

BEAVERTON



Safe Routes to School Bike Rodeos

Bike rodeos are a great way to raise awareness and excitement about bicycle riding. It may introduce participants to skills they need, and will encourage on-going, age appropriate practice to become proficient bike riders.

A bike rodeo can give participants basic skills so they can continue to practice to become better riders. A rodeo event is only simulating traffic situations, being a competent and confident bicycle rider takes years of age appropriate learning and practice.

A typical rodeo is best suited for new riders up to 8 years old depending on your choice of stations that usually includes both safety checks and a skills set. The size and scope of the event depends on the space and resources available. It can be as simple as a few stations in the school parking lot or many stations practicing skills and bike handling techniques.

Common Bike Rodeo Stations

| | |
|---|--|
| <p>1. Registration:</p> <ul style="list-style-type: none"> • Waiver • Bike/ Helmet Check Form • Pens/ Pencils • Table | <p>2. Helmet Check: Check to ensure that the helmet properly fits the rider.</p> <ul style="list-style-type: none"> • 2-3 Volunteers • Extra Helmets • Pamphlets to send home re helmet fit |
| <p>3. Bike Check/ Sizing: Check to ensure that bicycle fits the rider and is in basic operable condition.</p> <ul style="list-style-type: none"> • 2-3 mechanics (ask local bike shop) • Bike pump, lube, allen key sets and adjustable wrenches, etc. • A few extra bikes • Bike/ helmet check form | <p>4. Road Rules: Ensure basic rules are known and understood</p> <ul style="list-style-type: none"> • 1 volunteer • Sheet of rules to know |
| <p>5. Starts and Stops: To teach cyclists how to start and stop their bicycles safely and efficiently in a straight line.</p> <ul style="list-style-type: none"> • 1 volunteer • Chalk | <p>6. Scanning (should check): Teach cyclist to look behind for traffic without swerving or falling.</p> <ul style="list-style-type: none"> • 1 volunteer • Props (stuffed animal, rubber chicken, fingers?) |
| <p>7. Demon Driveway/ Irvine the Intersection: Teach children to stop at the end of their driveway and look both ways to determine if it is safe before turning onto the street.</p> <ul style="list-style-type: none"> • 1-2 volunteers • Cardboard car(s) • Chairs (obstacles) • Stop sign • Chalk/ tape | <p>8. Obstacle Course/ Community Ride</p> <ul style="list-style-type: none"> • 1 volunteer/ 5-8 students • Safety vests |
| <p>9. Exit</p> <ul style="list-style-type: none"> • Certificates • Safety brochures, material | |

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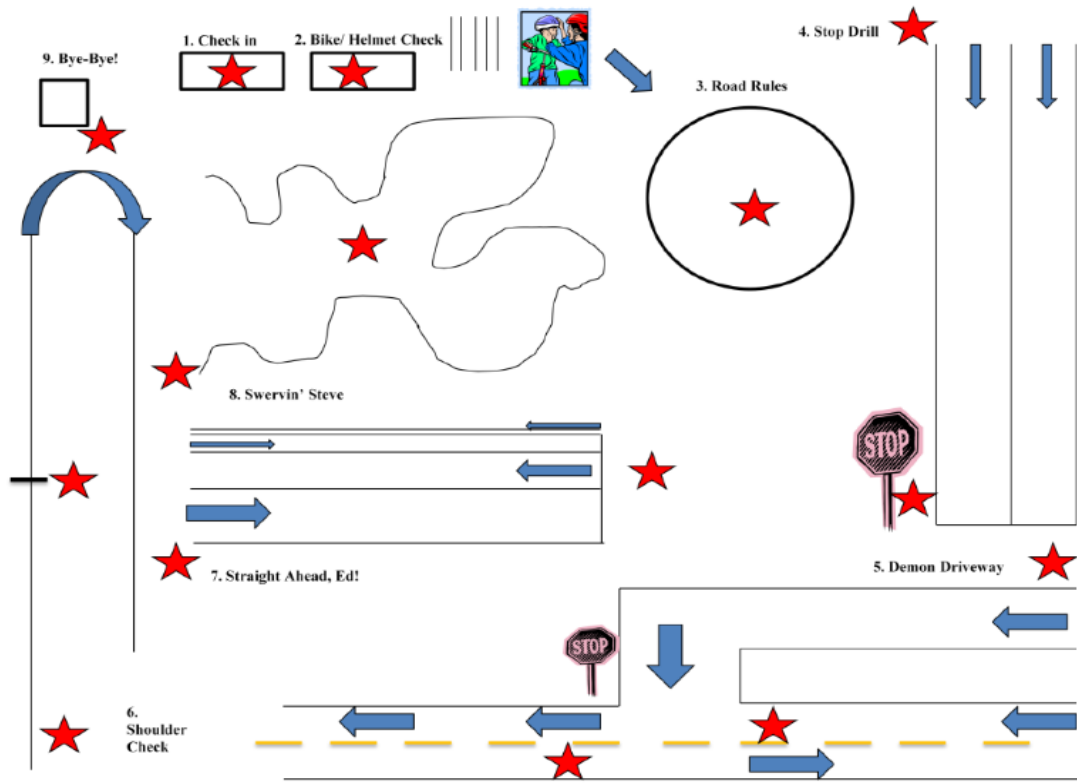


Safe Routes to School Bike Rodeos

Supplies Needed

| Supplies | Equipment |
|-------------------------|--------------------------------------|
| Name tags | Canopy/ tent |
| Markers | Chairs: 8 |
| Pens, pencils | Tables: 4 |
| Sidewalk chalk | Extension cord |
| Duct tape | Traffic cones: 25-30 |
| Bike check forms | Posters: cars, bushes, stop signs |
| Permission forms | Station signs |
| Completion certificates | Trash cans & bags |
| Fire extinguisher | Helmets (your policy for borrowing?) |
| First aid kit | Bikes: 10 variety of style and size |

 = volunteer



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Safe Routes to School Bike Rodeos

Fir Grove Bike Safety Day Example

Fir Grove determined they wanted bike education, it needed to be outside of the regular school day and they wanted the format to attract participants aged 5-10 (k-grade 5). We decided to reduce the number of skills stations and add a community ride section.

Participants get some basic skills and gain confidence riding in their neighborhood. Best quote heard on ride: "Hey that's my house! I can ride to school from here"!

5 safety stations

1. Bike Check
2. Helmet Check
3. Start/ Stop
4. Scanning/ Shoulder Check
5. Demon Driveway

Community Ride Considerations:

- Find route with low traffic, few major crossings
- Pre-ride course keeping in mind age of participants
- Consider day/ time of day of ride: will traffic be more/ less?
- Should police be contacted?
- Where should arrows/ cones/ caution signs, volunteers be placed?
- Waivers

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Safe Routes to School Bike Rodeos

Fir Grove Bike Safety Classes

Get Ready for Bike to School Day and a summer of fun!

Students with an Adult invited to go through:

- Bike/Helmet Checks
- Skills Stations
- Community Ride

to learn and practice safety skills to have more confidence to ride and have fun throughout the summer.



Bring your rideable bikes and helmets!
And be ready to ride outside and have fun!!

Date– April 22

Time– 3:30– 5:00pm

Place– outside undercover playground and community.

RSVP to get a safety vest or reflector

<https://bit.ly/2EFfQs5>

May 8 is Bike to School Day

For more info ask Ms Villegas or contact Lynne Mutrie: lynne_mutrie@beaverton.k12.or.us

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