

## Bike Rodeo Content

Stations	Instructor
<b>Everyone Together</b>	
1. Check in, Sign Waiver and receive Name Tags	
2. Importance of Helmets and Helmet Fitting	
3. ABC Quick Check & Bike Fit	
4. Slow Race	
<b>Split into smaller groups if necessary (6-8 students)</b>	
5. Start/Stop, Look LRL Drill	
6. Weave Drill /Straight line Drill	
7. Signaling & Scanning Drill (only Grade 4+)	
8. Rock Dodge ((only Grade 4+)	
9. Go over basic Traffic & Safety Rules	
10. Bike Inspection; Tire Pressure, Seat Height	

### Notes for All Volunteers:

- For volunteers we need help with:
  - Registration – Filling out waivers and name tags, create manageable groups
  - Helmet Fitting – There are only 3 steps, just sit in on the explanation for the kids or ask John or Tara how to help.
  - ABC Quick Check - Follow along as John explains to the students, we just need extra people to check tire air, brake pad thickness and maybe adjust a finger nut on the brake lines. Pick a few students and double check them on each step.
  - Ensuring that students give each other enough space when they enter a course.

#### After the Rodeo

- Pumping up tires – Check the recommended pressure on the tire first. It varies significantly for different types of bikes.
- Setting seat heights – We will provide wrenches to loosen the seat post binder bolt. At the bottom of a rotation, the child’s knee should be almost straight, but not locked. Make sure the seat is lined up correctly and pointed straight forward.

The on-bike drills are based on the most common bike-car accidents as determined by the League of American Bicyclists:

14% Riding towards traffic  
11% Left turn from right edge of road  
9% Failure to yield at a driveway  
8% Running a signal or STOP sign  
5% Swerve in front of a car

For children under 14, 80% of bike/car crashes included some error on the bikers part. Half of all bike crashes don't involve cars, so handling drills are included.

For younger kids (K-3), we won't do the signaling, scanning and rock dodge drills because they probably won't be able to do them.

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### **Start/Stop Explanation**

Explain the power pedal position (1 or 2 o' clock) and demonstrate a controlled start. *Follow the outline in the provided NY Bike Curriculum.* Demonstrate or explain how not to start and stop and why these aren't the best way to start or stop. For starting, neither the "Cowboy Mount" nor "Stutter Step" work on a hill. Also, neither allow you to start confidently and get across an intersection quickly. Scary stops are explained well on the NY Bikes Sheet.

### **For younger kids: Start/Stop Drill**

If there are a couple younger children in the groups, make sure they can start/stop confidently before you move on to the Left-Right-Left Drill. Line the students up one at a time and have them bike towards you from about 60 ft away. Use the LED STOP sign to signal the student to stop twice. It isn't a race to see who stops the fastest. They should come to a gentle stop and then start again when you've lowered the sign.

### **Left-Right-Left Explanation**

8% of bike crashes are because the rider failed to yield at a driveway  
In 9% of crashes, the bicyclist failed to stop at a STOP sign or signal.

14% were because the cyclists was riding towards traffic

Explain the importance of riding on the right and stopping and looking LRL at intersections.

Ask whether bikes are a toy or a vehicle. "Bikes are a vehicle, not a toy and when you are on the road you must follow the same laws as cars. Which side of the road do your parents drive on? Just like a car, you have to ride with traffic on the right side of the road.

Also like a car, anytime you enter the road from a driveway or come to an intersection you have to stop and look Left-Right-Left for traffic.” (Emphasize driveways for younger group, intersections for older students.)

### Start/Stop and Look Drill

Now, you are going to show me a good power position and controlled start, get up a little speed then come to a stop at the line. I'll be behind this car with a sign that shows a car or nothing. Look LRL and when the sign is blank, go ahead and cross. When you start again, use the power position. (For older students, the start/stop and LRL drills can be combined. The LED STOP sign would not be used and student would demonstrate the start/stop and LRL in the drill with the obstacle.)

