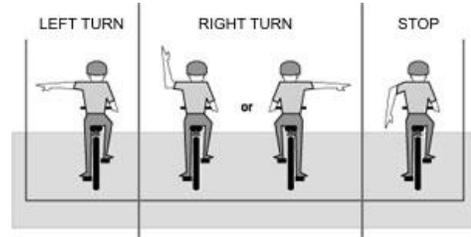


CLASSROOM INSTRUCTION (see PowerPoint): If possible schedule classroom time to teach:

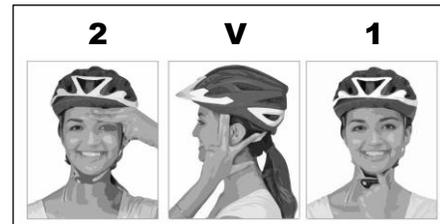
- A. THE PARTS OF A BICYCLE:** See diagram in PowerPoint (also included on Fun Fact Sheet #6)
- B. RULES OF THE ROAD - ROAD SIGNS:** Explain to kids how traffic works. Bicycle riders obey the same rules as cars. Teach them about yielding (to the right), passing, predicting traffic flow and the traffic laws that relate to cyclists. Teach the importance of riding with traffic. Talk about what different road signs mean, show examples of road signs (PowerPoint), have the kids identify them.
- C. HAND SIGNALS:** Teach children the hand signals they should use to alert drivers of their actions:
 1. Left turn – extend left arm out straight from your side.
 2. Right turn – extend left arm out from your side, bend elbow at 90-degree angle, hand pointing up –or– extend right arm out straight from your side.
 3. Stopping or slowing – extend your left arm out from your side, bend elbow at 90-degree angle, hand pointing down.
- D. HELMET FIT:** Talk about how to fit helmets using “2V1” (see below) **Note:** *Helmets may be fitted in class if they are available then.*



PREPARATION: WORKERS/HELPERS should be trained on basic bicycle skills, laws, and rodeo procedures. They should know which skills they will monitor and what they are supposed to teach. One person may monitor no more than two skill stations. Workers/helpers should wear matching vests.

PRE-RIDE STATIONS allow for a helmet and bike check and basic instruction on rules of the road and on hand signaling (if not covered in classroom) before the ride starts:

Station 1. HELMETS: Required to ride on the course. If the child does not have a helmet he/she may borrow or be given one. Use surgical caps if there is concern about students sharing. Helmets should be level on top of the head and be **fitted with “2V1”** – two fingers between helmet and top of brow, V under ears with snug fit, one finger under the chin strap so student can open mouth without pinching.



Station 2. BICYCLES: the bike should be the right size: have the child straddle the bike seat, feet should touch the ground flat. When seated with feet on pedals leg should have slight bend. Adjust the seat and handlebars if needed, secure and clean reflectors, mirrors and lights if needed. Teach students when stopped, to have one foot on the ground and one foot resting on the pedal in the 2 o’clock position. This is the **Power Pedal Position**. When on the road, the foot nearest traffic should be on the ground.

Station 3. ABC Check:

Air: Fill tires with **Air**. Check for damage to tire tread and sidewall;

Brakes: Coaster Brakes check – spin the back wheel and apply the brake. **Hand Brakes** check – lift one tire up at a time and spin; squeeze the levers to see if tire stops, adjust set screw if necessary; ensure levers don’t hit the handlebars when squeezed; check brake pads – they should be clean, straight and contact the rims evenly, adjust if necessary.

Chain and Cranks: Try to wiggle the crank arms side to side - there should be no movement. Check the chain to be sure it is secure. Spin the pedals and cranks to see if the chain drives the rear wheel. Clean chain if necessary. If the bike has gears, check to make sure the gear levers and derailleurs (gear-changing mechanism) are aligned correctly and work.

BASIC SKILLS to be taught:

- hand signaling
- braking – stopping
- balancing
- weaving
- turning – tight turning
- checking for traffic



COURSES

1. Turtle Race
2. Zig Zag
3. Braking – Stopping
4. Circling – Turning
5. Scanning – one hand control
6. Obstacle Dodge
7. Safetyville Streets

PRE-RIDE INSTRUCTION: Before starting children should understand exactly what is expected of them. Explain the course set up. Explain each skill and its purpose. If you were unable to do classroom instruction demonstrate hand signals and have the children practice with you. Explain the basic rules of the road and meaning of traffic signs (yield, stop, one-way, etc.). Explain that at the end of each skill they should stop, look left, right, and left again and signal if needed before going to the next skill station. *Check for stop/turn signal practice (if necessary) before proceeding to next station.**

SKILL #1 TURTLE RACE – BALANCING: Purpose – Teach balance and control while riding at low speeds. Have children ride at slow speed and try to stay between the lines without touching feet to the ground or crossing over a line. The slowest rider without touching ground wins. Encourage children to look straight ahead. **Check for stop/turn signal to next station.**

