



**SAFE
K:DS**
TRIDENT AREA

BICYCLE RODEO

WWW.SCSAFEROUTES.ORG

WWW.MUCSCKIDS.ORG/SAFEKIDS

**SOUTH CAROLINA
BICYCLE RODEO
MANUAL**

**South Carolina Safe Routes to School
and Safe Kids Trident Area**



A Bicycle Rodeo is a series of skill stations that provide participants with an opportunity to learn, practice, and demonstrate safe bicycling.

How much time do I need for a Bicycle Rodeo?

Depending on the time allotted and skill level of participants, stations can last two to five minutes per group and students will progress through stations in groups of five to ten students. Once the first group moves on to the next station, another group can start. If needed, customize stations to reduce the length of the event. For example, if you have five groups of 18 students and all twelve stations recommended here, you will need to allow one and a half hours for all students to make it through the course.

Where should we hold the Bicycle Rodeo?

A Bicycle Rodeo requires open space. They often take place in bus loops, parking lots, walking tracks, and open fields. It often works best if the course is set up in a loop as students will then begin and end in the same place. Please be sure, if you decide to use a parking lot or bus loop, that all traffic has been blocked off and no moving vehicles will be present.

How long should we make the course?

The length of the Bicycle Rodeo can be adjusted to use available space. If space is limited, skill stations can be eliminated or customized to fit within the course space. Also, the distances in between each skill station can be shortened or lengthened accordingly.

How many adults are needed to run the Bicycle Rodeo?

Ideally, there would be one adult per station, if using the example skill stations referenced in this manual, 12 adults would be needed, but it can be accomplished with as few as six. The more adults you have available to run the Bike Rodeo, the better the experience will be for each participant.

Who should participate in the Bicycle Rodeo?

The sample Bicycle Rodeo outlined in this manual works best with second, third, and fourth grade students. However, it can be used for other age groups as well.



Station 10: Weaving & Maneuvering

Rider's balance, steering control, and judgment on distance will be tested. Rider should not hit any obstacles and should weave alternately to the right and left.

Cones should be placed 8 feet apart.



Station 11: Driveway Exit

Explain the importance of stopping to look both ways before entering a roadway from the driveway. Review hand signals. Be sure rider comes to a complete stop, looks both ways, and checks again before going. During this time, have the station leader call out a direction (right, left, stop) for the rider to practice their hand signals. Then the rider should take off smoothly with a good pedal position.

At the end of the "Weaving and Measuring" station, but before the bike drop off, have a line drawn with the word "STOP" written in chalk.



Station 12: Driver's License

Riders should turn in their checklist/report card.

You can give each rider a certificate or Bicycle Rider's License upon completion of all stations.

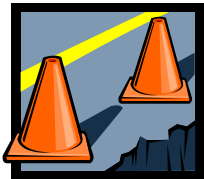


Station 7: Straight Line Control

This will also test balance and steering control. Riders should be able to ride in a straight line without veering over the lines/cones or putting a foot down to balance.

Explain that the rider will be riding in an eight inch wide line. When prompted, they must look over their shoulder to see if there are any cars coming while staying in the line, riding straight.

The lane should be 40 to 60 feet long and eight inches wide.

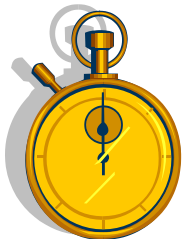


Station 8: Avoiding Hazards

Teach riders about different types of hazards that they will need to watch out for as bicyclists. Riders should ride straight at the “rock” and swerve to avoid the hazard, Prior to swerving have the rider do a shoulder check. *A shoulder check is when a rider looks over his/her shoulder for approaching traffic.*

Note: This needs to be adjusted for riders with training wheels. They should go around the large objects entirely and not weave through them.

Place a large object (rock, plastic car, basketball...etc.) in a lane for the rider to swerve around.



Station 9: Slow Control

The station will test the rider’s balance and speed control. The rider should maneuver the bike at a slow speed, requiring at least 30 seconds from start to finish for a 60 foot lane.

One way to add excitement to this station is to have to riders “slow race” each other to the finish line. The winner will be the last rider to reach the stop sign without putting his/her feet down. Record the winner’s time in each group, to determine the overall slowest time and winner.

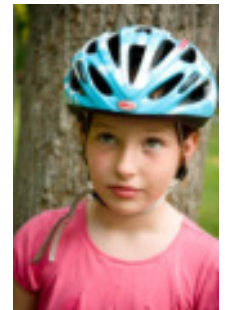
Does your helmet fit properly?

Take the Helmet Fit Test!

