

STD 3 NATIONAL LEARNING ASSESSMENT
MENTOR TEXT – BOOKLET 6

BICYCLE CRASH

Scrrruuuuxxxxx.... Brap! That was the sound of me and my best friend Ryan flying off our bikes and hitting the ground, really hard! Never ever have I been so happy to be wearing a helmet in my life. Let me tell you how this unfortunate incident unfolded. Last Saturday, Ryan came over to my house. It was a bright and sunny day, perfect for riding. We grabbed our bikes and decided that we would head to the trail at the nearby park to do some stunts.

Shortly before leaving the house, I put on my helmet. Ryan laughed and said I looked like a robot with a super big head. We both laughed and took off towards the trail. We were racing each other and having the best time ever. Then, out of nowhere, a dog started chasing a cat and ran right in front of us!

“Watch out!” I yelled, as we both tried to avoid crashing into the dog. We both swerved our bikes while pressing brakes, but Ryan ran straight into a big stone on the path. Immediately after, I slammed into Ryan, and we both fell off our bikes. I hit my head on the ground, but luckily, I had my helmet on. Ryan on the other hand, was not so lucky. As he fell off his bike, he hit his head on the stone and his forehead started to bleed instantly. A few people at the park ran over to help us and we were taken to the hospital.

At the hospital, the doctor checked me out. I had a small bump on my chin, but the doctor said the helmet saved me from something way worse. Ryan however, had to rest in bed, at the hospital. He spent two whole days at the hospital and got three stitches for the cut he got.

Even though the crash was scary, I learned how important helmets are. Now I tell all my friends, “Don’t ride without one!” I still love biking, but I’m a lot more careful now. That crash may have hurt, but it taught me a big lesson I’ll never forget!

