

Bike Safety



RODEO

Set-Up Guide





Purpose:

The Bike Safety Rodeo is an educational activity composed of several stations where children learn bicycle safety skills in realistic on-bike situations. The goal for the Bike Safety Rodeo is to prevent future bicycle injuries.

Step to Success:

Step 1-Schedule the date for your Bike Safety Rodeo

Step 2 -Advertise your event! (page 3)

Step 3-Recruit and Train Volunteers (page 4)

Step 4-Set-Up (page 5)

Step 5– Station Implementation (page 6-12)

Step 6-Evaluation (page 13)

If you need further assistance in your planning process, please call Bear River Health Department:
(435) 792-6510 Logan
(435) 257-3318 Tremonton
(435) 734-0845 Brigham City

West
Elementary

Presents

BIKE RODEO



Friday May 25, 2008
3:00-5:00

Come to the
Bike Safety Rodeo
and learn how you can ride safe!

Don't forget
your
helmet!



For more information please contact the PTA ___ @###-####

Recruiting & Training Volunteers

A good crew of volunteers is essential and will provide you with the necessary help to run a successful Bike Safety Rodeo. The more volunteers you have the easier your job will be! Find your volunteers early! Here is a list of possible groups or organizations that might be willing to help!

- PTA
- Local Police Department
- Local Fire Department
- The Volunteer Center
- Young Adults/University Students
- Young Men/ Young Women Groups
- Local Kiwanis/Rotary Clubs
- Local Businesses



Before The Event

- Assign each volunteer to a specific station
- Make a photocopy of the station sheet for each volunteer at each station
- Call and ask your volunteers to arrive at least an hour before the bike Rodeo begins

One Hour Before Bike Rodeo

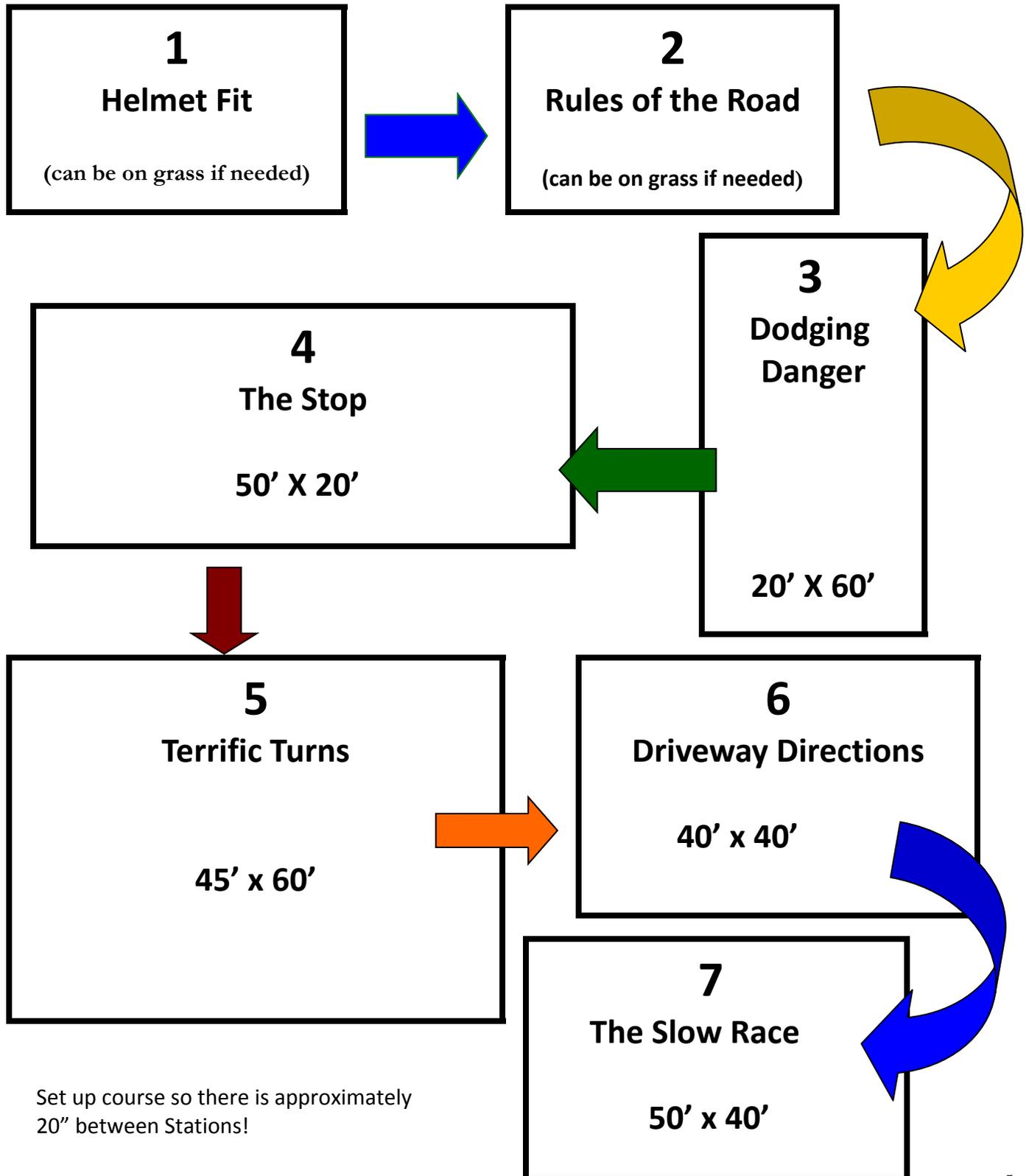
YOU WON'T HAVE MUCH TIME to train your volunteers and set up the course, so WORK FAST and encourage your volunteers to BE ON TIME. During the training you will:

