



The Three Rivers BIKE RODEO WORKBOOK

Workbook

By: John Bryant

**Community
EVENT**

THE OUTLET
SHOPS
OF GRAND RIVER

BOY SCOUTS
OF AMERICA®
GREATER ALABAMA COUNCIL

Touch-a-Truck

Community
**BIKE
RODEO**

THE CURRENT
OF THREE RIVERS

 Autism Society
of Alabama

August 21, 2021 10-2 PM
At the Outlet Shops of Grand River

<https://3rivers1bsa.org/august-event/>



Table of Contents

Purpose 3

Course Layout 4

 Registration 5

Basic Instruction 5

 Skill #1 – Balancing 6

 Skill #2 – Hand signaling 6

 Skill #3 – Understanding Road Signs 6

 Skill #4 – Braking 6

 Skill #5 – Circling 6

 Skill #6 – Weaving 6

 Skill #7 – Railroad crossing and crosswalks 6

 Skill #8 – Situational Awareness 6

 Skill #9 – Coordination 7

Stations 8

 Station #1 Brake Time 8

 Station #2 U-turn 8

 Station #3 Turtle Lane 8

 Station #4 Rail Road Crossing 8

 Station #5 Spiral out of control 9

 Station #6 Sponge Bob Obstacle Avoidance 9

 Station #7 Paper Toss 9

 Station #8 Slalom Cone Trail 9

 Station #9 Figure 8 9

 Station #10 Time to Duck 9

Bike Rodeo Planning 10

 Teaching Points 10

 Helmet 10

 Partners 10

 Advertisement 10

 Bike Inspection 10

 Volunteers 10

 Achievement Certificate 10

 Must haves 10

 Give-a-Ways 10



Purpose

The purpose of a Bike Rodeo is to promote bicycle safety awareness. Proper bike maintenance, helmet fit, emphasize wearing a properly fitted helmet, proper lane change, proper braking, obstacle avoidance and safe maneuvering of bike throughout the course are just a few of the skills the rider will demonstrate and learn at the bike rodeo.

Bike Rodeo course is tailored for children ages 6-13; however, this event is promoted as a community event and is open to anyone who desires to test their bicycling skills.

It is **required** that everyone who rides in the bike rodeo have a bike that is in good working order and a properly fitted helmet.

