



Welcome to the Bike Rodeo

Thank you for investing time in your child's safety.

Bicycle rodeos are a fun way to introduce and educate children to bicycle safety skills. Bike rodeos teach children the importance of seeing, being seen, and remaining in control of their bike at all times.

It is important that all participants wear a properly fitting bicycle helmet when riding their bikes. Your child must visit the Helmet fitting station and safety check station prior to entering the skills area.

Feel free to move about the skills elements with your child as they practice their skills and improve upon their confidence. Encourage your child to respect other riders and practice safe riding habits. Each course element will increase in difficulty. We encourage your child to attempt each element to build their confidence and sharpen their riding skills. Your child may attempt all of the elements as many times as they wish or skip any element if they choose.

If you have any questions or need assistance, please contact me, Lt. Ahlgren or one of the volunteers.

Thank you for attending the bike rodeo. I sincerely hope you have an enjoyable and meaningful experience.

Thanks for Promoting Bicycle Safety!



Helmet Fitting

Every bike ride begins with putting on a helmet. But it is equally important that you ensure a proper fit so your helmet can best protect you.

Properly fitted and buckled helmets save lives. Pennsylvania Law requires anyone under the age of twelve (12) years of age to wear a helmet as a rider or passenger. Every participant, regardless of age shall wear a properly fitting helmet meeting the standards of the American National Standards Institute, the Consumer Product Safety Commission, the American Society for Testing and Materials, the Snell Memorial Foundation's Standards for Protective headgear for use in Bicycling or any other nationally recognized standard for petacycle helmet approval.

It is important that all participants wear a properly fitting bicycle helmet when riding their bikes. Your child must visit the Helmet fitting station and safety check station prior to entering the skills area.

Instruction: The rider will have their bike helmet checked at the fitting station. If a helmet is found to be defective, not of the proper fit/size, or not meeting the above standards, the child may be given a replacement helmet as supplies are available.



Proper Fit:

- The helmet should be level so that it sits just above your eyebrows and covers your forehead.
- Adjust the chinstrap so that it forms a "Y" around your ears and below your earlobe.
- Adjust the chinstrap so that it is positioned snugly against the bottom of your jaw. The Chinstrap should be snug enough to only squeeze two fingers between your chin and the strap.
- A helmet should fit and be worn correctly. It should not move forward, backward or from side to side when worn correctly.

Goal: Promote proper fit, care and use of a bike helmet.

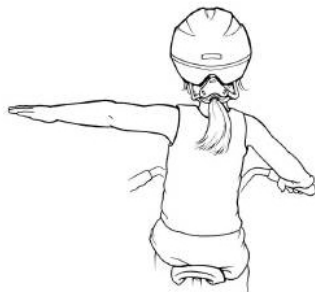


Bike Safety Review with EMS

Safety is the responsibility of all roadway users. Bicycling is an activity that people of all ages can enjoy for a lifetime. Whether riding for fun, exercise, or transportation, bicyclists can and should enhance their safety. Our bike rodeo with skills stations provides a safe and controlled environment for your child to practice bicycle safety while enhancing their knowledge and skills.

Being alert, cautious, and responsible as road users will create a safer and more comfortable environment for everyone and will provide a positive example for others.

Instruction: Actively participate with the EMS provider to learn more about safety, hand signals and how to use your bikes brakes.



Left Turn



Right Turn

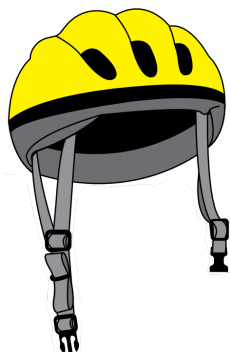


Alternate Right Turn



Stop

Goal: To motivate and engage your child to want to learn more and grow confident in their riding skills. Your child should be able to demonstrate hand signals and be able to operate their braking system.



Remember always wear your bicycle helmet
every ride and **RIDE SAFELY!!**



Bike Safety Check with Trek Bicycle

Before entering the Skills Challenges your bike must be checked. Any bikes that do not pass the safety check will not be allowed onto the Skills Challenges area.

Here you will get a quick mechanical check-up of your bicycle.

Riders and parents should participate together to learn the important maintenance problems to watch for. You will also learn basic bike sizing and fit. To be a safe and confident cyclist you must have a properly fit and maintained bicycle.