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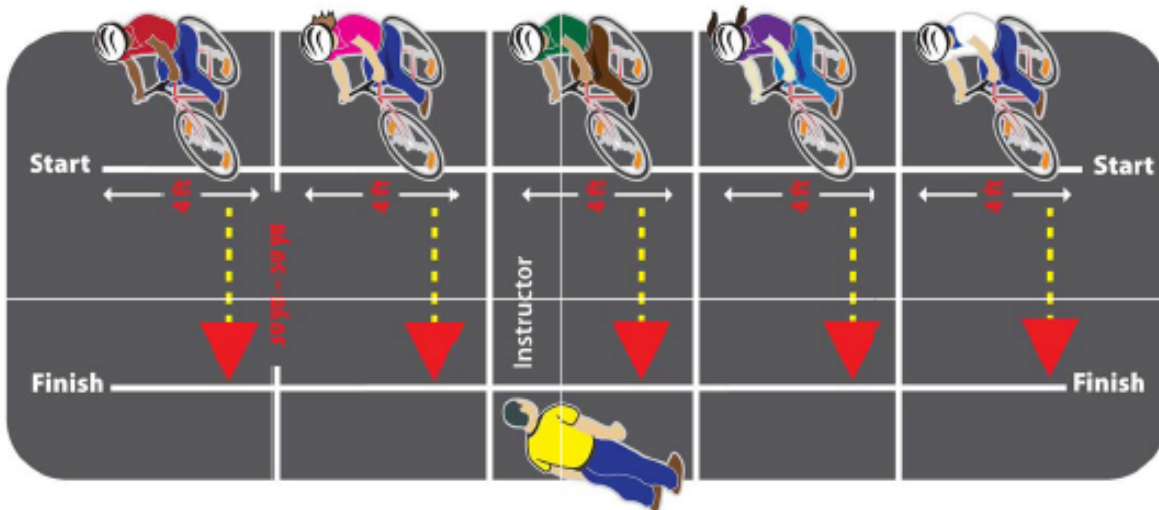
### Slow Race – Instructions on Bike NY Sheet

“This drill works on balance, like when you are starting to pedal or going slowly up a hill.”

The important part is the 3 rules. You are out if:

You put a foot down, you go outside your lane or you turn around/start going backwards. Last one to the finish wins.

Feel free to run it in heats and have the winners race each other or do it a couple times. Winners get a flashing pendant.



## C: ADDITIONAL SKILL DRILLS

# 1. Slow Bicycle Race



### OBJECTIVE

- Help students practice balance and bike-handling skills. The last one across the line wins.

### NECESSARY RESOURCES

- Bikes and helmets for each child
- Asphalt track, paved parking lot, or playing field
- Tape or tennis balls to mark 4-foot lanes (if lane dividers aren't already present), with a distance of 30-50 yards between the start and finish line



**TEACHER'S NOTE:** This drill teaches how to balance at slow speeds, which can be useful when riding in crowded conditions.

