

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 make 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
25.2 % incapacitating or fatal
% of this crash type that is Wrong Way riding:

Bicyclist Age: 0 – 14; 65+
Time of day: 2 – 6 pm
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....

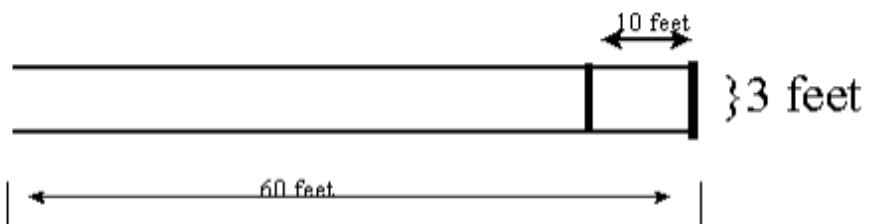
- Have a narrower field of vision than adults, about 1/3 less.
- Cannot easily judge a car's speed and distance.
- Assume that if they can see a car, its driver must be able to see them.
- Cannot readily tell the direction a sound is coming from.
- May be impatient and impulsive.
- Concentrate on only 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.
- 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.

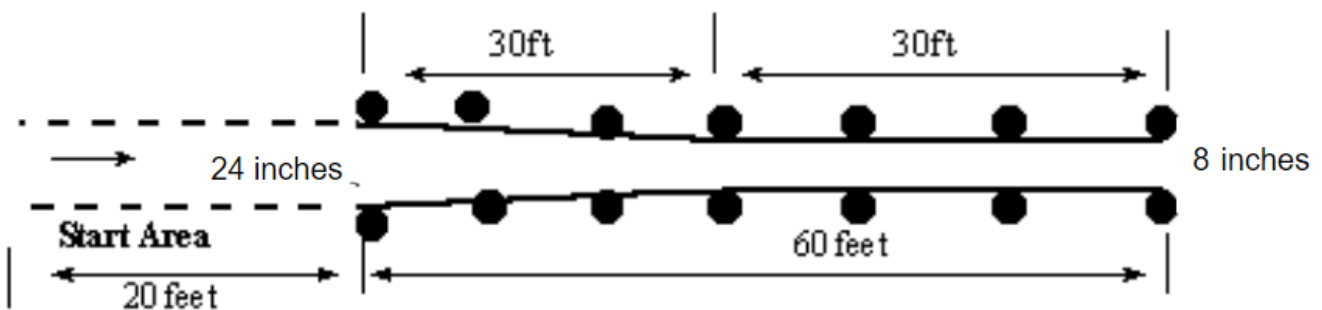
Each activity should have:

- 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 # 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:

Pay attention
Slow down
Pass only when safe
Give a minimum of 3 feet
Expect the unexpected
Drive with patience, help kids learn

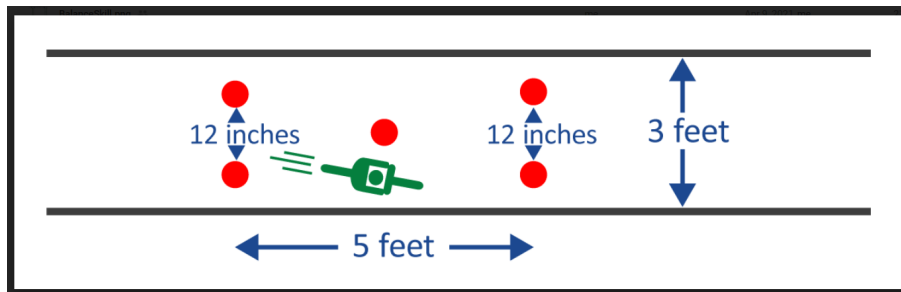
Kids are not small adults....

- Have a narrower field of vision than adults, about 1/3 less.
- Cannot easily judge a car's speed and distance.
- 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.