- Set up the course
- Hand out assignments
- Distribute Station information sheet and pens (to sign booklets). Have the volunteers at each station decide who will sign the booklets and when they will be signed!
- Describe each station
- Describe rotations (Rotate all at once, walk group to next station, have cyclist walk their bike, ect.)
- Tell volunteers to have each group line up in single file behind the start line for each rotation.
- Tell the volunteers to have one cyclist go at a time (Except Station 7)
- Tell the volunteers to direct the cyclists back to the start line (Example: turn right and get back in line).



Course Diagram

This is a sample diagram for the 7 station course. The dimensions given are suggestions. Course can be changed to accommodate the space allotted for the event.



Station 1-Helmet Fit

Number of Volunteers: 2 (more may be needed to adjust helmets)

Description:

Each child should wear a helmet to participate in this event. Children (and their parents) are more inclined to listen to a police officer for this station, so their participation here could be valuable.



Materials Needed:

- A Bike Helmet

Directions:

1. Explain to participants the importance of wearing a helmet.
2. Helmets should meet or exceed the CPSC standards (show sticker inside demonstration helmet). Look for helmets with this certification.
3. Check the fit of each participants helmet (point out any problems). Use these fit guidelines:
 - Helmet fits snugly on head and is worn to cover forehead, not sitting too far back or forward.
 - There is no side to side helmet rocking.
 - Chin strap fits snugly and is clasped.
 - Helmet has no visible cracks in shell or lining.
 - Helmet has not been involved in a crash. Replace such helmets with new ones.

Step 1 - Select the right sized helmet. Make sure the helmet fits snug when is placed on the head.

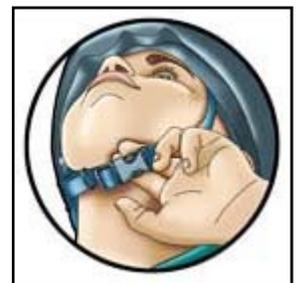


Step 2 - Positioning the helmet. The helmet should sit level on the head and cover most of the forehead - one or two finger widths above the eyebrow.



Step 3 - Positioning the side straps. Adjust the slider on both straps to form a "V" shape just under the ear lobe.

Step 4 - Positioning the chin strap. Buckle the chin strap. Tighten it until it is snug, so that no more than one or two fingers fit under the strap. Make sure it is centered under the chin.



Step 5 - Final Positioning. Rock the helmet back and forth with it buckled on the head. The helmet should not move forward, backward or from side to side. With an open mouth (as if yawning), the helmet should bull down on the head.



Station 2-Rules of the Road

Number of Volunteers: 1

Description:

Teaches children hand signals and “rules for riding their bike on the road.”

