



AAA PRESENTS

HOW TO PLAN A

BIKE

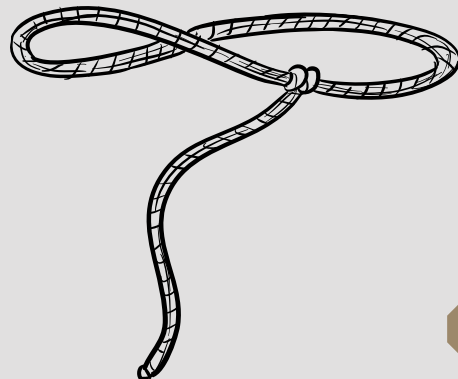
★ RODEO ★





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INTRODUCTION

What is a Bike Rodeo?

A bike rodeo is an event that promotes safe and fun biking practices for children. AAA supports safety education to create a safe environment for all road users. In this manual, you will learn how to run your own bike rodeo event in your community.

This manual provides suggestions for participants ages 4-12. You may need to modify some stations to meet the needs of your riders.





GETTING STARTED

1

Select your location. Parking lots and playgrounds are the most popular. Make sure the space is free of cars and measures at least 120 by 90 feet. Be sure to obtain permission to use the space.

2

Plan a rain date. It's better to select a rain date ahead of time rather than try to get the word out in case of inclement weather.

3

Wrangle up some volunteers. Plan to have 1-2 volunteers at each station. Areas needing the most supervision are with the children who are waiting their turn or who have already completed the course.

4

Partner with groups in the community, such as bike shops, cycling organizations or your local police department. Bike shops can help with maintenance stations and helmet fittings, and police can assist with registering bikes. Solicit local businesses to donate prizes, bottled water or snacks.





GETTING STARTED

5

Hang your “Wanted” posters around town to publicize your event. Ask your school(s) if they can display posters and provide event information in newsletters. Reach out to scouting groups, church groups, camps, day care and after-school care facilities to spread the word and gain participants!

6

Sign up your buckaroos in advance! Allowing advance registrations will help you plan for volunteers needed as well as prepare for registrations the day of the event.

7

Wrangle your participants. If you are expecting a large number of participants (over 50), it's best to schedule times for different ages/grades. This will help minimize the number of children waiting their turn and enhance safety with similar ages and abilities grouped together.





BEFORE EVENT DAY

Build Your Own Bike Rodeo Kit

Suggested Items:

- 1 large trash can on wheels (just make sure it will fit in your vehicle)
- 8 traffic cones to mark the start of each station
- 1 additional traffic cone with a slotted stop sign. Insert the stop sign into the top of a cone, to be used at the “Crazy Crossroad” station.
- 8 flags to slip into the cones as markers or be held by the station monitors to alert the next person when to start
- 28 tennis ball halves to use as markers on the course (indicated as small circles on the Bike Rodeo Map)
- 3 laminated “CAR” signs for use at stations 6, 8 and 9
- Laminated course map and station descriptions
- Reflective vests for station monitors (rodeo hands) and the coordinator (rodeo sheriff)
- Sidewalk chalk to mark the course on the ground. Keep it handy so you can go over the lines later if they wear off during the event.
- Tire pump
- Bike tools, such as screwdrivers, wrenches, Allen keys and more. Select only the tools you are familiar with using.



BEFORE EVENT DAY

Additional useful items for your bike rodeo kit:

- Table(s) and chair(s) for registration
- Water and snacks for volunteers and participants
- Large outdoor broom
- Signs or traffic cones to keep cars from entering the lot during your event
- Pens/pencils
- 1-2 trash barrels
- Bullhorn or microphone to make announcements
- Certificates of Participation (fill in the name of each participant at registration)
- A few bike helmets (to give away as you see fit)