FIT:

- For a bike, a child should be able to sit on the seat with hands on the handlebar, the child must be able to place the balls of both feet on the ground.
- Straddling the center bar, the child should be able to stand with both feet flat on the ground with about a 1-inch clearance above the bar. On a bike with a “step through” frame, the rider must be able to adequately reach the pedals while seated.
- If the bike is outfitted with hand brakes, make sure that the child can comfortably grasp the brakes and apply sufficient pressure to stop the bike. Do they know which is the front brake? Rear brake?

The technicians will perform a limited inspection for safety of your child’s bike and will inform you of any issues requiring shop attention.

ABC Quick Check:

A: “A” is for Air – Check Tire Pressure. Tires should be inflated to the rated pressure printed on the sidewall of the tire.

B: “B” is for Brakes. Check the brakes for wear and adjustment.

C: “C” is for Crank. Check the crank set.

“Quick” is for Quick-Releases. Quick-release hubs need to be tight, but not too tight.

“Check” is for Your Derailleur. “Check” reminds you to check that your derailleur and shift levers are working properly.

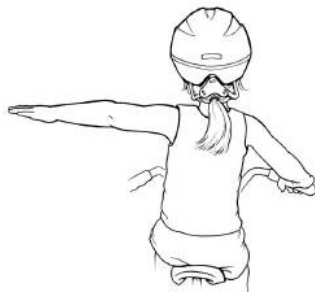


Skills Challenges

#1 – Start, Power Pedal Position, Stop & Hand Signals

This section is designed to have the child rider demonstrate starting with the pedals in the power pedal position using their dominant foot, left or right. The rider should also demonstrate hand signals for left, right and stop.

Instruction: The rider should demonstrate hand signals before starting, while balancing on the bike and navigating the course elements.



Left Turn



Right Turn



Alternate Right Turn



Stop

Goal: Maintain balance while using hand signals.

Look both ways before entering the course and signal your intention.

How to Use the Brakes

The child rider will demonstrate how to use hand brakes or coaster brakes. It is essential that a child with coaster brakes understands that they must pedal backwards to apply the brakes.

The Power Pedal Position

This is a fast and efficient way to get a bicycle moving from a stopped position.

Instruction:

- Straddle the bicycle.
- Place one foot on a pedal at about the 10 o'clock position or the 2 o'clock position, depending on which foot is being used.
- Push down with the foot on the pedal while placing the other foot on the second pedal.
- Sit on the seat and continue to pedal.

Goal: Use the Power Pedal Position for a smooth, controlled start and keep pedaling.





#2 – Balance at Slow Speed

This section is designed to test the child's primary sense of balance when riding at a slow speed.



Instruction: Ride slowly towards the lane markers and continue within the lane markers as *slow* as you possibly can without touching the markers, going outside of the lane markers or putting your feet down on the pavement.

Goal: This will test the child's ability to balance and maintain control while traveling slowly. The bike should stay as straight as possible between the lane markers.



#3 – Straight Line Control

This section is designed to test the child's primary sense of balance when riding at a faster speed or in narrow spaces.



Instruction: Ride at a controlled speed between the markers. You should go as fast as you can without touching any markers, leaving the lane or stopping. Bike in a straight line.

Goal: The child driver will need to balance and maintain control of the bike while riding at a faster or continuous speed. The bike should stay as straight as possible between the lane markers and the rider should not stop, travel outside the markers or strike the markers.



#4 – Maneuvering and Weaving

This section is designed to teach cyclists control and balance, and how to avoid hazards while riding by changing direction quickly. This is a basic bike control skill exercise.



Instruction: The child driver will be instructed to go around the first cone to the right, then to the left of the second cone, etc. Child drivers can go at any speed.

Goal: The child driver will need to balance and maintain control of the bike while changing direction, judge distance, and maneuvering around obstacles.

Questions: What kinds of hazards do you find while bicycle riding?

- Glass
- Rocks
- Grates
- Potholes etc.