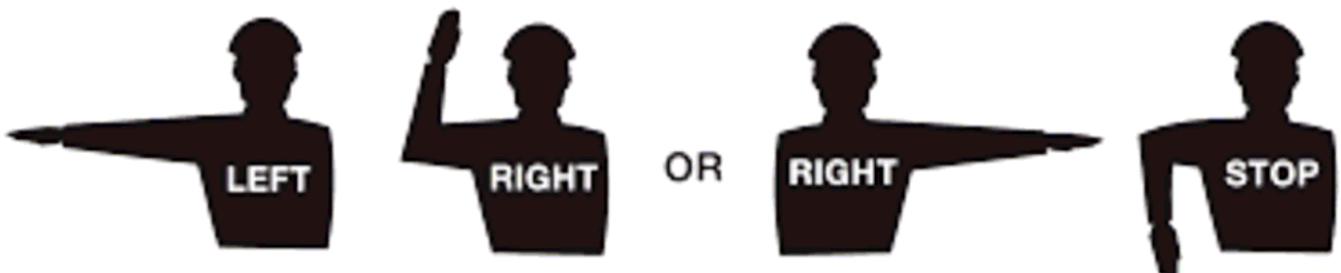
Materials Needed:

None

Directions:

Cover these points with participants:

1. ride on the right side of the road with traffic. A bicycle is a vehicle just like a car only slower, and must obey the law. Stop at all Stop lights.
2. Practice hand signals as a group. Using left hand, demonstrate right turn, left turn and slow or stop.
3. When turning, be sure to look behind you, signal, then look left, right, and left again to check for traffic. Its important to let drivers know what you are going to do. Have each child practice the traffic check.



Station 3-Dodging Danger

Number of Volunteers: 1 or 2

Description:

Cyclists will learn control and balance as well as how to avoid road hazards while riding.

Materials Needed:

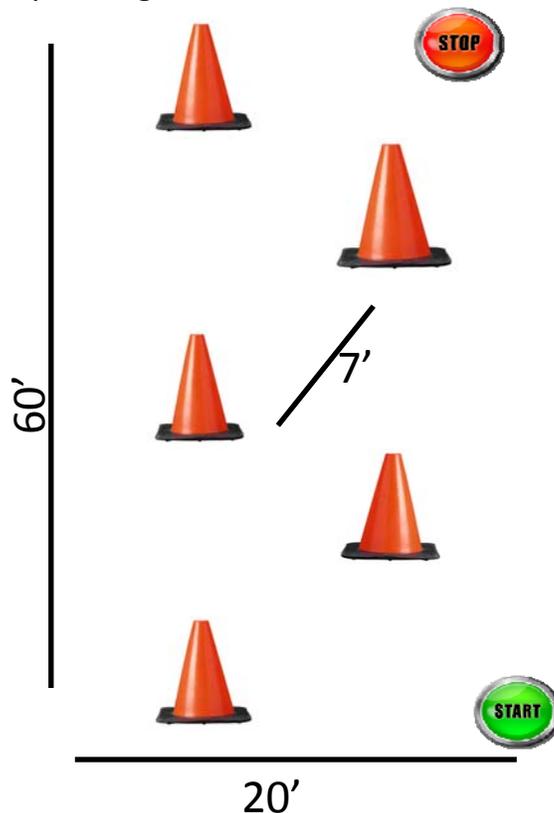
- 5-6 Cones
- Chalk or tape



Directions:

1. When your group has gathered, have them form a single file line. Explain that it is often difficult to see hazards in the road like rocks, glass, or potholes until it is too late. By hitting something, it can cause a cyclist to fall off their bike and get hurt or perhaps get a flat tire. This station will teach them to practice missing hazards without falling off their bike.
2. Demonstrate the course. Explain that he/she will turn the handlebars first one way (to avoid the object), then turning back the other way (to keep from falling), and then turning straight (to continue going straight). Riders must stay within the outside lines. Be sure to tell them to look over their shoulder for traffic before rounding the obstacle. Emphasize that the cyclists are to take their time and not speed through the cones!
3. **Note for younger riders under 10 years old:** It may be necessary to have them use every other obstacle depending on their skill.

Course Diagram



Station 4-The Stop

Number of Volunteers: 1 or 2

Description:

Cyclists will learn how to make a complete stop behind the stop sign.

Materials Needed:

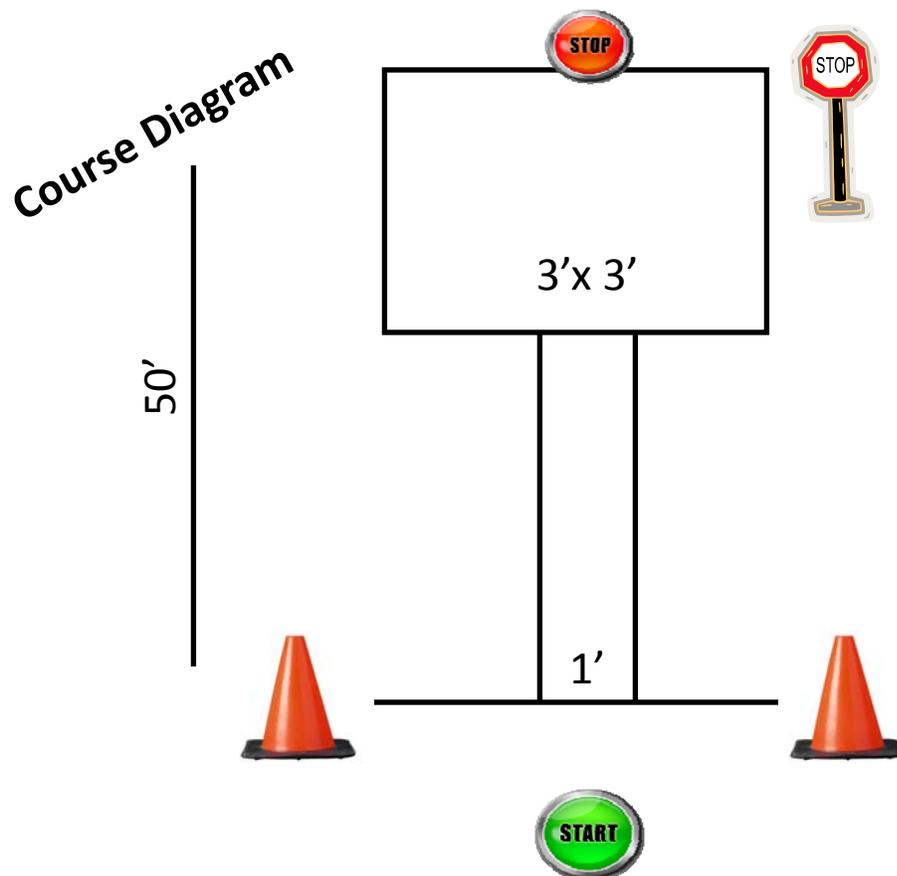
- Stop Sign
- Chalk or Tape
- 2 Cones



Directions:

Cover these points with participants:

1. As cyclists approach the station, instruct them to get in single file by the start line. Explain the course and that they will be practicing how to stop behind a stop sign, when crossing the street or when leaving a parking lot.
2. Demonstrate the course. Have each cyclist ride their bike toward the stop sign while keeping their tires within the lines. They need to stop their bike at the end of the line so their front tire is within the box!