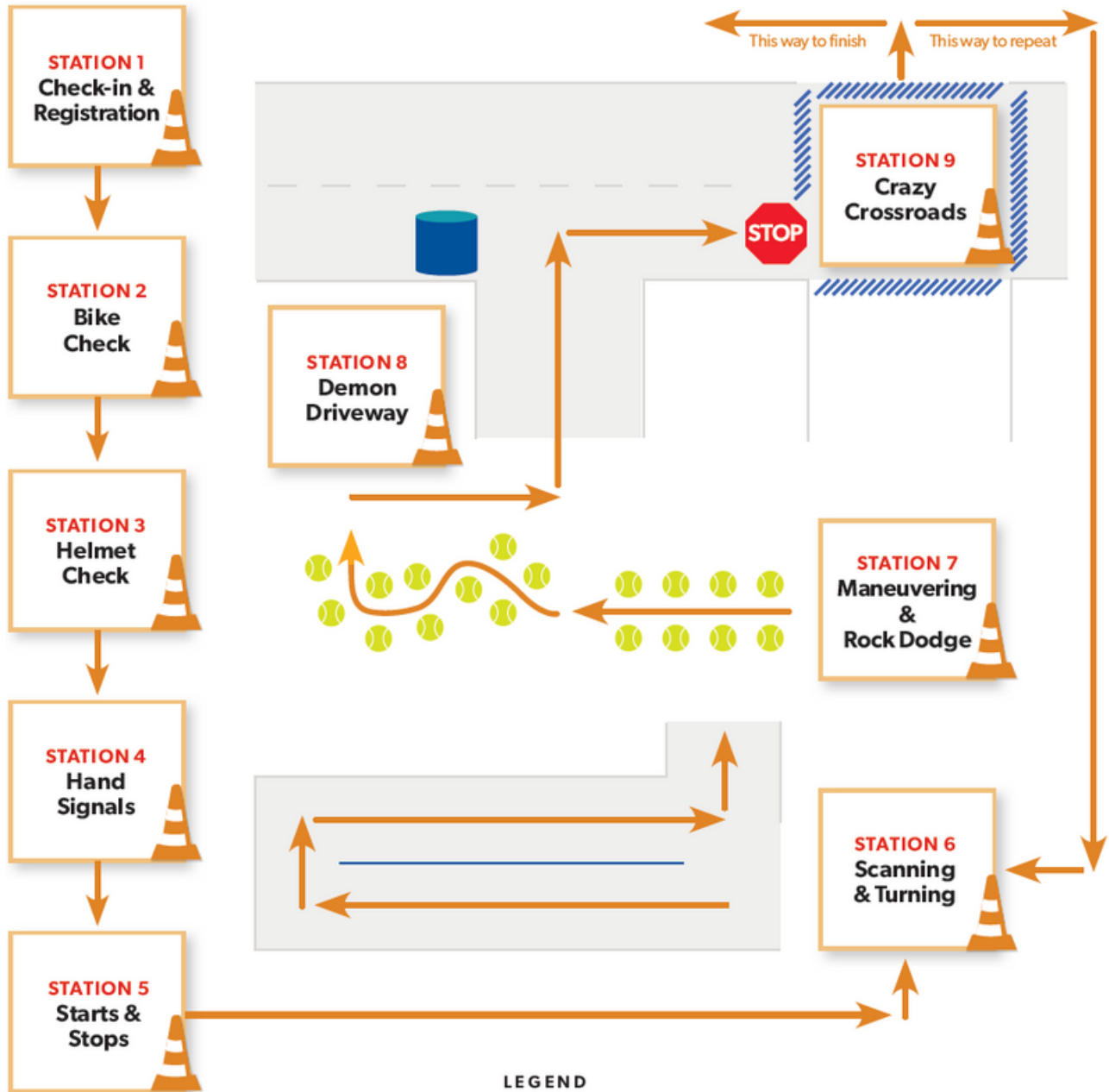


RODEO DAY CHECKLIST

- ✓ **Allow 30-60 minutes for course set up.** Be sure to block the entrance to the lot so cars don't enter during your event.
- ✓ **Inspect your site.** Sweep the area and make sure it is free of debris and if the course is wet, sweep any puddles. Do not allow participants to ride through any area that is unsafe.
- ✓ **Set up course on the pavement.** The Bike Check and Helmet Check stations should be at the beginning of the course to ensure everything is in good working condition before the ride begins.
- ✓ **Familiarize volunteers with their stations.** We recommend only one or two participants go through a station at a time. Only 8-16 children may be on the riding part of the course at the same time. As one finishes, the next one begins. Always encourage safety on the course.
- ✓ **Open the chutes!** Check in children as they arrive. Write the name of each participant on a certificate so it is ready to hand out when the child finishes the course. Have each participant start at the non-riding stations (Bike Check, Helmet Check, and Hand Signals) and then proceed to the rest of the rodeo).



BIKE RODEO MAP



LEGEND

-  Cone
-  Tennis Ball Halves
-  Stop Sign
-  Rodeo Kit Container



STATION DESCRIPTIONS

Volunteers at each station should be able to clearly explain what participants need to do and be able to maintain a safe number of riders at each station.

Station 1: Check-In

Equipment: Permission Slips, Certificates of Participation, Table

Check-in preregistered participants and walk-ins.

- *Everyone must have a signed permission slip!*
- *Write the name of each participant on the Certificate of Participation.*

Station 2: Bike Check

Equipment: Tire Pump, Bike Tools

Bike checks can be basic or more involved, depending on the time and number of volunteers and participants. Alert the rider to anything needing further repair or attention.

At a minimum, check the following:

- *Tire air pressure. Use the pump to add air if needed.*
- *Seat height. Feet should just reach the ground when sitting and knee should have slight bend at lowest point of the pedal stroke.*
- *Brakes. Push the bike and check how smoothly the brakes stop it.*
- *Condition. Everything should be tight, rust-free and in good working order.*
- *Safety. Confirm reflectors and any other accessories are on securely.*



STATION DESCRIPTIONS

Station 3: Helmet Check

Equipment: Participant and their Helmet

Helmets save lives. All ages should wear a helmet every ride.

- *Inspect the helmet. Make sure the child's helmet is in good condition and not damaged prior to fitting.*
