Before event: ABC Quick Check

Crash avoidance: Maintain control of your bicycle
Make sure your bicycle gets you back home

Skills to learn:
A = Air
Squeeze your tire, if your thumb makes a dent, you need air!
Where to find tire pressure
How to pump tires

B = Brakes
Roll your bike backward and squeeze your right brake (rear)
Roll your bike forward and squeeze your left brake (front)
Your bike should stop quickly
Don’t ride with bad brakes

C = Chain
Clean, not rusty
Not sagging
Lube and wipe off

Quick Check
Quick Release Levers
Tighten with palm, not your finger
Aim levers backwards

Check = Listen for changes since the last time you rode
Pedal a short ride
Gently bounce the bicycle

Activity:
Walk through bike with Station Leader

Advanced participants:
Complete ABC Quick Check independently
Fix corrections recommended
Lube chain

Parent assistance:
Guide kids through the process without doing it for them
Tire pressure and pump
Tighten/position quick releases
Fill out reports and fasten to bike

What people driving can do to reduce this crash scenario:
Pay attention
Slow down
Pass only when safe
Give a minimum of 3 feet
Before event: Helmet Fit

Crash avoidance: Protection

Skills to learn: Helmet should be:

**Level**

**Secure** - dial or foam

- Helmet moves with the head
- Upside down the without the chin strap

**2, 2 & 2**

- 2 fingers touch eyebrow and helmet
- Together, not apart
- 2 plastic pieces go just below the ears
- 1 strap move up/down
- 1 strap moves front back
- 2 fingers flat under the chin strap
- Turn fingers up and down = too loose

Activity: Fit helmet of each child

Teach parent each step

Helmets should be adjusted each time they are worn

Helpful Hints

Every helmet fits a bit differently, find one that is comfortable

You may wear a thin hat or ear cover under your helmet,

make sure the helmet is adjusted securely.

Advanced participants: Fit their own helmets

Station Leader checks

Parent assistance: Learn and fit helmets

Station Leader checks

What people driving can do to reduce this crash scenario:

- Pay attention
- Slow down
- Pass only when safe
- Give a minimum of 3 feet
Station #1 - Power Pedal and Braking:

Crash avoidance: Swerving and Uncontrolled bicycle
7.3% of all crashes  
Bicyclist Age: 0 – 14; 65+
25.2% incapacitating or fatal  
Time of day: 2 – 6 pm
% of this crash type that is Wrong Way riding: 21.9%

Skills to learn Power Pedal:  
Riding in a straight line from a stop
Teach to use the top of their foot to position the pedal just forward from the top
No scooter starting, it is too slow = weaving and easy to trip

Skills to learn Braking:  
Verbal “stopping”
Stop as close as possible to a line without crossing
Use moderate, not slow speed
  1st - Right brake only
  2nd - Both brakes
  3rd - Both brakes with hover over back wheel

Young Riders / Coaster Brakes:  
Kids often don't push hard enough to stop and go
“Stomp” on the power pedal
"Stomp” on the brake

Activity:  
Every start must be a power pedal
Run through several stops at each stage
Mark where they stopped

Helpful Hints:  
Get to know your bike
Focus on speed and brakes

Advanced participants:  
Practice positioning the pedal before stopping
Drop off the back of the bicycle
  (see Rodeo Facilitator first)

Parent assistance:  
Start and check for power pedals
Mark the stop

What people driving can do to reduce this crash scenario:  
Pay attention
Slow down
Pass only when safe
Give a minimum of 3 feet
Kids are not small adults....

- Have a narrower field of vision than adults, about 1/3 less.
- Cannot easily judge a car’s speed and distance.
- Assume that if they can see a car, its driver must be able to see them.
- Cannot readily tell the direction a sound is coming from.
- May be impatient and impulsive.
- Concentrate on only one thing at a time. This is likely not to be traffic.
- Have a limited sense of danger.
- Often mix fantasy with reality.
- Imitate the (often bad) behavior of others, especially older children and adults.

Each activity should have:

- Parking lot - to keep participants safe and attentive
- Clear pattern for riding
- Clear and positive instructions and corrections
- Activities appropriate for the level of each child
- What parents can do at rodeo and at home
- Attentive leader, Positive and encouraging atmosphere.

