Bike Rodeo Instructions

Supplies and materials needed:
Internet access to view videos
Sidewalk chalk
Small sponges (about 4" x4")
10 ft. rope for measuring
Poster paint (optional)
Cardboard (optional)

Stations

1. ABC Quick Check (reference video from the League of American Bicyclists https://bikeleague.org/content/basic-bike-check

A – check the air pressure in your tires (https://www.facebook.com/534645889917952/videos/518999885652117/)

B – make sure your brakes can stop a wheel

C – check the lubricant on your chain

Quick – if your bike has quick releases – check to make sure they are closed so the wheels of the bike are secure

Check –

- see that your bike seat is at a height that allows a slight bend of the knee when at the bottom of the pedal (https://www.facebook.com/bikebemidji/posts/2946417598740757)
- take a little spin (with your helmet on) and make sure your pedals turn and that your brakes engage
- If you have problems you may want to take it to the local bicycle shop

2. Helmet fitting – (reference video from Bike Bemidji Facebook page https://www.facebook.com/534645889917952/videos/2678349419047022)
Fitting Your Bike Helmet – adapted from National Highway Traffic Safety Administration (WWW.nhtsa.dot.gov/bicycles)

Is your helmet level? Can you fit only 2 finger widths above the eyebrows?

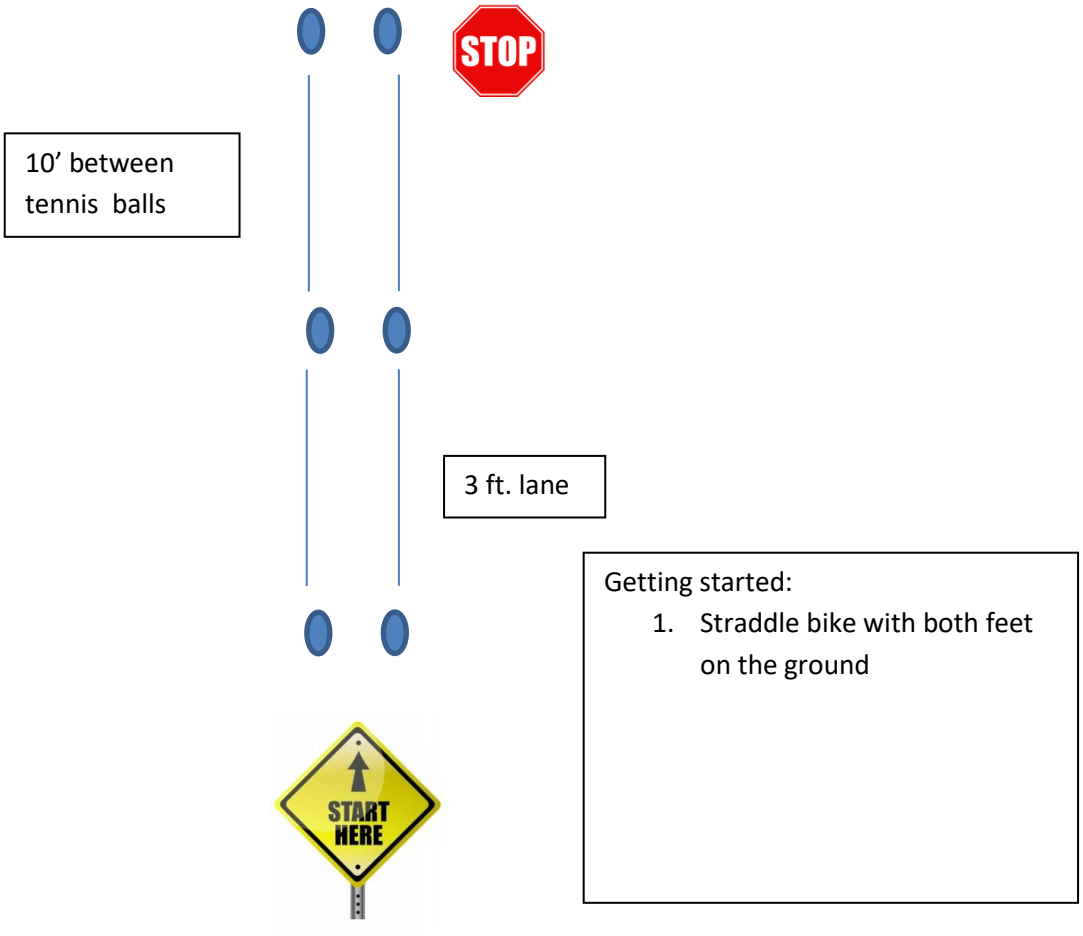
Do you have a V under and slightly in front of your ears?