3. At the stop sign they are to get off their bike. Look left, right, left again, and then walk their bike back to the single file line.



Station 5-Terrific Turns

Number of Volunteers: 3

Description:

Cyclists will have the opportunity to practice the hand signals while turning and stopping. They will also demonstrate how to ride on the right side of the road.

Materials Needed:

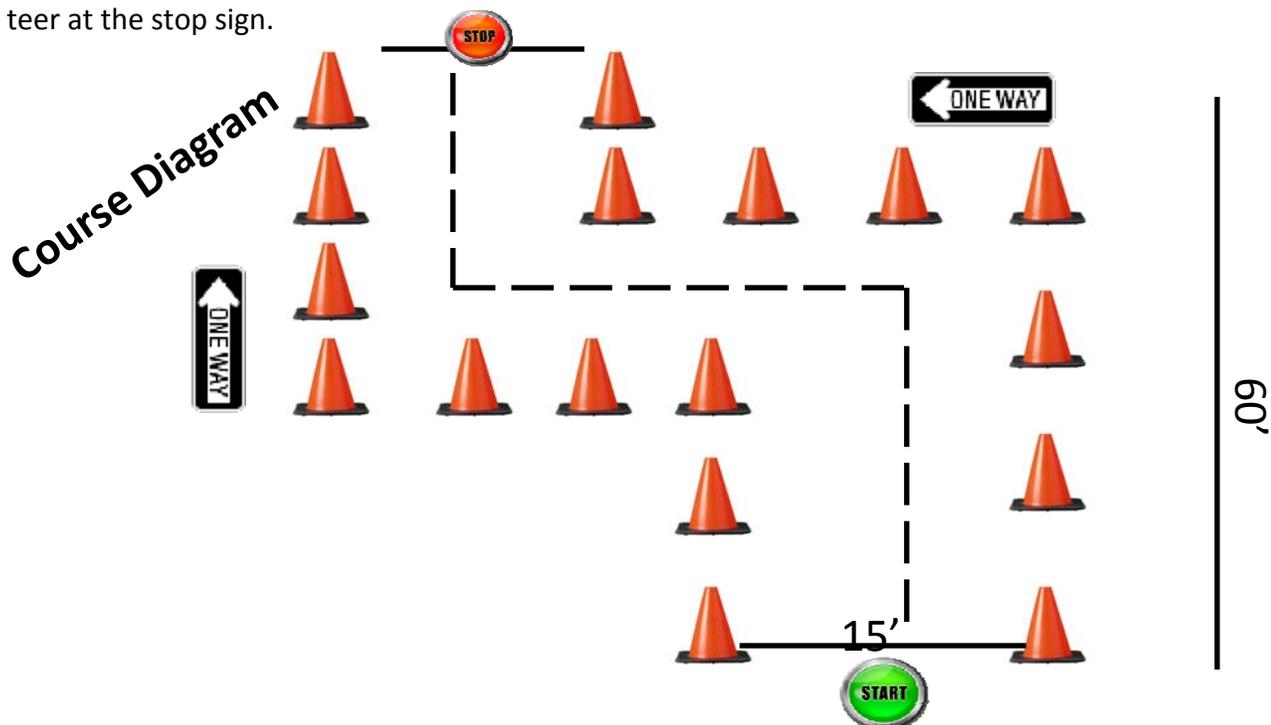
- Stop Sign
- 2 One Way Signs
- Tape for the start and finish lines
- Chalk to draw center lines and arrows
- Several Cones to mark off the road