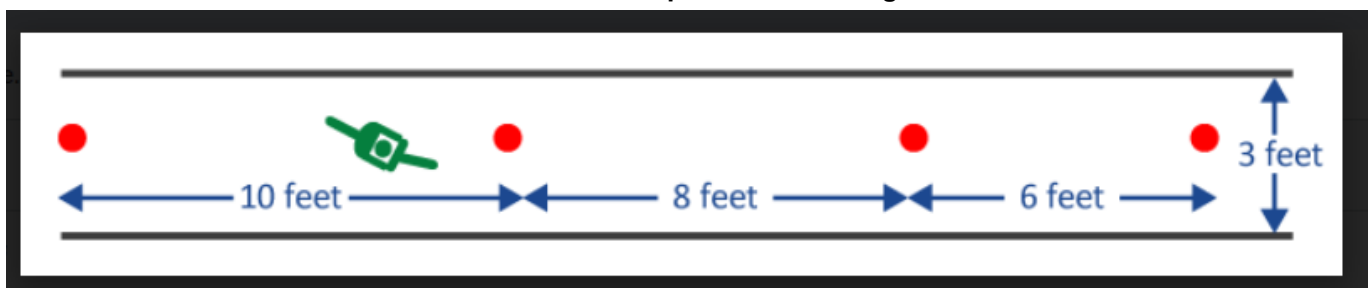
Each activity should have:

- 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 #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
11.8% of all crashes

Time of day 2 – 6 pm
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

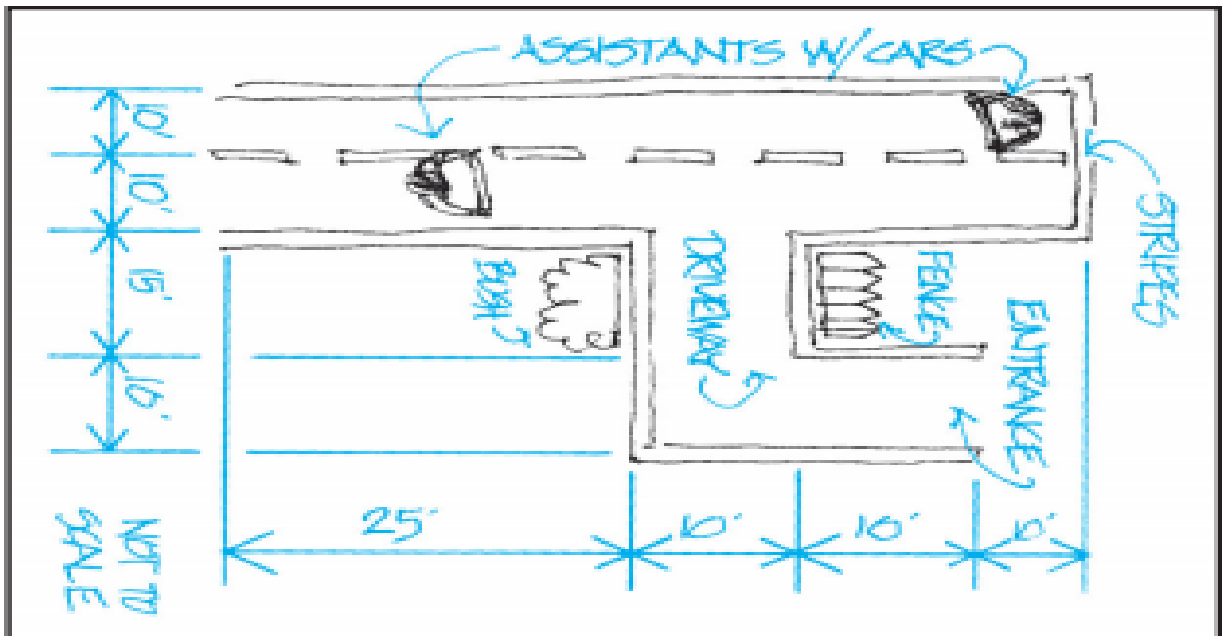
Kids are not small adults....