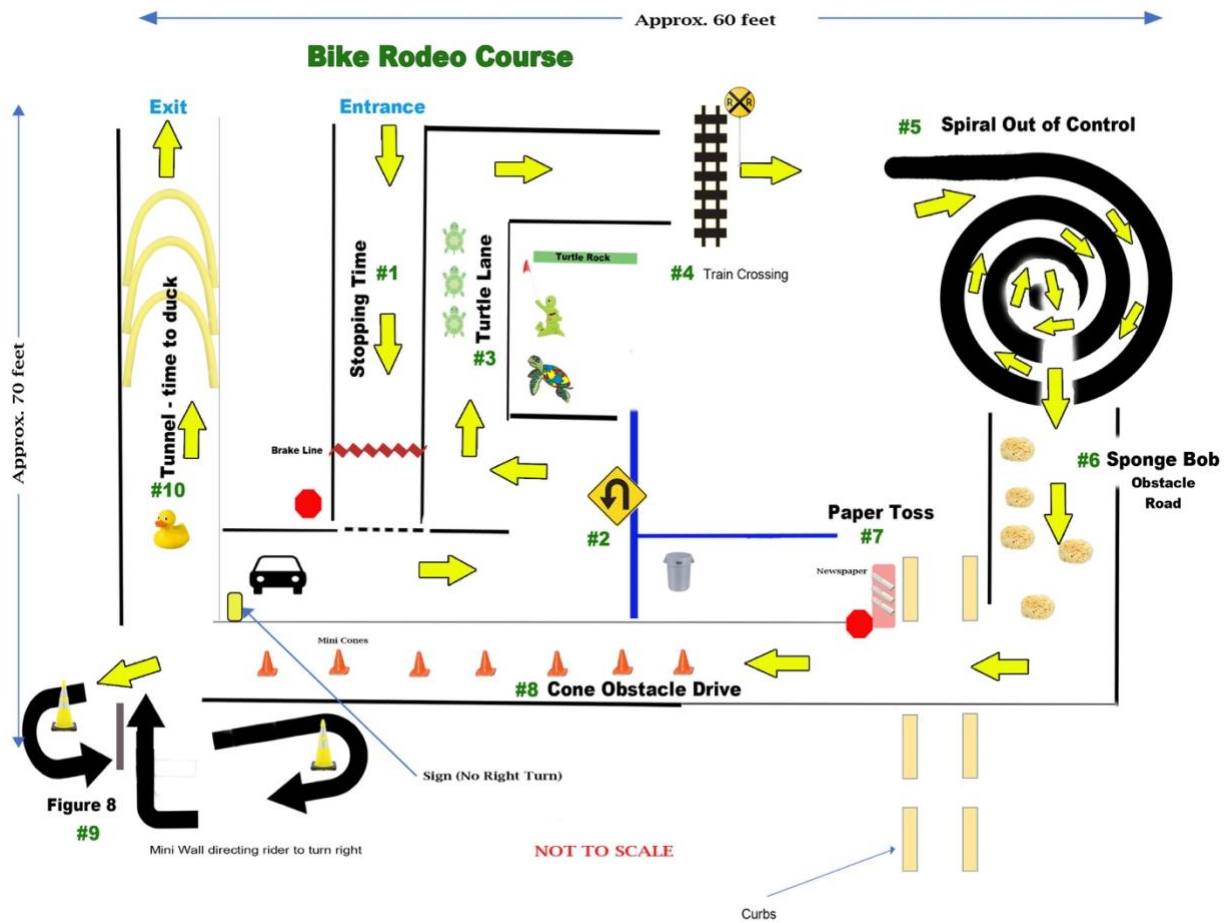


Course Layout

The course is comprised of 10 stations, with registration and basic instruction provided prior to starting the bike rodeo course. Each station will test the riders skill and knowledge of safe bike riding.



The Three Rivers BIKE RODEO WORKBOOK



Registration

Registration will consist of a bike inspection and helmet fit check.

Volunteers: Local bicycle shop.

Bicycle: Should be the right size. To ensure proper fit, have child straddle the bike holding onto the handle bars. If their feet can touch the ground flat, the bike should be fine.

Helmet fit test: Reference Safe Kids Worldwide™ "Take the Helmet Fit Test.PDF"

Resources: Bike Shop with necessary tools. Fit test guide by Safe Kids Worldwide.

Basic Instruction

Description: Prior to starting the course the rider will be made aware of the skills needed to complete this course.

The basic bicycle riding basic skills needed for this course:



The Three Rivers

BIKE RODEO WORKBOOK

Skill #1 – Balancing Explain to the rider that they will be asked to ride at their lowest possible speed when they enter turtle lane. They must maintain balance and control of their bicycle while in the lane. The three best times will be captured on turtle rock. (#3)

Skill #2 – Hand signaling. Left, Right and Stop. Explain to the rider that they are expected to demonstrate their knowledge of proper hand signals. Go over the hand-signs (#1, #7)

Skill #3 – Understanding Road Signs. (#1, #2, #4, #7)

- **Stop Sign:** Explain the meaning of the Stop sign. The rider is expected to come to a complete stop at the Stop sign, look left, right then left again, and only to proceed when it's clear both ways. If the street is busy, they should walk their bikes across the street.
- **Yield Sign:** Explain the meaning of the Yield sign. Rider does not have to stop if there are no cars coming, but they must stop if they see any cars.
- **U-Turn Sign:** Explain the meaning of the U-Turn sign. Rider will make a hard turn in the opposite direction.
- **RxR Crossing Sign:** Explain the meaning of the Railroad crossing sign. Riders should always look both ways and walk their bicycles across the tracks.
- **School Crossing:** Explain the meaning of School Crossing sign. A place where school children and others can cross. They must always stop for people crossing the street. This also applies to any crosswalk.
-



Skill #4 – Braking Explain to the rider that they will be braking their bike in several locations during the course. Most bike brakes for younger riders will be by use peddling in reverse (rear peddle), some may have hand brakes. If rider uses hand brakes they should be able to brake using both front and rear brakes. (#1)

Skill #5 – Circling Explain to the rider, they will need to be able to control their bike in a constant right hand turn, and while making a figure 8. This will demonstrate maintaining balance while in a constant turn and the ability to change direction quickly. (#5, #9)

Skill #6 – Weaving Explain that they during the course of this bike rodeo they will be asked to weave around some cones (going from left to right without hitting the cones). This will demonstrate their ability to control and maneuver their bike. (#8)

Skill #7 – Railroad crossing and crosswalks Explain to the rider, when they come to a railroad crossing they should not ride over the track. They should get off their bike, look both ways and walk the bike across the track. If they come to a crosswalk, they could be on the lookout for people using a crosswalk – explain that people have the right of way, and that the rider should stop until its clear. (#4)

Skill #8 – Situational Awareness Explain to the rider that at times when they are out riding they will come across obstacles (cracks in the road, potholes, or debris in the road that they should



avoid. They should assess the situation and determine if it's safe to go around or to stop the bike and walk around the obstacle. (#6, #10)

Skill #9 – Coordination Explain to the rider that there is one station that will test their coordination. They will be asked to ride with one hand while using the other hand to carry and toss a paper. If they are uncomfortable riding with one hand, they should just ride pass that station. (Paper Toss #7)

Volunteers: 1

Resources: Chart with hand signs and traffic signs.



Stations

Station #1 Brake Time

Description: This station will test the riders ability to properly brake and make a proper turn at intersection.