Directions:

1. As cyclists approach the station, instruct them to get in single file by the start line. Explain that they will be able to practice using their hand signals while turning left, right, and stopping. Tell them you will also be watching to see if they are riding on the right side of the road.
2. Tell the group that running through stop signs is a major cause of bicycle/car crashes and cause of cyclist deaths. **It's important to stop at stop signs.** Remind them to walk their bikes across busy intersections.
3. Demonstrate the course. At the stop sign they are to get off their bikes, look left, right, and left again, and then walk their bike back to the single file line.

Note: it is helpful to have a volunteer at the beginning to start each cyclist one at a time and to help them make the left hand turn. Have another volunteer at the right hand turn, and have the third volunteer at the stop sign.



Station 6-Driveway Directions

Number of Volunteers: 2

Description:

The purpose is to teach children to stop at the end of their driveway and look both ways to determine if it is safe before turning onto the street or sidewalk.

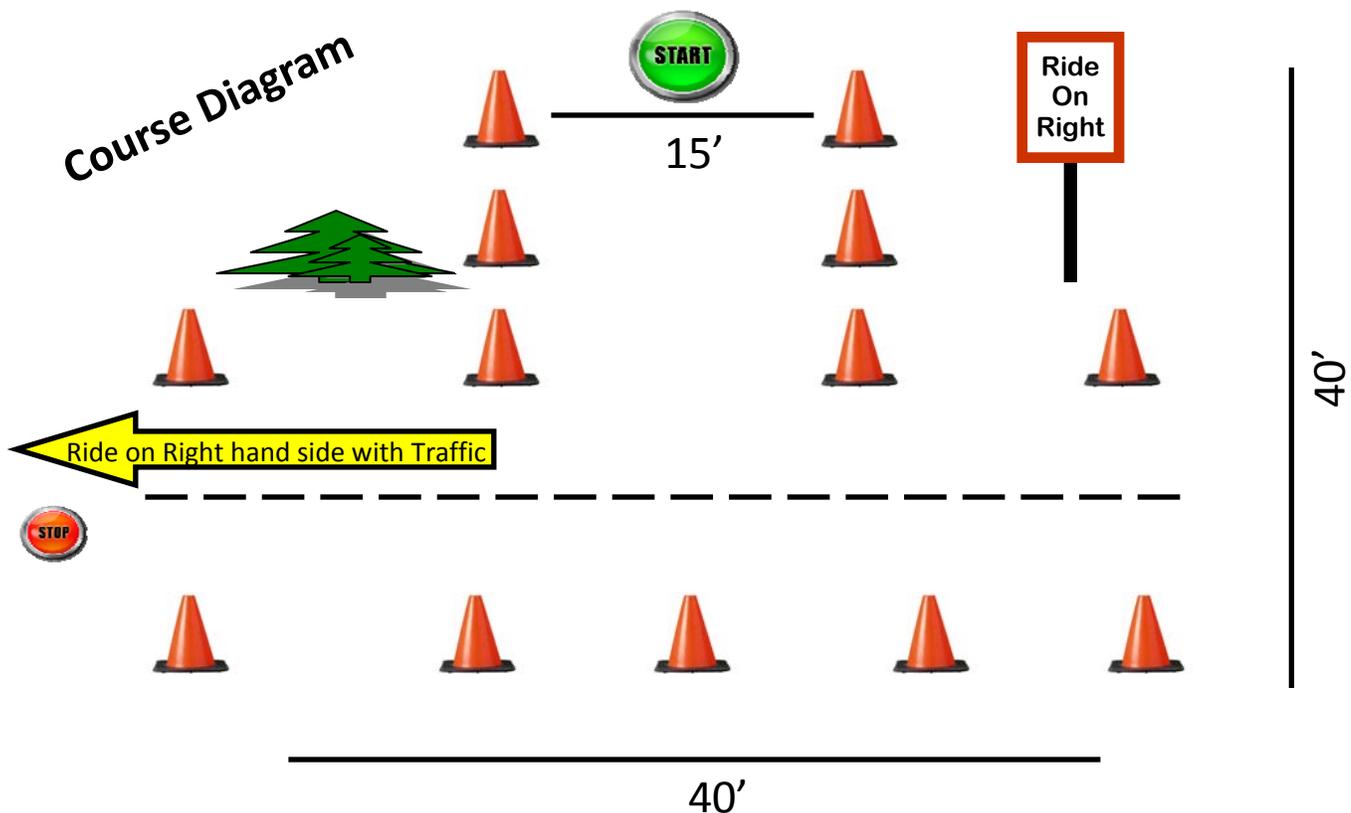


Materials Needed:

- “Ride on Right” Sign
- Several Cones
- Chalk or Tape

Directions:

1. As cyclists approach the station, instruct them to get in single file line heading toward the driveway.
2. Have each child move down the driveway (one at a time) and move forward enough to see around a possible bush or fence obstruction. Using hand signals and a traffic check, proceed to turn right. Remind them to ride with traffic or “GO WITH THE FLOW.” Have them return to the end of the line.
3. On the next round have the cyclists turn left!
4. After the cyclists have finished the course have them walk or slowly ride their bikes back to the single file line.



Station 7-The Slow Race

Number of Volunteers: 2

Description:

This is a race where the last cyclist across the finish line is the winner. It helps cyclists with low speed balance, which helps overall bicycle agility.

Materials Needed:

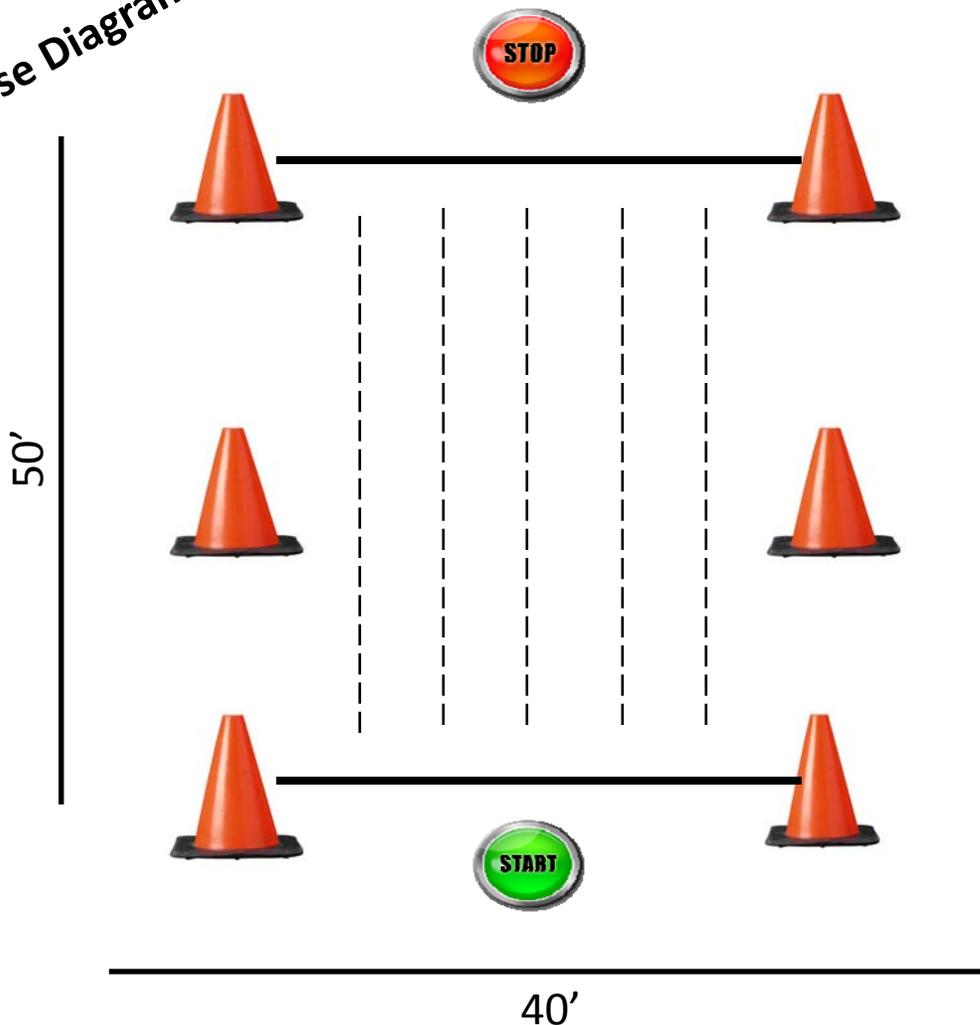
- 6 cones
- Chalk or Tape

Directions:

1. Line up contestants 6 at a time on the start line. Inform cyclists that anyone who weaves or puts a foot down is disqualified.
2. When all cyclists are ready, shout "READY, SET, GO!"
3. Have them walk their bikes to the beginning again and line up in one of the six lines.



Course Diagram



Evaluation

Please be sure to complete sheet below and return it with the kit. The data secures our funding so we can maintain the kit for future use. Thank you and have fun!



Bear River Health Department

Name _____ Phone _____

School/Agency _____ Date of event _____

Number of youth participating _____ Ages _____

Number of volunteer assisting with Rodeo _____

Effectiveness of safety education of event:

Very

Somewhat

Not at all

Barriers/challenges faced:

PLEASE RETURN THIS FORM WITH THE KIT! THANK YOU!

Tips for a Successful Bike Rodeo

The following tips will help to cut down on the confusion that can be associated with this event!

Tip #1 Have Participants Meet in Gym First

1. Divide into Groups

Have the students planning to participate in the bike rally meet in the gym before going outside! Have them sit in different areas in the gym according to their grade level. You will need to divide the students into 7 groups! Approximately 10 per group. (see Tip #2)

NOTE: If larger groups are expected, have your bike rally over a two day period.

2. Discuss rules

- Wear a helmet
- Stay with your group
- Follow the directions of your station leader
- When it is time to rotate— walk your bikes to the next station
- Have Fun



3. Hand out Booklets

Give each student a booklet and tell them to have it signed by each station official. Tell them to put it in a pocket, bicycle basket, etc. while they ride.

Tell them to have fun but to remember it is a Bike Safety Rodeo and not a bicycle obstacle course!

Tip # 2 Divide Group with Colors or Numbers



Many students may forget their group as they go to get their helmets and bicycles. To cut down on the confusion—give each student a colored piece of paper (7 different colors), or a number (1-7) that specifies which group they are in. Be sure each group has a volunteer that can lead them outside to the bike rack and direct them to their station.

Tip #3 Rotation

One person needs to be in charge of timing and rotating. Allow approximately 5-7 minutes for each rotation. Rotate in numerical order. (station 7 participants will rotate to station 1) Everyone will rotate at the same time. It may be helpful to have a station leader walk them to the next location. (If there is only one leader at a station— direct them where to go!)

Tip #4 Bicycle Registration

Bicycle registration is not part of the course rotation. However, you may contact someone from the sheriff's Office or Police Department to see if they would be available for your event. If you would like to do so, here are some helpful hints:

- Pass out registration forms a day or two before. Tell the cyclists they must be filled out prior to the bike rodeo!
- Find out the cost involved in bicycle registration to notify parents and students.

Tip #5 Bicycle Inspection

Bicycle inspection are also not part of the course rotation, but may be included in Small Events. Contact local bicycle shops or sporting good stores for volunteer inspectors. Another option is to photocopy the bicycle inspection Sheet and send it home with the participants. (see Next page for inspection Sheet.)



NOTE: Bike Safety Rodeo is extremely hard to do on a windy day, may need extra help, and sand bags to hold up signs.