Is your chin strap tight enough so more than 1 or 2 fingers fit under the snap?

A well fit helmet should not slide forward, backward or side to side if you try to rock it.

3. Starting and Stopping – being able to starting pedaling with ease is a skill that helps keep a bicyclists safe. Stopping using the brakes is also important for safety. This drill will help develop these skills.

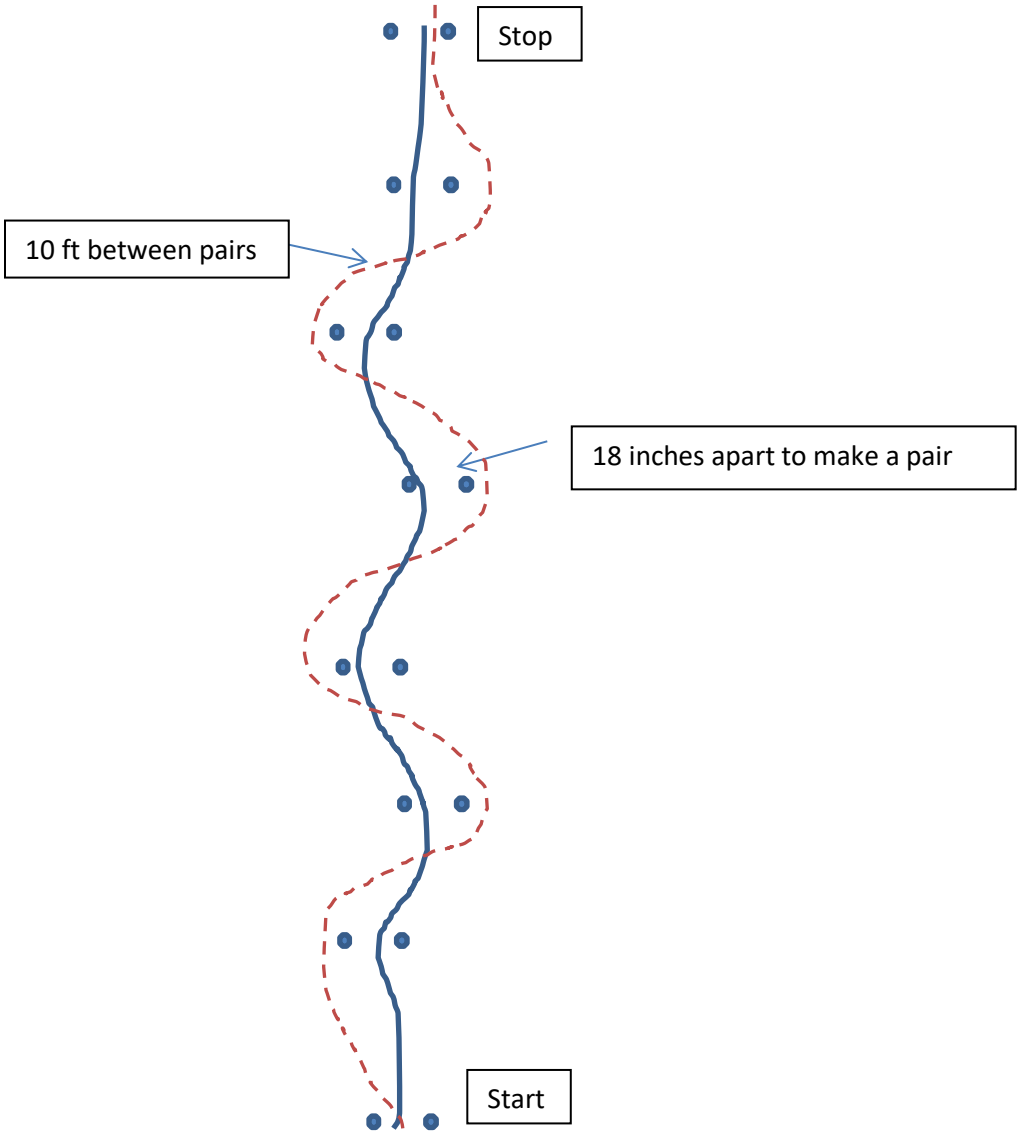
Materials needed:
Chalk
Four small sponges
Measuring tape or a rope that is 10 feet for measuring the distance from the start to the stop
Stop sign (optional)
Asphalt