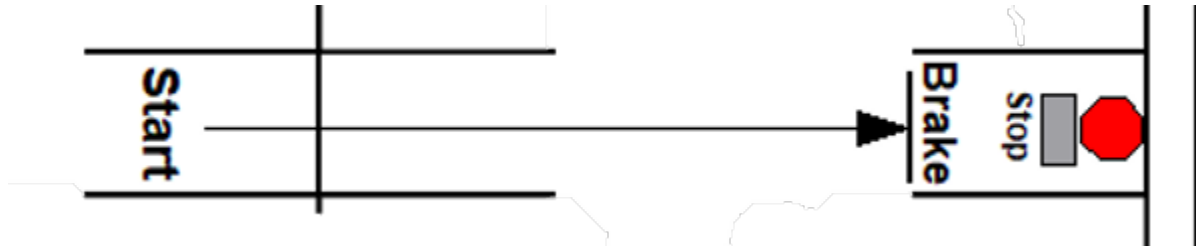
Why do you need to be careful?

- To avoid falls, flat tires, or ending up in the path of a car.



#5 – Stopping Ability

This section is designed to test the child's ability to stop in an emergency.

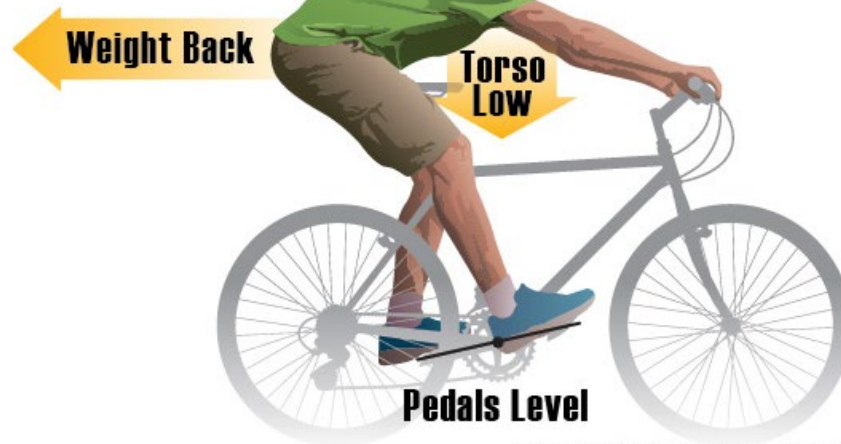


Instruction: Ride at a moderate speed, drive the bicycle directly toward the cardboard box and stop before the front wheel of the bicycle hits the box. Apply the brakes of the bicycle at the Brake line. You should not strike the box.

Goal: The child driver will need to know how to operate the brakes and maintain control of the bicycle during braking. Rider will build confidence in using both hand brakes.

Advanced: An advanced skill will have the rider lower themselves and move their body rearward while simultaneously applying both front and rear brakes.

EMERGENCY BRAKING

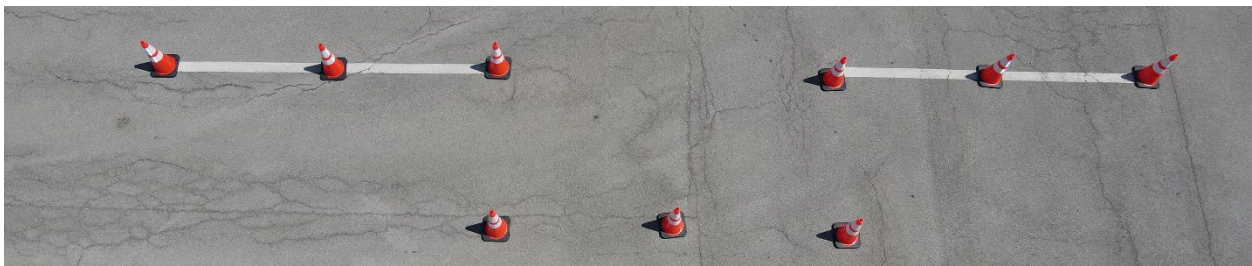
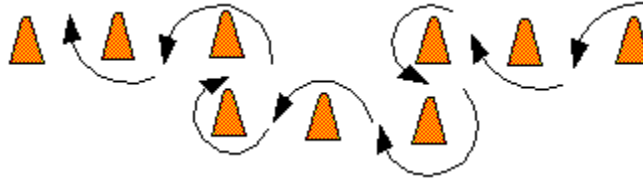


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#6 – Advanced Slalom

This section is designed to test the child's ability to balance while braking and turning.