The rider will be asked to start riding forward at normal speed and to apply their brakes only when the front tire touches the <<Brake>> line. They must come to a complete stop without skidding, or wobbling, no feet should touch the ground until they stop, and they should not cross the second line.

If the rider goes past the second line, explain to the rider that they should apply their brakes harder, if they stop before the second line they should apply their brakes lighter.

The rider at the end of their braking should be at the stop sign. The rider should give a left hand turn signal. The rider is expected to look left, right and left again, and proceed only when the intersection is clear. . to the next station.

Volunteers: 1 (To provide instructions, and to control the Car/No Car at the intersection)

Resources: Fake Car on pivot hinge. Stop Sign at intersection, and <<Brake Line>>

Station #2 U-turn

Description: This station will test the riders ability to make a U-Turn. This will be a very sharp left turn followed by a 90deg right turn. The rider then proceeds (when clear) to the next station.

Volunteers: 1 (To observe riders ability to make the turn without putting foot on the ground)

Resources: U-Turn Sign

Station #3 Turtle Lane

Description: The rider is advised to ride as slow as possible without putting their feet down or reversing direction while in turtle lane. Turtle lane is the area marked with turtles.

Volunteers: 1 (To explain this station, and time the rider from first turtle to last turtle. Time to be recorded on turtle board with riders # - The last 3 best times to be maintained on board)

Resources: Turtle markers, stop watch, board to record time (turtle rock).

Station #4 Rail Road Crossing

Description: The rider is to look both ways before proceeding over the rail road tracks.

Volunteers: 1 (observe riders head movement, confirm they looked both ways, if uncertain remind rider to look both ways).

Resources: Rail Road Sign, Rail Road Track



The Three Rivers

BIKE RODEO WORKBOOK

Station #5 Spiral out of control

Description: Test the rider's ability to maintain a constant right hand turn, while trying to maintain the bike's front tire within the path.

Volunteers: 1 (To observe riders skill level)

Resources: Spiral path

Station #6 Sponge Bob Obstacle Avoidance

Description: This station test the rider's ability to avoid obstacles in the road.

Volunteers: 1 (keep sponges within the area spread-out, and to observe)

Resources: ~ 5 sponges (that resemble large rocks)

Station #7 Paper Toss

Description: Test riders ability to maneuver with one hand while performing a task. Rider to to stop at the stop-sign pick up a newspaper and ride forward in the direction of the trash can.

Rider is to toss the newspaper within the trash can without stopping or putting a foot down.

Volunteers: 1 (to assist if needed in picking up the newspaper, keep newspapers rolled up on table available for rider, observer riders skill level)

Resources: Table for newspaper that is bike height, at least 3 rolled up newspapers, trash can, stop sign.

Station #8 Slalom Cone Trail

Description: Test riders skill level slaloming through the cones. Rider is not to touch any cones and to go between as many as possible.

Volunteers: 1 (to keep cones properly lined up, and to observer riders skill level)

Resources: 6 or more safety cones.

Station #9 Figure 8

Description: Test riders ability to turn both left and right within a tight area.

Volunteers: 1 (To observer riders skill level)

Resources: Figure 8 layout

Station #10 Time to Duck

Description: Rider is to duck going under the arches. Some riders may not need to duck, this is just a fun tunnel. No skill needed. Tall riders will need to duck.

Volunteers: 1 (to observer and maintain arches in proper location)

Resources: 3 Arches – Pool Noodles make the arch.



Bike Rodeo Planning

Teaching Points

Wear Your Helmet, and never ride in the road without your parents being present.

Helmet: Required to ride on the course. Have extra helmets available (Be-Prepared)

Partners

The following organizations provide great support for a bike rodeo. Children's Hospital, Local Bike Shops, PTA, teachers, EMS, fire departments, police departments, department stores – any safe kids coalitions.

Advertisement

Prepare flyer to inform the community of the event. Share with individual schools, post at schools, stores, community buildings. Place in local magazines, newspapers and work with local radio station to help promote the event. Local TV stations should be considered.

Bike Inspection

Bicycle inspections should be done by an expert. Local bike shop or law enforcement agency.

Volunteers

All volunteers are to be briefed on the basic bicycle skills, laws and rodeo procedures. They should be familiar with their station.

Achievement Certificate

Design achievement certificate or bicycle driver license to present to the child at the end of the course.

Must haves

Space for the Bike Course that is suitable (level and clear of major obstacles)

Extra Bikes and spare helmets. Consider having one with training wheels.

Safety pamphlets – or recommended URLs – use QCODE stamp on handout to send them to site with safety info organized.

Water, safety tent with basic first aid – Band-Aids for scraps

Give-a-Ways

Look into providing Participation Certificates to each rider.

Various prizes will be drawn from the names of those who participated. We will need to collect their name, and either email or phone to let them know if they won.