### Instructions

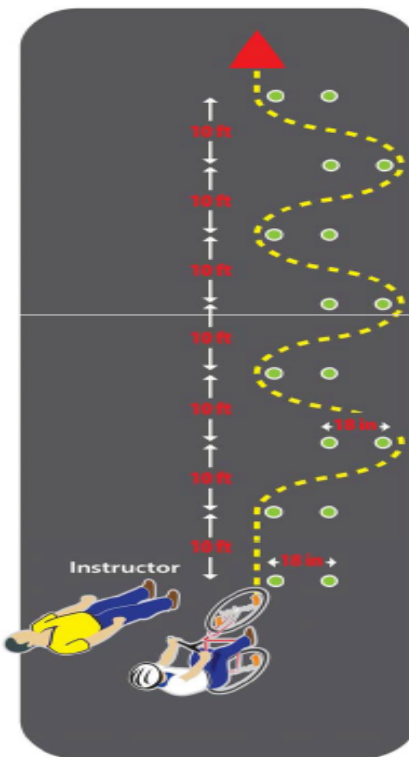
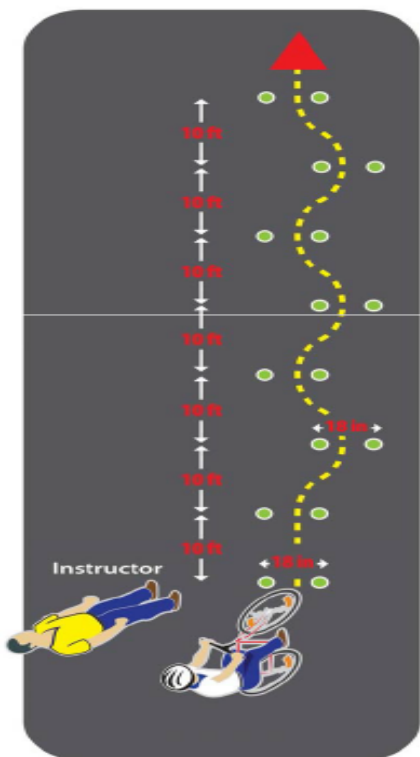
- Set up the course (see next page for layout).
- Have students put on helmets and perform ABC Quick Check.
- Have one student enter each lane. (Run races in heats if there are more cyclists than lanes, or more than you can referee at one time.)
- Explain the rules (see below).
- As the referee, you will determine if any of the cyclists violate the rules, and who crosses the line last.
- If you run the slow bicycle race in heats, put the winners of each heat into a race against each other.

### Rules

- The winner of this race is the cyclist who crosses the finish line last.
- You are out if you do any of the following:
  - Put your foot down after you start
  - Go outside of your lane
  - Go backward/turn back toward the start line

**Weave Drill Diagram.** If the child wants to make it more difficult, they can go outside all the cones/markers. 18 inch gaps work pretty well but it depends on the age and size of the cones. Very easy to make harder or easier for different age groups.

**Steering Control Drills Setup**



## Scanning Explanation

"Bikes should always bike on the right half of the road with traffic. Always.

Within that lane you should stay to the right edge of the lane. You don't have to be in the ditch or off the road, but just be as far right as you are comfortable with.

You can move left to miss an obstacle or a car that is parked on the edge of the road. Any ideas of objects you might find on the road that you would want to miss?

Some storm grates can grab your front wheel and mess up your steering, so you want to miss them when you can. If you are biking next to parked cars, someone could open their door into your path so you should give some space for parked cars and watch out for that. (Also branches, glass, potholes, etc)

Anytime you move away from the right edge of the road, you must look behind you for cars. We are going to practice that. It's called scanning and you simply look over your left shoulder while keeping the bike moving in a straight line."

## Scanning and Signaling Drill – (More details in Bike New York Sheet titled Scanning and Signaling)

For the next drill, the students will look over their shoulder to the left. After they look back, the students will yell out how many hands the instructor is holding up (0,1,2), then continue biking through the turn. This confirms that they've actually looked back.

## Signaling Explanation

11% of crashes were a Left turn from right edge of road

"A bicycle is a vehicle and has to follow all the rules of the road like a car, but they are a little different.

One difference between cars and bikes is that cars have turn signals and brake lights. Bikes don't have these so you have to use your hands like turn signals. There are three signals you should know. This means you are about to turn left. This means you are about to turn right and this means that you are slowing to a stop. Let's practice. Show me a right turn. Now a stop. Now a Left. Etc. It's like you are pointing in the direction you want to go."

(If they ask) "This (left arm bent at the elbow and pointing up) can also mean a right turn, but not all drivers recognize it so the straight arm is better."

"Now that you have that down we will practice it on the bike."