- *Demonstrate how to check fit using 2 V 1 rule by taking the child through the following steps (assisting as necessary):*
 - *Place **two** fingers horizontally above your eyebrows. This is where the front of the helmet should rest.*
 - *Make a "V" with your fingers and place the point of a "V" at the base of your earlobe. This is where the straps should lay*
 - *Make a number one with your index finger and place it between the strap and your chin. Strap should be loose enough to be comfortable but snug enough to only fit one finger between.*
- *Test fit with the rock-n-roll test. Have the child slowly rock their head front to back and side to side. The helmet should stay snugly in place.*





STATION DESCRIPTIONS

Station 4: Hand Signals

Equipment: None

A bicycle is considered a vehicle and cyclists must use hand signals when sharing the road. Always be predictable to others when biking.

- *Have participants practice correct hand signals while sitting stationary on their bikes.*





STATION DESCRIPTIONS

Station 5: Starts and Stops

Equipment: None

Starting and stopping are skills that are often overlooked. The result can be unbalanced starts, skidding stops or even crashes. This is the time to introduce safe and efficient maneuvers.

Starts

- *Instruct the child to straddle the bicycle with both feet on the ground; they should not sit on the seat.*
- *Ask the child to raise the right pedal to the 2 o'clock position and put their right foot on the pedal (left foot still on the ground).*
- *Instruct the child to push off with the left foot and at the same time stand on the raised pedal; they should not pedal after pushing off.*
- *Ask the child to coast to a stop while standing on the pedal that has been pushed down.*
- *When the cyclist is comfortable with the process, have them place their left foot on the other pedal, sit on the seat and keep pedaling.*

Stops

- *Discourage stops that are executed by dragging feet.*
- *For coaster brake bikes, make sure the rider knows how to pedal backward to apply pressure that stops the bike.*
- *For hand brakes, make sure the rider squeezes the brake levers evenly with both hands. Explain that using only one brake is not the best way to stop and can be dangerous (pitching over or skidding out of control).*

How to stop and dismount a bicycle:

Instruct the child to slow down by using the brakes. As the bike nears a stop, the child should slide off the seat and put their weight on a pedal in the "down" position. They should then take their other foot off the pedal and prepare to place it on the ground when they're going slowly enough. If using hand brakes, the child should keep pressure on the brake levers.