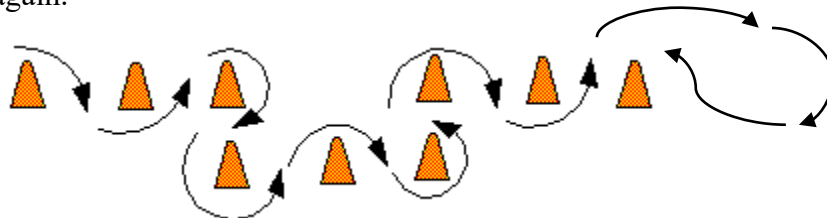


Instruction: Ride around the cones in the prescribed direction at a speed that you can maintain control. You will need to brake while pedaling to steer around the cones and maintain control of your bicycle.

Goal: Encourage the child driver to operate the brakes while steering and pedaling. You should be able to complete the course without stopping or missing any cones. You should maintain balance and control of the bicycle while steering, braking and pedaling.

Child will learn to approach the skill station at an angle and speed to confidently navigate the skill station while adjusting speed, looking ahead and preparing for a change in direction.

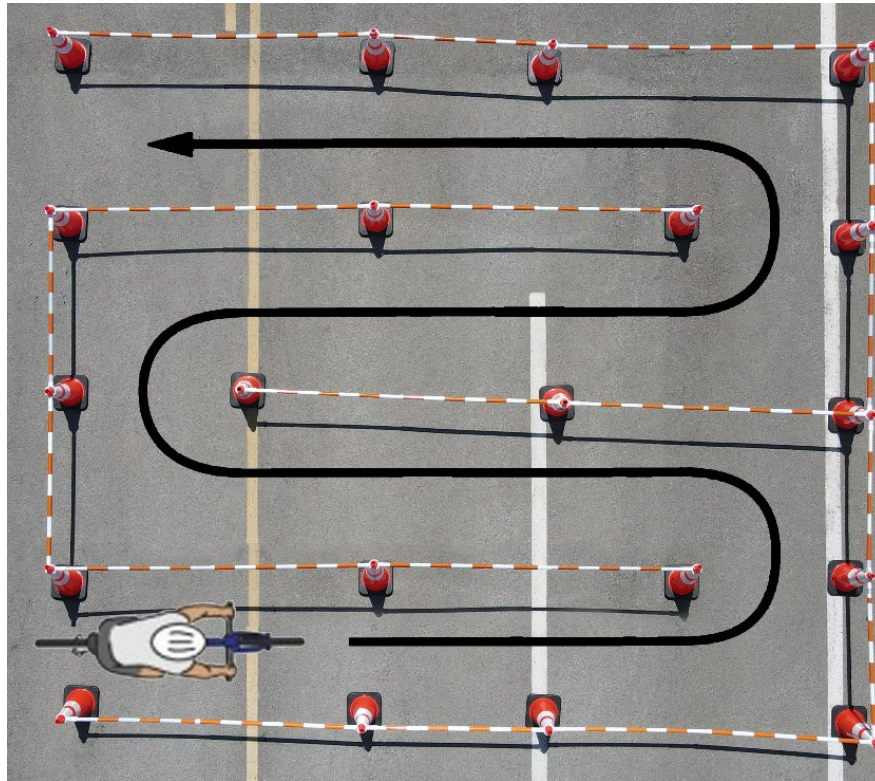
Advanced: Complete the skill station starting from the opposite side, left of the last cone. Once back at the start, turn around safely without stopping and complete the course again.





#7 – 180° Turn

This section is designed to test the child's ability to change direction while maintaining balance.



Instruction: Enter the skill station at a controlled speed and utilize your brakes while continuing to pedal. Scan ahead and prepare for a change in direction as you navigate the skill element. Do not stop, place your feet down or drive outside the course.

You will need to steer, brake, balance, pedal and plan your route while maintaining your balance, controlling your speed, avoid cones and barricades and positioning your bicycle to successfully complete the course.

Goal: The child driver will need to know how to operate the brakes and maintain control and balance of the bicycle while steering and avoiding. The child driver should complete the course without stopping, putting their foot down, riding out-side the cones, striking the cones or crashing.

The child driver will gain confidence completing multiple skills at the same time.

Skills utilized: balancing, steering, pedaling, control, change of direction, avoidance, scanning, speed control, and positioning.



#8 – Circling and Changing Direction – “Figure Eight”

The objectives of this station are to make the child rider comfortable with bike handling; work on smooth stopping; encouraging comfort while using their peripheral vision; and yielding to cross traffic and other riders. The ride will have to scan, turn, and change direction.