- 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 #4 : Demon Driveway



Station: #5 Traffic Signs and Intersection

Crash avoidance: Stop sign/signal ride out

16.8% of all crashes

Bicyclist Age: 0 – 14

20.1 % incapacitating or fatal

Time of Day: 2 – 6 pm

% of this crash type that is Wrong Way riding:

31.8%

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

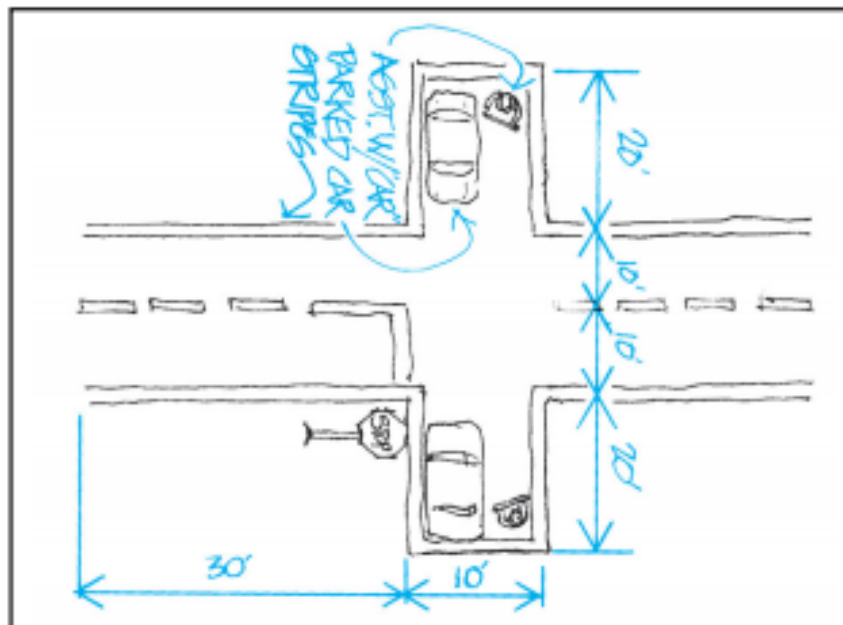
Kids are not small adults....

- Have a narrower field of vision than adults, about 1/3 less.
- Cannot easily judge a car's speed and distance.
- 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 # 5: Traffic Signs and Intersection



Station: #6 You Go First

Crash avoidance: Swerving and Uncontrolled bicycle

7.3% of all crashes
25.2 % incapacitating or fatal
% of this crash type that is Wrong Way riding:

Bicyclist Age: 0 – 14; 65+
Time of day: 2 – 6 pm

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:

Pay attention
Slow down
Pass only when safe
Give a minimum of 3 feet

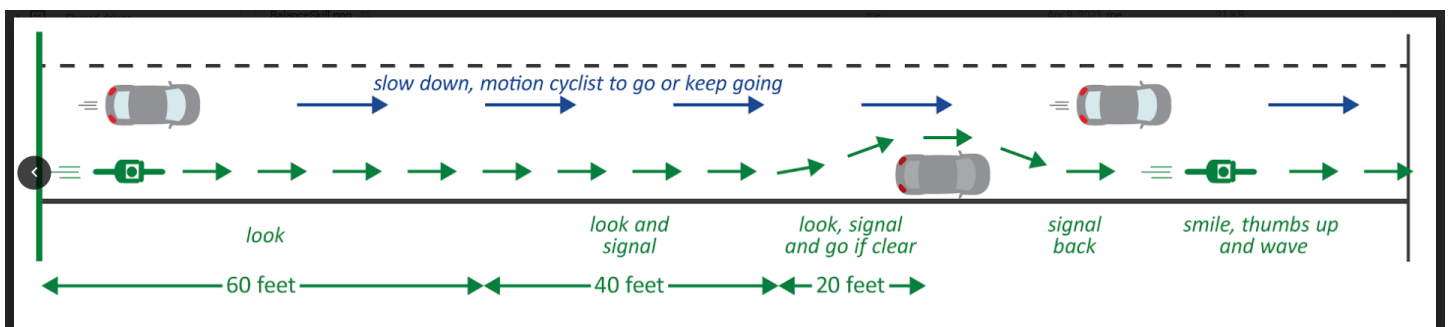
Kids are not small adults....

- 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 #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:

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 #7: Slow Race