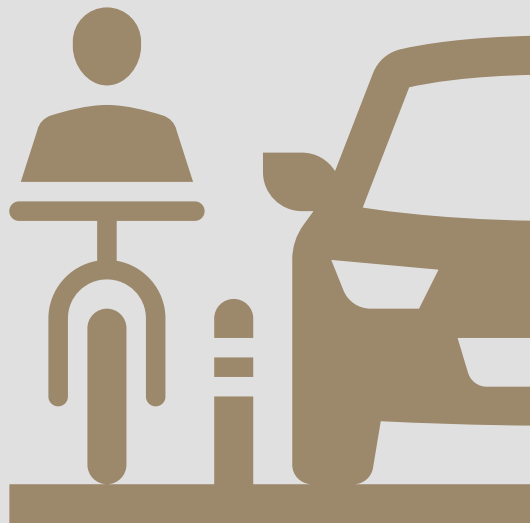
STATION DESCRIPTIONS

Station 6: Scanning and Turning

Equipment: Cardboard “Car” Sign

Sudden swerves and left-hand turns without looking are major causes of crashes. Children must learn to scan while not deviating from their path of intended travel. Looking to the rear is even more important than hand signals; the natural tendency is to swerve left when scanning behind.

- **Ask participants** to ride through the station, concentrating on staying in a straight line.
- **Tell them** you will say “LOOK” and they are to look over their left shoulder and tell you if a car is coming.
- **Hold the “CAR” sign** up to indicate there is a car or keep it behind you to indicate there is no car.
- **Stay 5 -10 feet** behind the cyclist.
- For more proficient riders, ask them to also use hand signals when approaching the turns.





STATION DESCRIPTIONS

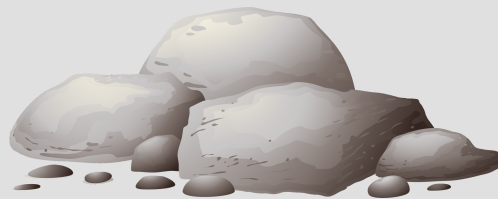
Station 7: Maneuvering and Rock Dodge

Equipment: Tennis Ball Halves (place the first 8 halves in a straight line in pairs, about 6-8 inches apart from each other. The other halves should be placed randomly with an arrow showing the desired way around them).

Children often fail to notice a hazard, notice a hazard too late or, in an attempt to avoid a hazard, swerve too far, lose control and crash or end up in traffic. Hazards might include rocks, grates, potholes, sand, glass, etc. It is important to be alert and know how to get around them without sudden swerving.

- **Ask the child to ride straight** toward the first “hazard” tennis ball and steer around it at the last moment.
- **Ride straight** toward the first “hazard” tennis ball and steer around it at the last moment.
- **Instruct them to follow the arrows** to maneuver around and through the “hazards” without hitting any tennis balls.

Note: *The biggest mistake participants make is not going fast enough toward the obstacle or making the maneuver too slowly. This station is designed to simulate a situation where a cyclist is traveling at a good speed and suddenly encounters an obstacle. It happens fast and can't be practiced slowly. The placement of pairs of tennis balls close together is designed to make sure the cyclist doesn't simply make a big swerve around the “rocks.”*





STATION DESCRIPTIONS

Station 8: Demon Driveway

Equipment: AAA Rodeo container, stop sign on a cone, “CAR” sign or park a real car on the “street” part of this station.

