to your bicycle, this will become great in case of emergencies.

Lastly, to protect others while you are riding you can install a mirror on your bicycle to help keep yourself aware of your surroundings. You can also wear protective gear such as knee pads or bicycle gloves in case you fall off, you can reduce the amount of injuries you could cause yourself. You can also install a bell or horn to warn the people in front of you to kindly move out of the way so you do not harm them.

In conclusion, when riding you must follow safety advice so you and others are safe from preventable accidents.

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Understanding and Obeying Rules
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Introduction:

With increasing popularity in the Village of Wellington, all of the individuals in this community need to understand and obey bicycle rules that are placed. With this knowledge, safety in the community can be raised.

Florida Law:

Florida has laws in place to ensure the safety of drivers and bicyclists. The most helpful law is to know that bicyclists are considered vehicles and they have the same responsibilities and rights as a vehicle¹. This means bicyclists must obey all traffic laws, such as signaling when turning or stopping when there is a red light.

Although biking on the road can be intimidating, there is the 3-foot law that requires any motor vehicle to give at least three feet of leeway when passing a bicyclist². This provides space for the cyclists so they are less susceptible to getting hit.

With the Village of Wellington's increasing popularity, more children are outside. Florida has a law for children under the age of 16 to be required to wear a securely fit helmet³. This is because children grow yearly, and protecting their heads and brains from significant accidents is essential.

Biking on the Pavement:

The Village of Wellington has many sidewalks that can be used for bicycling, but some rules should be followed. One rule is that when biking on the pavement, a biker has to yield to the right of way of any pedestrian and be clear when they pass a pedestrian⁴. This is similar to the law of signaling to the road.

Conclusion:

Understanding and obeying these rules will make the community safer and a stronger place to live.

¹ KMW LEGAL, "Florida Bicycle Laws Explained by a Lawyer," *KMW LEGAL* (blog), entry posted January 13, 2023, accessed January 10, 2024, <https://kmwlegal.com/blog/florida-bicycle-laws-explained/>.

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The Importance of Awareness
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1,000, is a big number that not many people can be associated with. Yet, bicyclists around the world are fitted into that category. 1,000 bicyclists dead. Every single year. Due to the lack of awareness from drivers. By finding ways to avoid bicyclists and knowing the rules, this way we can avoid harming anybody and keep everyone safe.

Although driving can be seen as something incredibly easy, many people tend to overlook the simple but much-needed things when driving such as obeying the speed limit, not passing too closely to any cyclists, and giving cyclists room. Although they can be tedious and one may want to take a shortcut due to their circumstances, it's still important to obey the rules that are given to avoid any casualties. For example, giving bikers their space is a very important rule. A bike lane isn't always present, so when the bicyclist is sharing the space with a driver both parties need to be separate for their safety.

For bikers, it's always important to know ways to keep yourself safe as well such as being alert at all times, biking on the right side of the road or the bike lane, and obeying all the traffic rules like drivers do. These are important to ensure the safety of the biker if the drivers follow their own set of rules.

By following each individual's own set of rules this can ensure no one is harmed and a part of that 1,000. Instead, be the person who drives safely alongside bicyclists.

Bicycle Safety

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January 14, 2024

Making roads and our community bike friendly is of the utmost importance. This is not only to ensure the safety of our fellow citizens, but also to maintain a civilized and respectful culture within the Wellington community. Bicycling has numerous benefits to both the rider and the environment of our community. Bicycling is a major way to exercise, however, it is also considered a fun and entertaining pastime by many. This activity can be enjoyed by friends and family to maintain their health and spend quality time together. On a major note, cycling has significant environmental benefits. According to "Cycling for a Better World" posted on May 15, 2023, "bike lanes also play a significant role in reducing pollution levels and promoting sustainable transportation. By encouraging people to cycle instead of driving, bike lanes can reduce carbon emissions and improve air quality in urban areas." This has a beneficial effect on the ecosystem and may help lessen the effects of climate change.

The overall action of respecting bicycle lanes on the road should be further pushed to be enforced. It is common for daily travelers to drive on the bicycle lanes if there aren't any cyclists present and if there is occasional traffic. These actions can have detrimental effects to the wellbeing of our citizens. Not only is it illegal but it can cause fatal injuries to incoming cyclists, afterall, they don't count on the protection of a 4 door iron enclosed vehicle. This doesn't only apply to cars but also to motorcycles which also commonly violate bicycle lanes. According to "Cycling for a Better World" posted on May 15, 2023, "Bike lanes have a significant impact on safety, not just for cyclists but for all road users. By providing a designated space for cyclists, bike lanes reduce the risk of collisions between cyclists and motor vehicles." In Conclusion, The number of crashes involving bicycles can be decreased by the enforcement of abiding to bicycle lane laws.

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Bicycle Safety
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Bicycles are exciting, fast... but they can also be dangerous. Every year, in Florida alone, 150+ people die from accidents involving cyclists, and about 6,000 become injured. This can be prevented however, wearing safety gear designed to protect cyclists can help save lives! For example, just wearing a helmet reduces the chances of head injury by 85%. Other safety gear, like flashlights and bright colored clothing, also helps protect cyclists from injury.