4. Steering/Maneuvering

This video from the League of American Bicyclists provides some helpful hints about steering and going around corners on you bicycle. They say to lean the bicycle as you turn the handlebars. This is a helpful hint when working on the "weave" drill. Here is the link to their steering video: https://bikeleague.org/content/steering

Materials needed:
Measuring tape or 20 ft rope with a 10 ft knot
Tennis balls cut in half or small sponges
An asphalt parking lot or other space with a smooth surface with about 50 - 70 ft of straight-away set up
A line of 8 tennis balls about 10 feet apart. (The diagram is not necessarily to scale) Then place another set of eight balls 18 inches to either side of the first line (measuring with your feet will work) to make a course using the diagram below. The first few times through the participants should go between the tennis balls/sponges with a goal of not striking any balls with their tires (this is the blue solid line). As skill improves they can go faster and finally around the outside of each pair (red dashed line). They can practice starting and stopping at the beginning and end of each pass through.

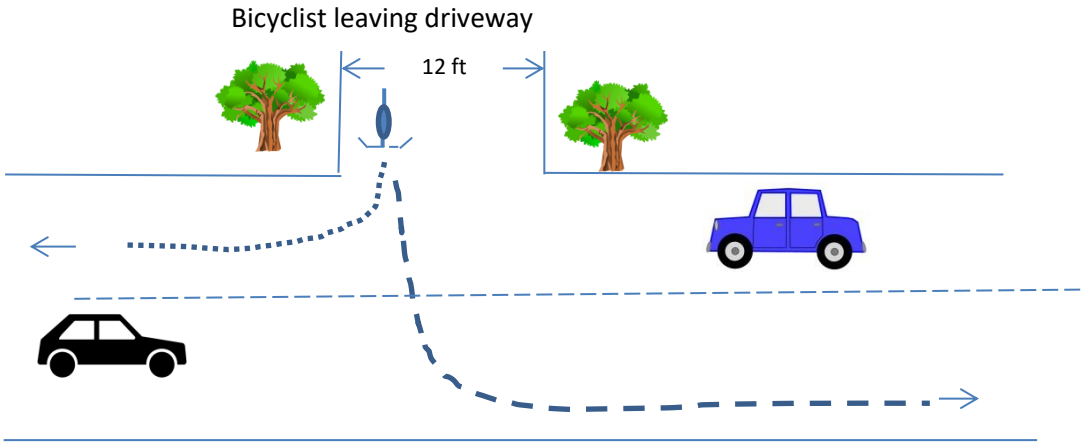


5. Station – Demon Driveway

Intersections are a place where many bicycle automobile collisions occur, and driveways are intersections with streets so it is important for children to learn to stop at the end of a driveway to look for traffic. Landscaping with trees and shrubs can create visual obstructions so cars don't see children on bicycles and children may not see cars. The purpose of this station is for children to practice stopping at the end of their driveway and looking before entering a street.

Materials needed:
Chalk for drawing the driveway and street
Obstructions such as (drawn or painted) shrubs on cardboard that lean on an object
Real cars or cardboard-car-images (optional)

Diagram (http://www.bike.cornell.edu/pdfs/Bike_Rodeo_404.2.pdf)



Set-up and instructions
1. Create a driveway that is at least 10 ft long
2. Use chalk to draw the street - up to 40 ft long and 20 ft wide
3. Place an object such as a wheel barrow or garbage can to obstruct the rider's view of oncoming cars at the corner of the driveway. Cardboard trees can be created as well.
4. Place cardboard cars or real cars parked on the roadway to represent oncoming traffic

1. Have the participant ride to the end of the driveway, stop with their brakes and then put a foot down or both feet so they are firmly stopped
2. Look both ways for oncoming traffic
3. Then they can turn either right or left out of the driveway (you can remove the cars so they associate entering the roadway with no traffic.)
4. They should use their previously learned starting technique to get started