

Station 3: Obstacle avoidance – Slalom skills

▶ **Crash avoidance:** Sudden swerve. Avoiding obstacles and maintaining control of your bicycle **when you see the obstacle coming** and are able to plan ahead.

Beginners:

- Focus far ahead, not on the obstacle
 - Start slow, but some speed makes this easier
 - Practice avoiding obstacles
 - Learn to recover from a sudden loss of control
- Mistakes are ok!**



Advanced:

- Lean to steer – Don't use your handlebars to steer your bicycle
- Maintain as straight of line as possible
- Scan and signal a turn at the end

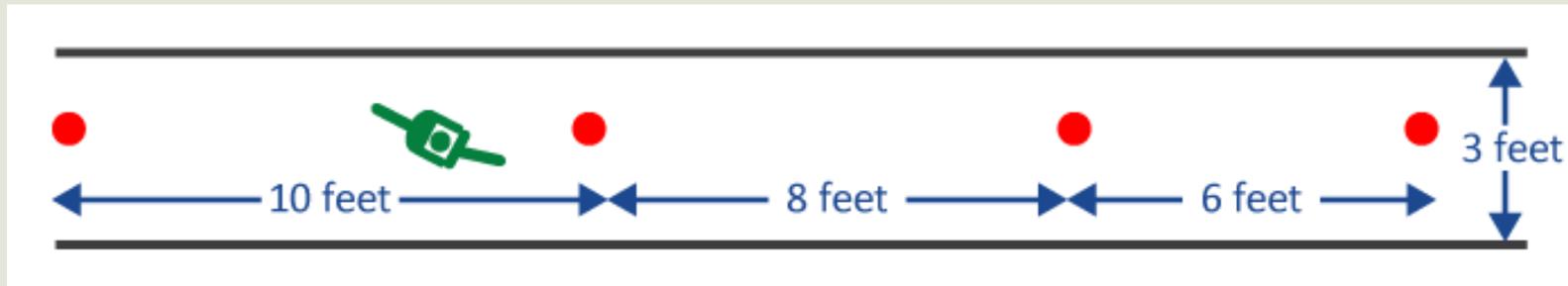
Drivers: Slow down, wait until it is safe to move over and pass, allowing a minimum of three feet. Be prepared for kids to swerve and turn unpredictably.

Station 3: Obstacle avoidance – Slalom activity

Crash avoidance: Maintain control of your bicycle, avoid a sudden swerve into traffic. Ride in as straight of line as possible.

Build the slalom with tennis balls cut in half so they know they hit the obstacle, or mark with chalk for simplicity. Watch for traffic and make drivers aware of the course as they approach from any direction. Make sure kids are looking for cars before they cross the street to circle back.

Set up on the right side of the road, participants must pedal the same direction as traffic.



Make it fun: Count the number of successful weaves out loud together as they pedal through. Take one cone off the longer end and add it to the shorter end after they make a few successful passes. Use this station to return kids to the line after completing any station.

Drivers: Slow down, wait until it is safe to move over and pass. Be prepared for kids to swerve and turn unpredictably.

Station 3: Obstacle avoidance – Rock dodge skills



Crash avoidance: Sudden swerve. Avoiding obstacles and maintaining control of your bicycle **when you don't see the obstacle** until the last second.

Beginners:

- This is a very fast motion, think “FLICK away-FLICK back” in one second
- Start your motion as close to the obstacle as possible.
- Your goal is to avoid the obstacle with your front wheel, which controls your steering.
- Some speed makes this easier.



*This is NOT a weave,
it is an avoid and correct,
to maintain a straight line.*

Advanced:

- Start the motion as late, and close to the obstacle, as possible
- Ideally the obstacle will pass between your front and back wheels without touching either
- Strong fast “flick-flick” at about a 45-degree angle
- Maintain as straight of line as possible

Drivers: Slow down, wait until it is safe to move over a minimum of 3 feet and pass when safe. Be prepared for kids to swerve and turn unpredictably.

Station 3: Obstacle avoidance – Rock dodge activity

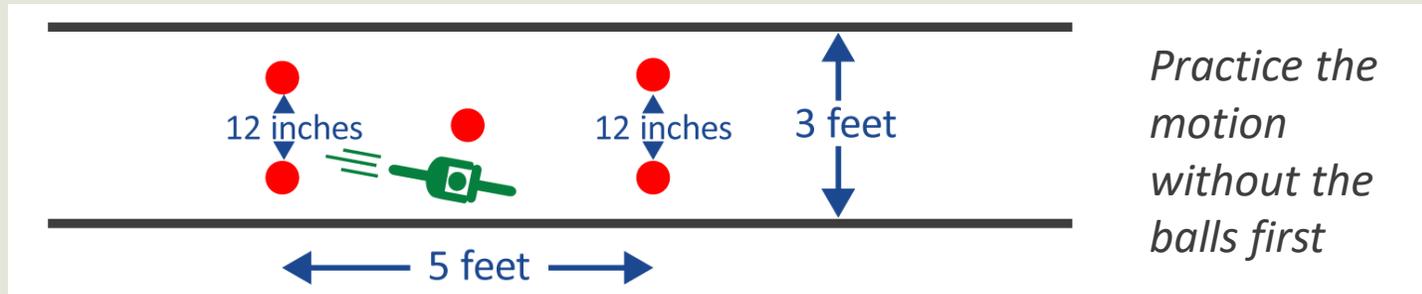
▶ **Crash avoidance:** Maintain control of your bicycle, avoid a sudden swerve into traffic, ride in as straight of line as possible.

Use tennis balls cut in half so they know they hit the obstacle, or mark with chalk for simplicity.

Practice this activity while walking their bike and flicking their handlebars quickly to avoid, then quickly correct. The bicycle maintains a straight-line motion.

Leave the corner balls 12 inches apart for beginners.

Weaving around is not a successful completion.



Make it fun: Tally successes, give more points for the center ball going between the front and back wheels. Stand close to the course or run by to simulate traffic and the need for this maneuver.

Drivers: Slow down, wait until it is safe to move over and pass. Be prepared for kids to swerve and turn unpredictably.