Bicycle Inspection Checklist

Frame & Fit	Circle one	
Is the front fork straight, and in good condition?	Yes	No
Fork turns freely inside of headset?	Yes	No
Handlebar height of grip below driver's shoulder level (seated)?	Yes	No
Handlebar does not move when you hold the front wheel between your legs and try to twist the handlebar?	Yes	No
Can driver straddle the frame with both feet flat on the ground?	Yes	No
Seat in good condition and dose not move when you grab hold and try to twist it side to side or up and down?	Yes	No
Air & Wheels		
Tire (inflation): Inflated properly and valve stem straight?	Yes	No
Tires (casing): Good tread and no sidewall damage?	Yes	No
Spokes: Good tension, none missing and all tight?	Yes	No
Bearings: Wheel spins freely and evenly and does not wiggle?	Yes	No
Brakes		
Brake arm attached to the frame?	Yes	No
Brake operates within 20 degrees of horizontal? (pedals)	Yes	No
Brakes operate effectively and smoothly?	Yes	No
Brake lever tight (3/4 inch reserve when brake shoe is engaged)?	Yes	No
Nuts tight on brake shoes?	Yes	No
The open end of the brake pad holder, if any, faces the rear?	Yes	No
At least 3/16-inch rubber on shoes?	Yes	No
Brake shoes meet the rim squarely?	Yes	No
Front and rear brakes operate effectively and smoothly?	Yes	No
Crank & Chain		
Pedals tight, intact, no binding, free spinning?	Yes	No
Non-derailleur model: chainguard secure, free of chain?	Yes	No



KIT CONTENTS

2 — Stop Signs

2 — One-Way Sign

1 — Ride on Right Sign

60 — Small Cones

5— Stands w/Base

5 — Canvas Bags (to protect signs during storage)

1 — Large Canvas Bag (for all signs)

1—Set-Up Guide

Sidewalk chalk

Masking tape

Additional Resources

Bicycle Helmet Safety Institute

<http://www.bhsi.org>

Utah Bicycle Laws

www.swcp.com/%Enmts/laws/utahbikelaws.html

Safe Kids

www.safekids.org

Pedestrian and Bicycle Information Center

www.bicyclinginfo.org

Bicycle Safety for Kids

http://kidshealth.org/kid/watch/out/bike_safety.html

Low Cost Helmets

(Download order form @)

www.prorider.com/org/



Welcome to the Bike Safety Rodeo

Today you will be learning important skills and tips to help you become a safe cyclist. So...Grab your helmet and get ready to ride!

This booklet will guide you through seven different safety stations. You will learn how to wear your helmet, where to ride on the road, and how to use hand signals. You will also have fun practicing safety skills while riding your bike!

Be sure the station officials sign your booklet to show you have completed the course.



Station 1 - Helmet Fit

- Wear your helmet every time you ride your bike.
- Helmets should meet CPSC standards.
- Helmets should fit snugly on your head and should cover your forehead.

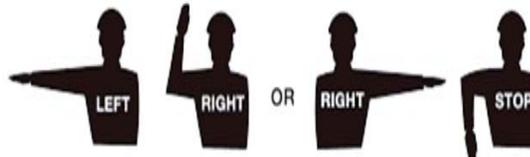


Station Officials Initials _____

Station 2 - Rules of the Road

- Always ride with traffic.
- Obey all traffic signs.
- Always use hand signals when turning or stopping.
- When turning—signal, look behind you, look to the left, look to the right, and left again.

Station Officials Initials _____



Station 3 - Dodging Danger

- Watch for dangerous objects in the road, learn how to avoid them. Look closely!
- Look over your shoulder for traffic before moving around an object in the road.
- Steer your handlebars carefully

Station Officials Initials _____

Station 4 - The Stop

- You will learn how to make a complete stop.
- Always stop—behind a stop sign, when crossing the street, or when leaving a driveway or parking lot.
- At an intersection, get off your bike, look both ways, and walk your bike across the street

Station Officials Initials _____



Station 5- Terrific Turns

- Always use hand signals when you are turning or stopping!
- Always stop completely at a stop sign.
- Remember to ride on the right side of the road—with traffic.



Station Official Initials _____

Station 6-Driveway Directions

- Stop and Look for cars before riding into the street.
- Riders under 10 years old should ride on the sidewalk.
- Ride with Traffic.

Station Official Initials _____

Certified Bike Safety Expert

Rider's License

successfully completed the Bicycle Safety Course



Station 7-The Slow Race

- Riding slowly helps you to practice balancing your bike.
- You are in control.



Station Official Initials _____

Bicycle Inspection

Be sure to have your bicycle inspected soon!

- Check the size of your bike. While stating flat-footed, you should have 1 inch between you and your bicycle.
- Check your seat to be sure it is level.

Inspector's Initials _____



Course Completion Guide