Most young bicyclists who are seriously injured or killed ride out into the path of an oncoming car. Children become accustomed to low traffic volume on residential streets. They ride out of their driveway without looking because they don’t expect traffic. Teach children to always stop and look for traffic before entering any street. Station 8 simulates the cyclist starting in the driveway, entering the street and turning right.

You can create a visual obstacle by placing the AAA Rodeo container on the left corner of the driveway to simulate a bush or tree. If you have space, park an actual car on that corner. (For safety, be sure the car has the parking brake on and keys are removed from the car.) If you do not have space for a real car, use the “CAR” sign to simulate an approaching vehicle.

- **Explain** that this station simulates a driveway.
- **Ask the child to walk their bicycle to the end of the driveway.** Then, look left, right and left again for traffic and pedestrians.
- **Volunteer can hold** the “CAR” sign up or behind back to simulate oncoming traffic.
- **If the child sees no traffic,** they may proceed to the right, practicing a good start. Tell them to stay right and approach the next station.

Note: Station 8 leads right into station 9 at the stop sign, where the cyclist should stop and wait for instruction. Encourage children to use the appropriate hand signal for stopping.



STATION DESCRIPTIONS

Station 9: Crazy Crossroads

Equipment: Crosswalks drawn on the pavement with chalk, “CAR” signs

Too often, children don’t understand the risk of not stopping at an intersection or the importance of scanning in all directions for oncoming traffic. They should learn to negotiate intersections safely by stopping, scanning for traffic, being seen, and signaling, if necessary, before going through an intersection.

- **While at the stop sign**, tell participants they need to make a left turn.
- **Instruct the child to dismount the bicycle**, scan left, right, left and over their shoulder, and listen for traffic.
- **Volunteer can** show “CAR” sign to simulate traffic coming from any direction, if desired.
- **Cyclist should** WALK the bicycle across the crosswalk, as depicted by the arrow in the Bike Rodeo Map.
- **Explain to children** that walking your bike across the intersection makes you more visible and predictable to vehicles, and there is less chance of falling or skidding.
- **Repeat** the same procedure at the second corner, taking the cyclist to the end of the course.

Note: The Crazy Crossroads station is the perfect place to mention the importance of paying attention to traffic signals. Drivers frequently speed up through yellow lights, so cyclists should wait until a light is clearly green, and only proceed through the intersection after looking left, right, left and over the shoulder. Volunteers can choose to verbalize a green light, a WALK signal, a flashing red hand, etc.



COURSE COMPLETION

If you have enough volunteers and space on the course, have cyclists repeat the course by riding to the right, back to Station 6 (Scanning and Turning). Once they have completed the course again, or are finished for good, they can walk their bike back to Station 1 to pick up their Certificate of Completion. Be sure to have a volunteer or two at the end to direct cyclists to either repeat the course or to complete it.





COME AND TEST YOUR BIKE-HANDLING SKILLS ON
A SPECIALLY DESIGNED

BIKE
★ RODEO ★
COURSE

Date:

Time:

Location:

Who Can Come:

Brought to you by:

For More Information and to Register:

Participants must bring their own bike and helmet to take part in this event.



PERMISSION SLIP

Participant's Name: _____

Phone: _____

Rodeo Host/Sponsor: _____

Rodeo Date: _____

- I voluntarily allow my child to participate in the AAA Bike Rodeo program.
- I understand participation in the Bike Rodeo program involves riding a bicycle through various obstacles to increase riding skills and knowledge.
- My child will take all safety precautions recommended by the program's sponsors to try and avoid danger to themselves or others.
- My child will wear a helmet through the riding components of the Bike Rodeo program or will not be allowed to participate.
- I have read this release and hereby release AAA from any liability.