Instruction: Enter the skill station at a speed that allows you to stay within the boundaries of the figure eight and allows you to maintain your balance as you navigate through the figure eight. Multiple riders will have to yield to each other.

Complete the skills station at least three times without stopping, leaving the course boundaries, or striking a marker.

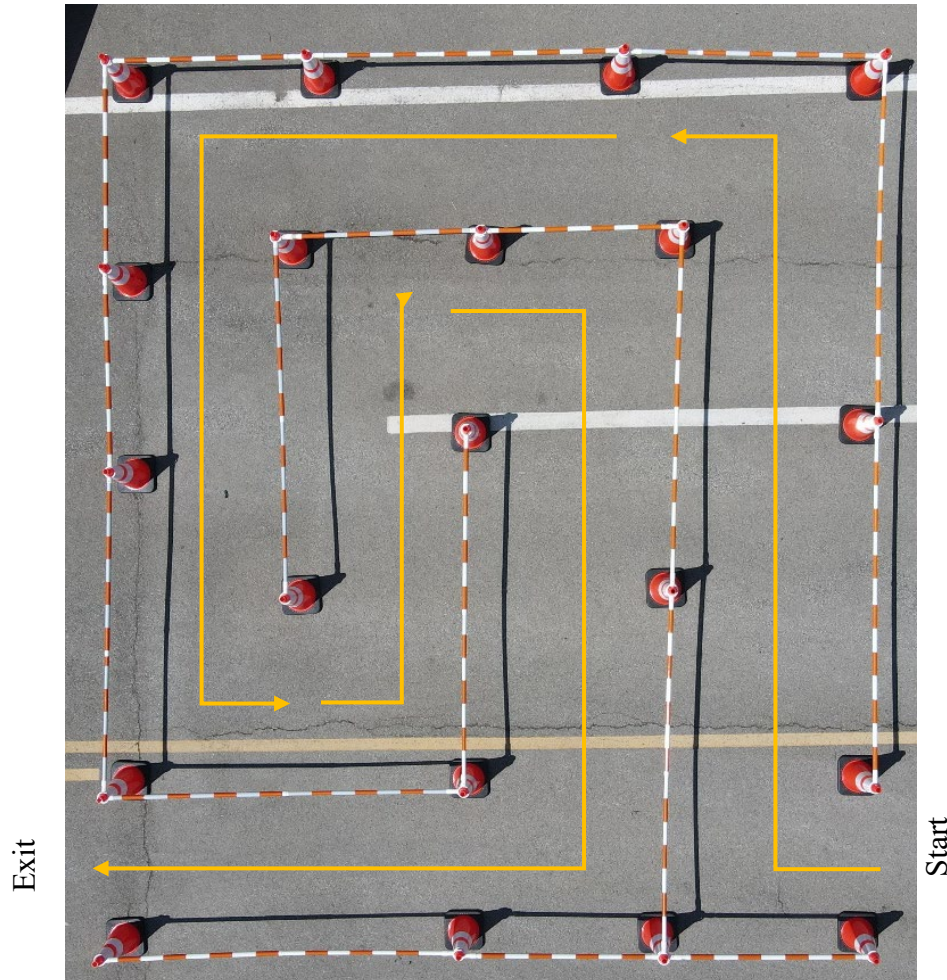
Goal: The child driver will need to know how to shift position, maintain control and balance while changing direction and possibly yielding to other riders.

TIP: Peripheral Vision: Allows a rider to see out of the corners of your eyes – without looking directly at an object. This vision allows us to focus on where we are going, while paying attention to street signs and other road users.



#9 - Maze – Balance, Turning

This section is designed to have the child rider demonstrate balance, turning, avoidance, looking ahead and slow control. The child driver will utilize all the skills they learned to successfully complete this skill element.