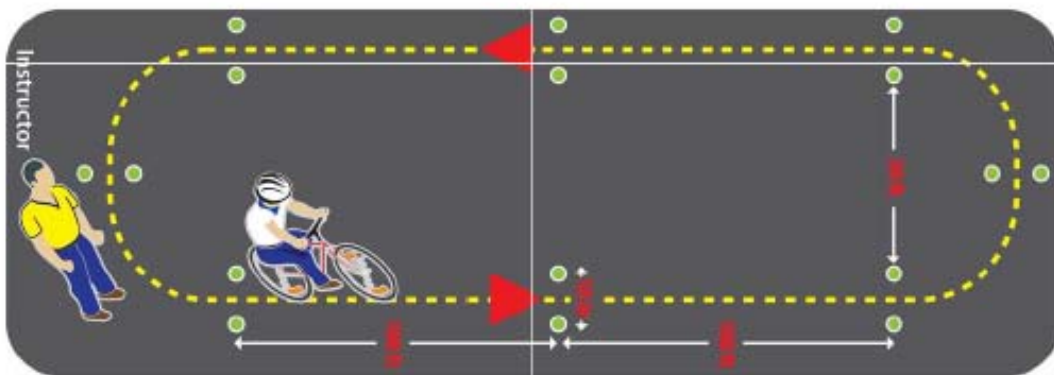
## Signaling Drill

Students should bike around the oval and on each long stretch, they will signal left before they turn. Students should stay in the right few feet of the lane, like they would on a road. Reverse the direction on the loop so that they can signal right with one hand and stay in a straight line.

## Scanning and Signaling Drill

Combine the scanning and signaling skills. Children should look back before the turn, yell out how many hands they see, signal the direction and make the turn. They should signal for the stop when they have gone around and rejoin the waiting group.

"If the road is narrow or rough, maintaining control of your bike is more important than signaling."



## Rock Dodge

“We covered basic turning skills back with the weave drill. If you see something at the last second though, like glass or a big rock, you need to be able to dodge it.”

### C: ADDITIONAL SKILL DRILLS

## 3. Rock Dodge



### Hazard Avoidance

#### OBJECTIVE

- ✔ Teach cyclists to identify and avoid surface hazards.

#### NECESSARY RESOURCES

- ✔ Bicycles and helmets for each student
- ✔ A smooth, flat, paved space, such as a parking lot, playing field, or asphalt track
- ✔ Seven sponges or tennis balls cut in half



**TEACHER'S NOTE:** One study estimated that 83% of bike accidents do not involve a motor vehicle. The majority of these crashes involve cyclists falling off their bike onto pavement or dirt, and some of them require emergency room treatment. This drill teaches students to avoid surface hazards such as rocks without swerving into traffic.

#### Discussion

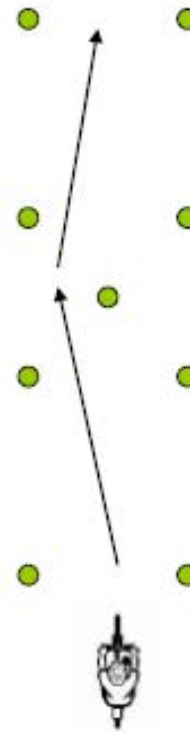
Besides cars, what other hazards might you find on the sidewalk, road, or bike path? (Sticks, rocks, glass, cracks, broken pavement, loose gravel, drain grates, holes, etc.) It is important to avoid these hazards without swerving into other traffic.

#### Instructions

- ✔ Set up the rectangular rock dodge box as marked, using sponges or halved tennis balls. These work best because they won't cause a crash if a cyclist runs into one.
- ✔ Have students put on helmets and perform ABC Quick Check.
- ✔ Demonstrate the movement to your students by walking your bike through the course.
  - ✔ Aim the front tire at the sponge or ball in the center.
  - ✔ At the last instant, steer the front wheel around the obstacle and then back through the center of the course.
- ✔ The key is to practice this drill at speed, not at a snail's pace, and to aim directly at the obstacle until the last second, then quickly but briefly steer the front wheel around the object. Don't aim the front wheel between the object and the edge of the rock dodge box.
- ✔ The cyclist should dodge the object but not swerve outside of the box, and should generally maintain a straight line of travel. Have the students practice until they can dodge the object rather than swerve around it.