Name of Parent or Guardian (printed)

Signature of Parent or Guardian

Date



BIKE SAFETY

RODEO

Certificate of Completion

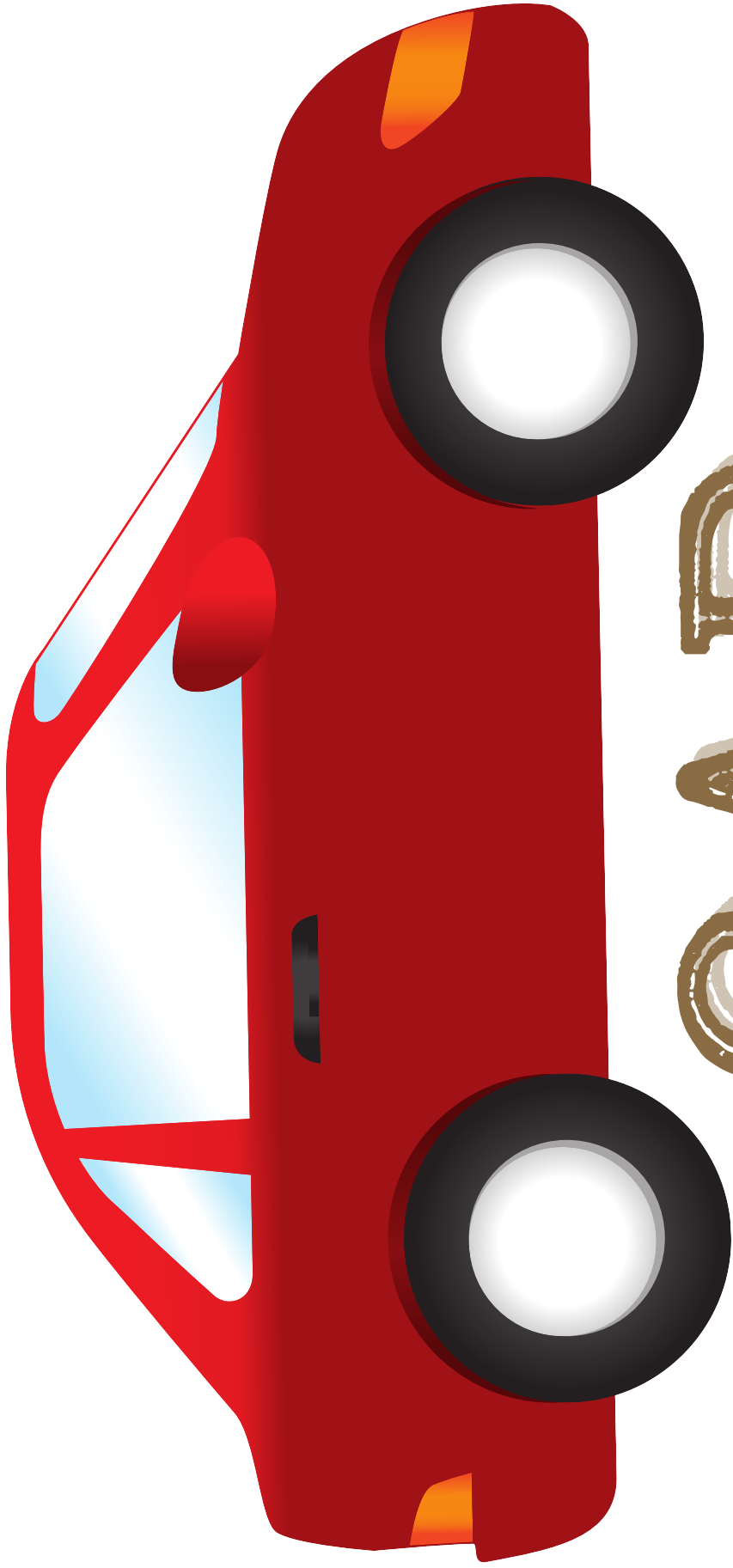


AWARDED TO

For recognizing the importance of wearing a helmet, demonstrating good bicycle-handling skills and learning the rules of the road.

Date

Always wear a bicycle helmet and ride safely!



CAR