However, cyclists should not have to be the only one doing their part. Drivers in vehicles larger than bicycles must do their part by obeying ALL traffic signals and rules. For example, stopping before a crosswalk rather than on the crosswalk to help cyclists stay on their course without the chance of being hit.

Additionally, this also takes an effort from cyclists as they should continue to ride on the safe spaces provided. To exemplify, the sidewalks or bike lanes. By using these provided spaces, bikers have a much higher chance of staying protected and riding safely all throughout their journey.

In all, bikers safety is a top priority and concern in Wellington, but can ultimately be achieved with the right equipment and and will to follow road rules.

Miles, Not the Unit

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He was never expecting for his good deed to make his life; and those who loved him end. When Miles took his way of helping the Earth to and from work everyday, he never imagined that his 65 years could be abruptly ended by another cause. He never wore his helmet.

Miles was a healthy, happy, and kind soul. Being a retired airforce captain, he always knew how to be a leader and a doer in life and that always guided him through his work after the airforce. He worked with people he cared for and had his family for when he was not on the clock. Nothing out of the ordinary is ever planned to happen in a negative manner, especially to those who only bring positivity. Miles worked alongside my dad for the many years that we resided in Tampa, Florida and they treated each other like a best friend would. Having so much of an impact on my family, my younger brother was almost named after Miles himself and as much of a shock it was to Miles' family, my dad was too, stunned.

The message that is needed to be taken knowing that an innocent, kind man can lose everything and everyone in the blink of an eye is that; you need a helmet. His goal being to swerve away from a group of ducks crossing the bike lane, turning into a life lesson leading to his end. He never meant for that to happen, no one would ever; but, he did not ever wear a helmet and the one and only time it took for him swerve and fall is all it took. Please, protect yourself the best you can, it provides comfort and safety for both you, and your family.

Title: "Pathways to Safety: Shaping a Bicycle-Friendly Wellington"

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Date Submitted: 1/12/2024

Wellington's journey, towards becoming a Bicycle Friendly Community embodies our dedication to promoting sustainability and ensuring safety for everyone.

Promoting Harmony on the Road:

On the shared stage of roads both motorists and cyclists need to work. Every glance in the rearview mirror. Every turn signal from a cyclist contributes to creating an environment. As drivers exercise patience cyclists should also commit to being transparent in their movements.

Enhancing Visibility; A Crucial Safety Measure:

A cyclist's visibility acts as their shield. Bright clothing and lights are not accessories. Play a vital role in ensuring safety particularly during conditions of low visibility.

Cycling as a Social Thread:

Cycling brings our community together fostering a culture of safety and inclusivity through group rides and events. These activities serve as reminders that cyclists are not isolated individuals but integral members of a community that prioritizes safety.

Creating Safe Streets:

Creating cycling experiences also relies on infrastructure. Bike lanes act as lifelines for safety while maintained pathways invite riders to feel like they truly belong.

Educational Initiatives:

To sustain this vision educational initiatives are crucial. Conducting workshops on road safety implementing cycling courses, in schools and launching public awareness campaigns can transform these principles into nature for generations.

Education empowers both cyclists and drivers creating an atmosphere where road safety becomes ingrained in our habits. By combining elements such as respect, visibility, community involvement, infrastructure development and education Wellington has the potential to lead the way, towards a future where cycling's not a means of transportation but also represents a safe conscious and united community.

Bike Safety

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Bicycles are an excellent form of transportation, given that they are relatively affordable and produce zero emissions. Yet, despite their benefits, bicycles are seldom used in suburban environments such as Wellington. Bicycle lanes on roads are fairly common in Wellington; however, these lanes are incredibly dangerous and are hardly recognized by car drivers. Sidewalks are safer, but often have a rough surface for bicycles and are inefficient due to slower pedestrians. Given this conflict, change should be implemented that makes riding bicycles safer and efficient in Wellington. There are multiple ways in which this can be accomplished.

The first realistic solution to these problems is to make bicycle lanes more recognizable. This could be done by painting bike lanes and/or placing 3-dimensional barriers between the vehicle lanes and bike lanes, such as cones or bollards. This will make bike lanes stand out far more and will dramatically increase the safety of the lanes.

With that being said, the best way to make Wellington safer for bikers is to simply design roads and areas with bicycles and pedestrians in mind. Future urban design should work to decrease the distance that pedestrians need to travel and integrate commercial and residential areas. Creating separate bike lanes in between sidewalks and roads will make bicycling in Wellington far safer, and future urban projects and developments should be designed with cyclists and pedestrians in mind.

We can do a lot to help cars and humans coexist in Wellington. Creating safe environments for cyclists will make transportation easier and could have the long-term effect of reducing traffic on the roads themselves by decreasing our dependence on cars. I believe that Wellington can become a pioneer in making suburban areas more bicycle and pedestrian friendly if the correct plans are put into place.