Make sure the helmet fits and the participant knows how to put it on correctly. A helmet should sit on top of the head in a level position, and should not rock forward, backward or side to side. The helmet straps must always be buckled, but not too tightly.

EYES Check

Position the helmet on your head. Look up and you should see the bottom rim of the helmet. The rim should be one to two finger-widths above the eyebrows.



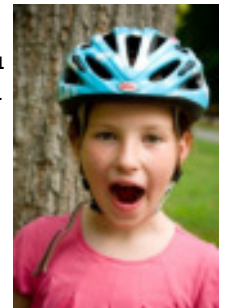
EARS Check

Make sure the straps of the helmet form a “V” under your ears when buckled. The strap should be snug but comfortable.



MOUTH Check

Open your mouth as wide as you can. Do you feel the helmet hug your head? If not, tighten those straps and make sure the buckle is flat against your skin.



Possible Partners/Volunteers

- PTA/PTO
- Local Bike Shops
- Law Enforcement Agencies or Police Bike Teams
- Bicycle Clubs
- Safe Kids
- Safe Routes to School

Details to talk about at your first meeting

- Date/Time/Location
- Participants to invite
- Volunteers
- Incentives for Participants
- Promoting the event and contacting media
- Station assignments and schedule training

Suggested Materials Needed

- Tape measure
- Spray Chalk (3-4 cans)/sidewalk chalk (box)
- Orange traffic cones
- Table and chairs for registrations
- Road signs (stop, railroad crossing, pedestrian crossing, yield, school zone, etc.)
- Bicycle helmets
- Disinfectant wipes/spray (for helmets between uses)
- Pens/pencils for volunteers
- Additional Items include: bicycles, certificates, Bicycle Driver's License, Bicycle Skills Report Card, stop watch
- First Aid Kit



Station 4: Stopping Ability

A rider's judgment and brake control is tested. The rider should ride through the first 50 feet and bring the bicycle to a complete stop before touching either foot to the ground, within the last 20 feet.

If the rider is older they should be able to stop with front tire on the line at the stop sign

The lane should be 70 feet and 2 feet wide. A cross mark should be made at 50 feet.



Station 5: Riding Right

Stress that bicyclists should follow the rules of the road. If there is a bike lane, then a rider should be in the bike lane.

Riders should ride as far right as they can safely.

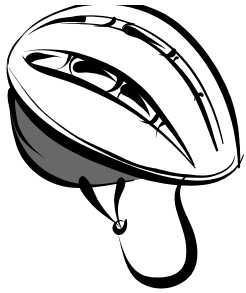
This station can be made with cones and have the rider ride to the right of the cones.

Station 6: Changing Direction

The rider will be tested on their balance and steering control. Riders should start right and maneuver through the circles in a figure eight.



The inner circles should be 12 feet in diameter and the outer circles should be 15 feet in diameter.

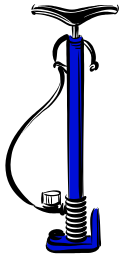


Station 1: Helmet Check

Each participant must be fitted with a helmet. This could be a helmet that belongs to the participant or a loaner helmet.

For health and safety, wipe helmets with disinfectant wipes after each user.

Try contacting your local chain stores or bike shops for helmet donations.



Station 2: Bike Fit

Each bicycle used will be properly fitted to participant. Handlebar and seat height may need to be adjusted to properly fit the participant.

Check with your local cycling club for volunteers to help pump tires, repair chains, and fit bicycles.