Station #1: Power Pedal and Braking

For this station you just need a start line and a stop line, within a 60 foot 3 foot wide lane. In this illustration have them stop at the first line. Have them ride one at a time and set up a weave back to the parking lot.

Braking - Rear (2x), Both (2x), Emergency (if able)  
Power Pedal Position
Station #2 - Scanning and signals:

Crash avoidance: Sudden Swerve
7.3 % of all crashes  Bicyclist Age: 0 – 14, 65+
25.2 % incapacitating or fatal  Time of day:  2 – 6 pm
% of this crash type that is Wrong Way riding:  21.9%

Skills to learn:  Communicate with other road users
Hand signals - Point the direction you want to go
Arm fully extended
Stop - Left arm, elbow out
Flash hands

Activity:  Kids should stay in a lane drawn for the activity
1st scan should be at the wide part of the lane
Tap the kids left shoulder, they direction they look
“SCAN” Telling the number of arms raised, etc
Position helper 3 feet to the left of the lane

Helpful Hints:  Start with a short 1 second point
Loosen grip on handlebars
Don’t stop pedaling
Take left hand off handlebars for scanning

Advanced participants:  Helper move closer to the right or directly behind them
Have them scan at a narrow part of the lane
Scan then signal turn, signal stop and stop at end
Have the kids scan over their right shoulder also

Parent assistance:  Direct kids back to the line
Run a second scanning activity on return

What people driving can do to reduce this crash scenario:
Pay attention
Slow down
Know that kids do NOT know/follow traffic laws
Expect the unexpected
Drive with patience, help kids learn
Kids are not small adults....

- Have a narrower field of vision than adults, about 1/3 less.
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Station # 2: Scanning and Signals
Helper position: Beginners - to the left for an easy glance Advanced - directly behind for a challenge. Avoid swerving into traffic:
Station: #3 - Slalom and Rock Dodge

Crash avoidance: Swerving and Uncontrolled bicycle
7.3% of all crashes  Bicyclist Age: 0 – 14; 65+
25.2 % incapacitating or fatal  Time of day:  2 – 6 pm
% of this crash type that is Wrong Way riding: 21.9%

Skills to learn:  Straight line riding
                Emergency hazard avoidance
                Control bicycle & stay clear of other road users
                Avoid hazards when riding in a limited area

Activity:  Slalom - use when you can plan to avoid a hazard
             Beginners cones at the widest positions
             Ride close to the cones, no big swerves
             Rock Dodge - technique to avoid unexpected hazards
             Front wheel misses the hazard (rock)

Helpful Hints:  Rock Dodge - a last second flick right and flick left
                A moderate speed is easier than too slow

Advanced participants:  Rock Dodge at narrow setting
                       Have the “rock” pass between the wheels
                       Slalom with tight course - becomes a rhythmic recovery
                       Faster pace

Parent assistance:  Reset “rocks”
                   Get kids back in line

What people driving can do to reduce this crash scenario:
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Slow down
Pass only when safe
Give a minimum of 3 feet
Expect the unexpected
Drive with patience, help kids learn
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Station #3: Slalom and Rock Dodge

For kids over 10 or who have mastered the rock dodge
Corners can be 3 to 6 inches apart and total length can be 3 feet
Station #4: Demon Driveway/Roadway pullout

Crash avoidance: Mid-block Rideout

Bicyclist Age: 0 – 14  Time of day 2 – 6 pm
11.8% of all crashes  22.1% incapacitating or fatal

Skills to learn:
Stop before entering the road
Look ALL 4 WAYS left, right, in front and behind, and left again - left first and last because that is the direction of the traffic that will approach you first.

Activity:
Kids pedal down driveway
Stop (as close as possible without crossing line)
Put foot down (get power pedal ready)
Look ALL 4 WAYS
Go when it is safe
Add “cars”

Helpful Hints:
Everyone looks for themselves
Get power pedal ready as you are stopping

Advanced participants:
Emergency stops
ADD another driveway on the opposite side of the street
ADD riders in the street
BLOCK view of rider at the point of entry
BLOCK view of traffic coming from other directions

Parent assistance:
Be the car drivers
Remind child of power pedal and when to stop
Direct kids back to the line

What people driving can do to reduce this crash scenario:
Pay attention
Slow down
Understand that kids don’t know or often don’t obey traffic rules
Expect the unexpected, always
Kids are not small adults....