Bicycle Safety

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Breaks slam and bones break; the world goes dark as sirens can be heard in the distance. What started as a normal bike ride down Forrest Hill cascaded into a nightmare. Just this summer, a member of our community experienced this first hand when a reckless drunk driver hit him on his bike. For this fifteen year old boy, a driver's heartless mistake could have cost his life. The heart of our village are the families and children who call Wellington home, so it is imperative for Wellington residents to be educated on the tenets of bicycle safety.

Safety is a responsibility of everyone on the road: drivers, bicyclists, and pedestrians. However, as the most dangerous vehicle, drivers carry a great duty to protect bicyclists. Wellington drivers must be aware of laws such as when it is a bicyclist's turn to cross the street. Ensuring that drivers are aware of road safety laws increases drivers awareness of the bikes sharing the road. Above all, drivers must not drive under the influence or look at their phone. This behavior is selfish and endangers everyone on the road, especially the vulnerable bicyclists. One key to keeping bicyclists safe is educating drivers and holding drivers accountable for dangerous actions.

At the same time, it is also the bicyclists responsibility to protect themselves. To prepare for the worst case scenario, bicyclists must take precautions to keep themselves safe. This may include wearing a helmet, wearing reflective clothing at night, and being aware of surroundings. Bicyclists must be educated on these safety precautions and road safety, especially children who often bike to school.

As a village, it is the responsibility of all residents to ensure the safety of bicyclists. Through education and discussion, Wellington can work to make our roads as safe as possible.

You Can Do Everything Right, and Still...

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When biking, a biker can do everything correctly and still get seriously injured because of reckless driving occurring next to them. Bikers can do everything right and still get hurt because they were not seen when riding during the dark.

When talking about bike safety the first thing that arises is everything they should do to be safe such as wearing a helmet, staying in the bike lane, wearing bright colors during the day, reflective clothing during the nighttime, and more. However, they can practice all the correct safety habits and it does not matter because a car was not paying attention to them or driving reckless near them. A car should maintain no less than three feet away from a bike when trying to pass a biker. It really should be advised to switch lanes when trying to pass a biker to maximize their safety. For many people, biking is their necessary mode of transport as well as an activity that they enjoy. Again, they can do everything right and still lose their life because of a hunk of reckless metal. So lets ensure that we practice safe driving around bikers so that they feel, and are, safe when travelling to their destination or partaking in a hobby in which they favor.

Struggles of Sharing the Road

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What started as a regular day had turned tragic on a simple bike ride. While a 15 year old was riding his bike past the exit of a parking lot, a car ran a stop sign. The bike tumbled to the ground and its occupant had sustained a head injury. Although he walked away alive, the week-long hospital stay and recollection of the events that had taken place had certainly left its traumatic mark. According to the South Florida Injury Law Firm in 2019 there were 840 bicyclists who were killed by an automobile in the United States. This is not due to ignorance of the cyclist, but the negligence of the driver.

An important component in keeping cyclists safe in our community is ensuring that drivers are following the appropriate signs and traffic signals. Stopping at a stop sign is essential to any kind of traffic safety. However, there are also specific signals that pertain to cyclists and can assist vehicle operators in keeping cyclists safe. According to the League of American Bicyclists there are ways for cyclists to signal their direction of travel by using hand signals. To signal left, cyclists are to extend their left arm to the side. To signal right, they are to extend their right arm or bend their left arm at a right angle.

In order to ensure the safety of cyclists in our community it is essential that drivers are aware of their surroundings and conscious of traffic laws and signals that are in place to protect the lives of cyclists. By working as a community to advocate for attentive driving we can ensure that cyclists can rest easy knowing that they can safely coexist with and share the road with drivers.

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Zippering Safely
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Grade 12
January 10, 2024

Having to stress about your safety in something as stress relieving as biking can, sadly, take away from the enjoyment and freedom it offers. As someone who now has a scar due to recklessly riding my bike, I insist everyone to take a moment and consider these safety tips so that everyone can be safe and still have the delight of riding a bike! Prioritizing safety measures ensures a worry free and enjoyable riding experience.

Helmets are the single most important safety item that a great majority of riders forget to wear. Helmets are made to protect your head and prevent permanent brain damage or even death. Not only do they reduce head injuries, the bright colors of them may make you stand out more to drivers to prevent car accidents.

Speaking of car accidents, they are the lead cause of bicycle accidents. To prevent vehicular collisions, always pay attention and look left and right before crossing a street. You cannot control the driver's actions, but you can prevent your own. Additionally, adding lights and reflectors to your bike and helmet is a very fun and safe way to let drivers be more aware of you!

Regular checks and maintenance not only contribute to smoother rides but also reduce the likelihood of unexpected malfunctions. A well-maintained bike enhances your safety and ensures a reliable transportation method.

In conclusion, weaving safety into the fabric of your biking routine doesn't detract from the enjoyment; instead, it fortifies the foundation of a worry-free and delightful experience. Helmets, awareness, bike maintenance, and effective communication collectively create a secure environment where the thrill of biking can be fully savored. So, gear up, stay alert, maintain your ride, signal your intentions, and let the joy of biking be an undisturbed, exhilarating journey. Safe travels!

Works Cited

“Bicycle Safety.” NHTSA, www.nhtsa.gov/road-safety/bicycle-safety. Accessed 11 Jan. 2024.