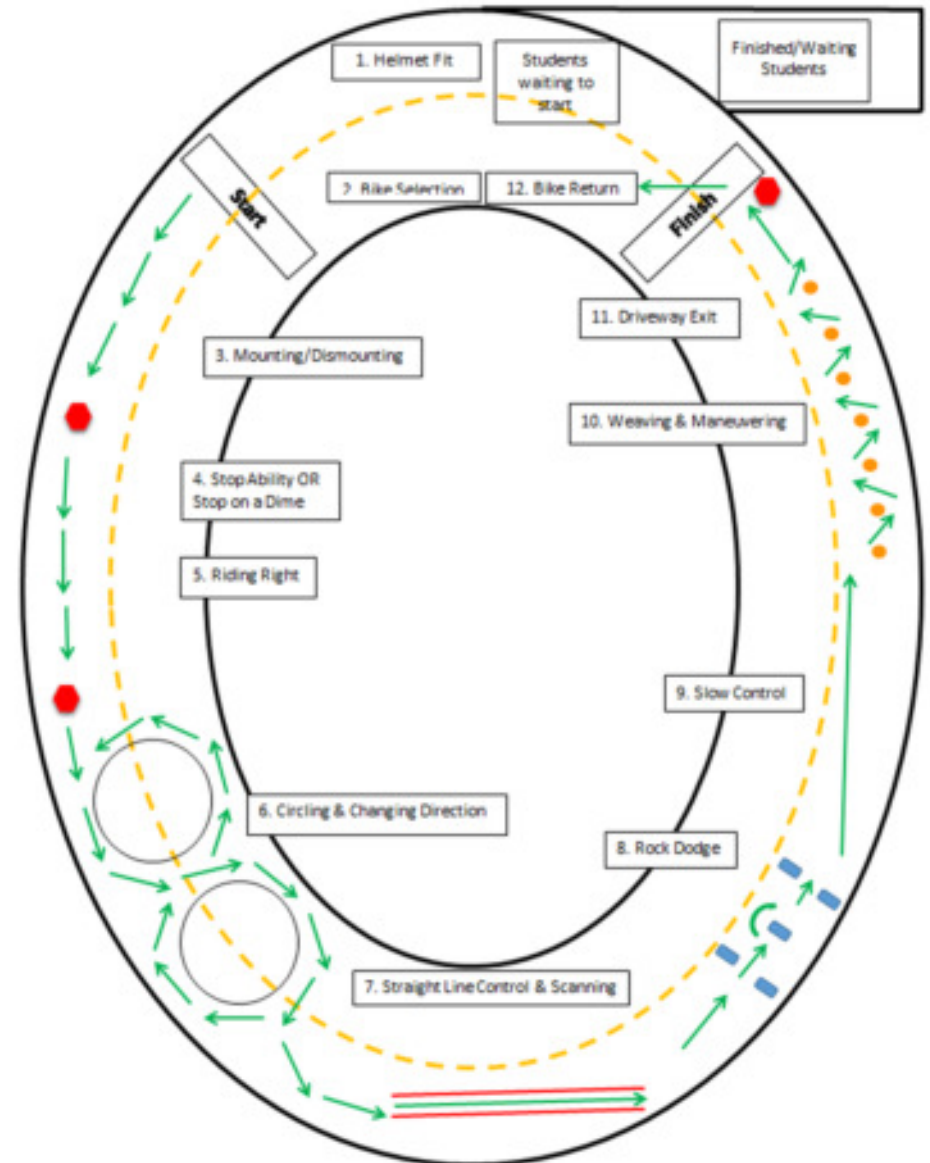
Station 3: Mount & Dismount

This station tests the rider's ability to get on and off the bicycle while remaining steady.

Rider must mount, steer bike without losing balance or swerving out of the lines, then stop by applying brakes. In order to get off of the bicycle safely, the rider should put one foot on the ground after stopping.

The lane should be 40-60 feet long and 3 feet wide.

The lane may be drawn with chalk or sectioned off with cones.



In advance of Bicycle Rodeo

- Measure area for Rodeo and determine location for stations
- Draw a diagram of the event venue with stations and other important information (e.g. sign placement.) If you're able, do it to scale.
- Post signs to notify people of upcoming event, especially if it will effect parking and driveways.
- Communicate with and train volunteers and staff on how to manage the stations.
- Print nametags for volunteers
- Print Bike Rodeo Checklist.
- Prepare Bicycle Licenses

Day of Bicycle Rodeo Event

- Have volunteers arrive at least one hour prior to Bicycle Rodeo event.
- Remove cars from parking areas and block vehicle access..
- Place signs to direct students.
- Have a bike rack or parking area for bikes and line up loaner bikes. Check bikes for safety.
- Have diagrams of the area printed. Measure and mark the stations with cones or chalk. For easy and quick application, use spray can chalk (found online or at hardware stores)
- Use chalk to mark arrows and directional information
- Place signs and other props at appropriate stations
- Know how children will be divided. Prepare to hand out checklists.
- Have helmets and disinfectant wipes ready to go. A table is helpful for the helmet fitting station.
- Have first aid kit handy in case of any minor cuts/scrapes. Call School Nurse, EMS, or 911 for additional help if injury is severe. If parents are not at the scene, contact parents/guardian immediately.

Use the template below, or make your own checklist for students to have with them. Consider printing the list on cardstock and using string to have the checklist like a name badge.

| No. | Station | Adult Initials |
|-----|-------------------------|----------------|
| 1 | Helmet Check | |
| 2 | Bicycle Fit | |
| 3 | Mount and Dismount | |
| 4 | Stopping Ability | |
| 5 | Riding Right | |
| 6 | Changing Direction | |
| 7 | Straight Line Control | |
| 8 | Avoiding Hazards | |
| 9 | Slow Control | |
| 10 | Weaving and Maneuvering | |
| 11 | Driveway Exit and Turns | |
| 12 | License to Ride | |