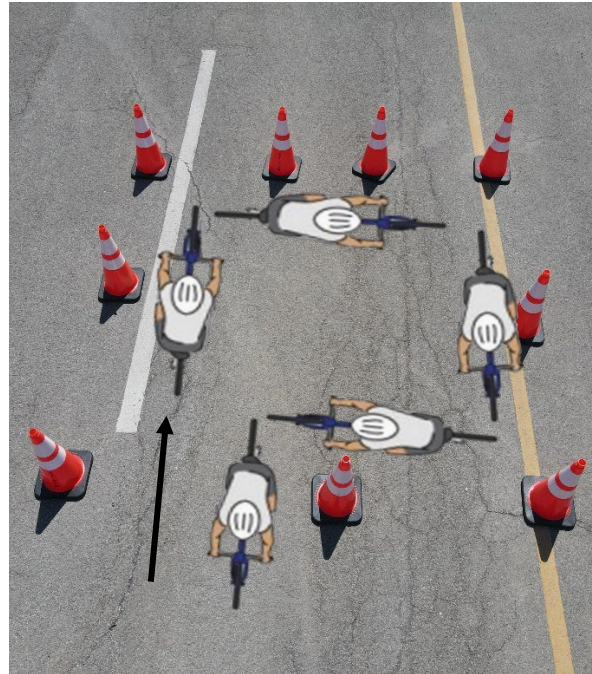
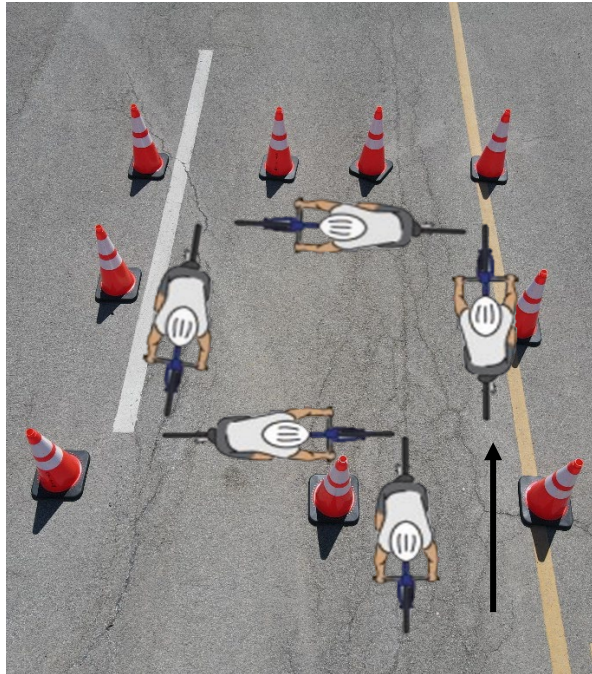
Instruction: The child driver will navigate the maze without stopping, running into barriers, or other riders and then exit through the exit area.

Goal: The child driver will need to balance, demonstrate speed management and control, look ahead to anticipate turns and avoid other potential riders in the maze.



#10 - "The Box"

This is an advanced skill station challenging the child rider's balance, turning, avoidance, braking and slow control. The child driver will utilize all the skills they have learned to successfully complete this skill element.



Instruction: Enter the "box" and complete at least three (3) complete circles, without stopping, before exiting. You can start on the right side and turn left or the left side and turn right.

Goal: The child driver will gain confidence in slow speed riding while braking and turning and complete three (3) circles within the box. The child should not stop, collide with the barricades/cones or put their foot down.

Advanced: The child will need to ride with others in the box with all riders completing at least three (3) circles in the box before exiting.



Congratulations!!!!

You have successfully improved your bicycle safety skills and are now a safety ambassador and a role model for safe bicycling.

I hope you enjoyed the bike rodeo. Please feel free to complete any or all of the skills stations as many times as you would like. When you are finished safely exit the skills area and enjoy some refreshments and a gift bag for your child.

Survey

**HAVE FUN?
HAVE FEEDBACK?
LET US KNOW!**



**SCAN ABOVE TO TAKE A BRIEF
SURVEY**

<https://www.surveymonkey.com/r/BZZDK2F>

Resources

<https://www.penndot.pa.gov/about-us/media/bicycles/Pages/default.aspx>

<https://www.penndot.pa.gov/TravelInPA/active-transportation/Pages/Bicycle-Safety-and-Pennsylvania-Laws.aspx#:~:text=Bicycling%20Safety%20Recommendations,-Always%20wear%20a&text=Pennsylvania%20law%20requires%20all%20cyclists,against%20the%20flow%20of%20traffic.>

<https://www.nhtsa.gov/road-safety/bicycle-safety>

<https://www.cpsc.gov/safety-education/safety-guides/sports-fitness-and-recreation-bicycles/which-helmet-which-activity>

<https://www.bicyclinginfo.org/>

<https://www.saferoutesinfo.org/>

<https://exchange.aaa.com/safety/bicycle-safety/riding-skills-and-tips/>

<https://www.cranberrytownship.org/2043/Bike-Safety>