SKILL #2 – ZIG ZAG CONTROL: Purpose – Teach control, coordination, and ability to maneuver. Have children weave around the mini-cones (or obstacles) in a zigzag fashion without touching them. If there is time allow them to try again faster. **Check stop/turn signal to next station.**

SKILL #3 – BRAKING – STOPPING: Purpose – To teach how to stop quickly and how to judge stopping distance. Have children ride straight at normal speed, apply brakes at the first line to stop with their front tire ending at the second line. Neither foot can touch the ground until they stop, and they should not skid or wobble. **Note:** 1) Encourage straight-line riding so drivers can predict what they will do. 2) Teach them to apply their brakes harder if they pass the line, or lighter if they stop short of the line. If time permits, have them try it again if they missed the mark. **Check stop/turn signal to next station.**

SKILL #4 – CIRCLING – TURNING: Purpose – To teach balance, ability to turn and change direction. Have children ride at slow speed between the double lines in the circles or figure eight without stopping or touching the lines. **Check stop/turn signal to next station.**

SKILL #5 – SCANNING – ONE HAND CONTROL: Purpose – Practice ability to scan and control bike with one hand while riding straight line. Have children ride straight and look back at you without swerving. Have children practice tossing a rolled-up newspaper left-handed into a garbage can situated on the course to teach one-handed control for turn signaling. **Check stop/turn signal to next station.**

SKILL #6 – OBSTACLE DODGE: Purpose – Practice ability to avoid obstacles without losing balance or veering into travel lane. Tell riders to travel straight in the narrow lane toward the “obstacles” (sponges) and steer around them at the last minute. They must remain in the narrow space. Children should steer by turning their handlebars one way (to avoid the object), turning back the other way (to keep from falling) and then turning straight ahead (to continue). **Check stop/turn signal to next station.**

SKILL #7 – SAFETYVILLE STREETS: Purpose – To teach use of hand signals and safe behavior at intersections, teach stopping and yielding. Pre-station instruction: Explain yielding – they do not have to stop if there are no cars coming, but they must stop if they see any cars. Remind them to scan for traffic use the signals they learned. Have children ride to first intersection and stop, then look left, right, and left for cars before proceeding. At second intersection, look left, right, and left for cars, then go straight through the intersection if no cars are present. Attempt a second time and have them turn left or right after signaling at your verbal direction. Have them repeat the skill again, have cars in the intersection (have a volunteer pretend to be an automobile.) Make them stop and wait for cars before crossing or get off and walk bikes across in crosswalk if they are less skilled.

BIKE RODEO INSTRUCTION KIT



SAMPLE COURSE LAYOUTS are included on **Page 4**. Set up riding courses described here with sidewalk chalk, cones, mini-cones, small sponge pieces and a paddle stop sign if one is available. You can use other materials at hand if needed. Each skill station described here includes instructions for the stations in #1 through #7 above. Layout course using measurements and stations shown or adjust those measurements and which stations to use based on what space you have available. Skill stations may be shortened, may be switched around to accommodate areas that are different in shape and size, or some stations may be eliminated if space is limited.

COURSE AREA should be level and hard-surfaced. School playgrounds, parking lots, or seldom used streets that can be blocked off for several hours are suitable. Make sure there is enough space allowed at each station so maneuvers can be completed easily (weaving around cones, circling, balancing, etc.) Make sure there is enough space between stations to accommodate waiting children.

ACHIEVMENT CERTIFICATE: Students may be given a certificate, a bike driver's license or prize after they complete the course (see samples below)

Certificate of Completion

BIKE RODEO Certificate of Completion

Name: _____

Has successfully completed the Bike Rodeo and Safety Course conducted by:

Remember to do an ABC check, to use the safety lessons you have learned and to always wear your helmet whenever you ride your bike.

Signed: _____ Date: _____

Link to Certificate image:
<https://www.idahosmartgrowth.org/app/uploads/2020/04/Bike-Rodeo-certificate.pdf>

Bike Riders License

Safe Routes Idaho BIKE LICENSE

Date: _____

Successfully Completed the Bike Rodeo and Bike Safety Course

Signed: _____

Remember to do an ABC check, to use the the safety lessons you have learned and always wear your bike helmet whenever you ride your bike.

Link to Bike License image:
<https://www.idahosmartgrowth.org/app/uploads/2020/04/bike-license.pdf>

Classroom Instruction slides

Parts of the Bike

Road signs

Hand Signals

Left Turn Right Turn Alt. Right turn Stop

Other

- Event guides and Fact Sheets
- Monthly safety and fun facts
- Website

Link to Classroom .ppt:
<https://www.idahosmartgrowth.org/app/uploads/2020/04/Bike-Rodeo-Classroom.pdf>

SKILL STATIONS

1. Turtle Race 3. Braking Stopping 4. Circling Turning 6. Obstacle Dodge
2. Zig Zag 5. Scanning 1-hand control 7. Safetyville Streets

Pre-Ride Instruction Area should be near the start and large enough to stage the students and bicycles

Draw all chalk lines in a color that shows up on your pavement or concrete. Draw stop lines in red.