## 3. Rock Dodge

### Hazard Avoidance *continued*



Incorrect

#### Discussion: Avoiding Other Surface Hazards

Show students examples or images of the following hazards.

- Loose gravel or ice: Avoid braking or steering as you cross loose gravel or ice. Relax, stay straight, and coast through the obstacle. Steering or braking will cause you to skid.
- Parallel crack or groove: A wide crack or groove can grab your front wheel and steer the bike in a different direction. Avoid riding close to a groove or crack that runs in the same direction as your line of travel.
- Sewer grates: Many sewer grates have wide slots that run in the same direction as cyclists travel. These can catch your front wheel and throw you over the handlebar. Avoid sewer grates.
- Sticks: A stick can get caught in the spokes and badly damage the wheel or even stop it, throwing you over the handlebar. Don't ride over sticks.
- Railroad tracks: Always cross railroad tracks at a right angle (90 degrees). If you ride across tracks at another angle, your wheels may slip into the grooves and cause you to lose control. Most railroad tracks do not cross roads at a right angle, so you may have to maneuver to the middle of your lane (scan and signal first) and then angle across to cross them safely.

## Basic Traffic Rules

"Many drivers hate bicyclists, this is often because they have seen bikers break traffic laws, like going through STOP signs or not signaling a turn or taking up too much of the road. Many bikers don't know that they are vehicles, and that they have to follow all the same rules as cars. Please, don't add to that bad reputation. Don't give drivers more reasons to hate bicyclists."

1. **Obey Traffic signs and lights just like a car.** You have to follow all the same laws.
2. **Use hand signals!** (have the older kids show you or if you are only talking to under 4<sup>th</sup> grade, you can skip this. The younger ones won't be able to do it on their bike)
3. **In a group, ride single file.** You don't want to take up more of the road than you have to. (In NJ, you are allowed to ride two across, but these are kids, we don't want to give them ideas or be unclear.)
4. **To be safe, the best thing you can do is be aware of cars around you.** At intersections, look for traffic from all directions. Every time you enter traffic, stop and look left, right, left. Show me how you do that. (If they do it too quickly, tell them that shaking your head doesn't cut it. They have to actually look so have them do it again.)
5. Talk to your parents about **what roads you can ride on** and if you should be on the road. When you leave for a bike ride always tell your parents where you are going.  
**If you are old enough, you should bike on the road, not the sidewalk.** Once you are about 10 years or older and you can bike fast, biking on the sidewalk is more dangerous than the road. Specifically, your chances of a crash on a sidewalk are 2.5 times what they are on the road. Generally if you are over 10, you should be biking on the road like a vehicle, but that depends on how long you've been biking and how good you are, so talk to your parents.
6. **Trail Rules** – "How many of you have biked on the Columbia Trail/or L? It's a lot narrower than a road, right? And there are no cars, so the rules are a little different." Walkers should stay right and since you are faster, you pass them on the left. Before you pass them, let them know that you're coming. Yell, "Passing on your left!" Or just "On your left!" If you have a bell or horn that works too.
7. **Lights** – Do any of you ride towards dusk or at night? Let's say you're visiting a friend and you are having so much fun that you stay too long. You might end up biking home when it's not light out, or as you get older, you might end up cycling at night.

If you are riding at night or at dusk, NJ Law requires a white light on the front and a red light on the back of your bike. You can get lights that attach to your helmet or your handlebars. [We'll provide example lights and reflective tape]

You might think that a bright yellow or white shirt would make you seen at night, but because cars move very fast, bright colors aren't enough. You should have reflective tape. You can put this on your bike or your backpack or get it on a vest. It's called retro-reflective tape because it reflects light back at a driver and it's very easy to see from far away at night.