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- Assume that if they can see a car, its driver must be able to see them.
- Cannot readily tell the direction a sound is coming from.
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Each activity should have:

- Parking lot - to keep participants safe and attentive
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- Activities appropriate for the level of each child
- What parents can do at rodeo and at home
- Attentive leader, Positive and encouraging atmosphere.

Station #4 : Demon Driveway
Station: #5 Traffic Signs and Intersection

Crash avoidance:  Stop sign/signal ride out
16.8% of all crashes  
20.1 % incapacitating or fatal  
% of this crash type that is Wrong Way riding: 31.8%

Bicyclist Age: 0 – 14  
Time of Day: 2 – 6 pm

Skills to learn:  
Bicycle is a legal vehicle  
Same rights, Same responsibilities

Learn signs  
Obey signs and signals - always  
Communicate with other road users  
Learn rules of the road

Activity:  
Have kids identify signs and sign colors:  
Stop, yield, lane directions, railroad  
Start with 1 rider at a time with directions called out  
Let kids make mistakes and work through them

After they master handsignals and lane position let the kids decide with way to go at the intersection

Helpful Hints:  
Talk kids through where they should look  
Kids practice thumbs up and waving thank you

Advanced participants:  
Practice yield with proper speed  
Railroad tracks on perpendicular  
Multi lane road using right most lane going their designated direction  
Proper scan - signal - stop - signal

Parent assistance:  
Be the cars - on your cue  
Return kids to bike parking or next activity

What people driving can do to reduce this crash scenario:  
Pay attention  
Slow down  
Know that kids do NOT know/follow traffic laws  
Expect the unexpected  
Drive with patience, help kids learn
Kids are not small adults....

· Have a narrower field of vision than adults, about 1/3 less.

· Cannot easily judge a car's speed and distance.

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· Cannot readily tell the direction a sound is coming from.

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Each activity should have:

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- Activities appropriate for the level of each child
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Station # 5: Traffic Signs and Intersection
Station: #6 You Go First

Crash avoidance: Swerving and Uncontrolled bicycle
7.3% of all crashes  Bicyclist Age: 0 – 14; 65+
25.2% incapacitating or fatal  Time of day: 2 – 6 pm
% of this crash type that is Wrong Way riding:

Skills to learn:  Straight line riding
Be predictable
Scan - Scan & Signal - Scan Signal and Go when safe

Activity:
Scan
Scan & Signal
Eye contact
Wait for confirmation
Be prepared to stop
Scan, Signal and Go when safe

Helpful Hints:  Keep pedaling, but without pressure
Coasting indicates you intend to stop
Take left hand off the handlebars and look
Do not force your way into traffic - Communicate!

Advanced participants:  Pace approach
Thumbs up for good job
Wave for thank you
Signal back to the right
Talk about getting pinched out and cut off

Parent assistance:  Get kids back in line
Be the car drivers that do or do not yield right of way

What people driving can do to reduce this crash scenario:
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Slow down
Pass only when safe
Give a minimum of 3 feet
Kids are not small adults....

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Each activity should have:

- Parking lot - to keep participants safe and attentive
- Clear pattern for riding
- Clear and positive instructions and corrections
- Activities appropriate for the level of each child
- What parents can do at rodeo and at home
- Attentive leader, Positive and encouraging atmosphere.

Station #6: You Go First

I prefer to use the instructor being a car running next to kids, which helps:
- Create an experience at the proper level for each child to learn
- Give individual feedback

Station: #7 - Slow Race / Drills and Skills
Crash avoidance: Swerving and Uncontrolled bicycle

7.3% of all crashes  Bicyclist Age: 0 – 14; 65+
25.2% incapacitating or fatal  Time of day:  2 – 6 pm
% of this crash type that is Wrong Way riding:  21.9%

Skills to learn:  Control bicycle
Straight line riding

Activity:  Have fun learning how to handle your bicycle

Helpful Hints:  Pump brakes and pedals
Tighten tummy (suck it in, but breathe)

Advanced participants:  Narrower lanes, longer course

Parent assistance:  Watch for feet down and lane violation

What people driving can do to reduce this crash scenario:
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Slow down
Pass only when safe
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Each activity should have:

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Station #7: Slow Race