

# SAFE KIDS BIKE PEDESTRIAN SAFETY

## Bike Rodeo Information

Safe Kids Seminole County Coalition believes in the Bike Rodeo Program. This program is self-guided by Teachers, School Resources Officers or Parents. A Bike Rodeo supply kit is available if you are interested in conducting a Bike Rodeo. In addition, Safe Kids – bike educators may be available to assist you with your event.



The purpose of the stations, listed below, is to help youth learn the skills needed to control his/her bicycle. The physical development of the youth in the age 5-14 range varies widely. These stations may sound simple but performing them can be difficult for all youth. The stations will help them develop their coordination and reflexes.

The instructions for each station are listed below. Please make sure each participant does their best at the stations and does not just rush through them. All children must wear bike helmets while riding on any course.

### ***Station #1 - Mounting & Dismounting***

**Course:** 2 parallel lines about three (3) feet apart, each 60 Ft. long. [View Diagram](#)

**Purpose:** To demonstrate starting and stopping while maintaining control of their bike.

**Instructions:** Put front tire at one end of the lane with bike at a dead stop. Rider must mount their bike and then steer it to the other end without losing balance or swerving out of the lines, and then dismount at the end of the lane. Many boys will have trouble controlling their bike when starting from a complete stop.

### ***Station #2 - Circling and Changing Direction***

**Course:** A figure 8 course with a 1.5ft lane. Each circle made up of a 12'ft diameter inner circle and 15' ft. diameter outer circle. Entrance at one end of the circle 8. Exit can be same end or other end. Mark route with chalk arrows drawn on pavement. [View Diagram](#)

**Purpose:** To test balance and steering control while changing directions.

**Instructions:** Rider should start to right and maneuver through the circles in a figure 8. This tests the rider's ability to control their bike on simple curved course.

### ***Station #3 - Diminishing Clearance (Straight Line Control)***

**Course:** Two straight lines 60ft long, beginning with 18" width between lines going down to 4" width in the first 30ft. The last 30ft are at the 4" width between the lines. Small cones can be put down every 10 feet or so along the path. Rider can have 20ft before the lines to start, if space is available. [View Diagram](#)

**Purpose:** To test balance and steering control.

**Instructions:** Rider starts before lines being and then rides between the lines to the end without crossing the lines. The narrowing of the lines requires the rider to steer straight and forces them to be more controlled in riding.

#### ***Station #4 - Weaving and Maneuvering***

**Course:** A 40ft course marked about every 8 feet with cones. Mark a starting area before the course for rider to get started. Mark locations of cones with tape or chalk in case they get moved.

[View Diagram](#)

**Purpose:** To test balance, steering control and the riders ability to judge distance.

**Instructions:** The rider shouldn't hit any obstacles and should weave alternately to the right and left. This tests the balance of the rider and also helps them to control their bike when they need to navigate past road obstacles such as drain grate, trash, or other things found in the road.

#### ***Station #5 - Stopping Ability***

**Course:** Two 60ft lines space 3ft apart. 50ft from the beginning (ten feet from the end), mark a STOPPING line between the two lines. NOTE: The stopping line can be hard for rider to see, a STOP sign placed at the stopping line is a good idea.

**Purpose:** Test judgment and braking control. [View Diagram](#)

**Instructions:** Rider should ride through the first 50 feet and be able to bring the bike to a complete stop before touching either foot to the ground within the last 10 feet. Rider starts to brake at first line and tries to stop close to end line. Stop the bike without putting foot to ground. This simulates an emergency stop and helps the rider learn how to control their bike in that situation.

#### ***Station #6 - Short Radius Turning***

**Course:** A 3ft wide course that goes straight for 20ft and then turns 180degrees to another straight 20' section and then turns sharply again into a final 20ft straight section. The straight sections are 4ft apart. (See Diagram). A good way to mark this out is use 3 side-by-side parking spaces. The 3ft riding lane and 4ft space are one space, the next lane and space are another space, then use 3ft of the third space. Now connect with circular line drawn in chalk. [View Diagram](#)

**Purpose:** To test balance, speed control and steering coordination.

**Instructions:** Rider should maneuver through the course without veering over the lines or putting a foot down to balance. Once again we are teaching bike control over a curved course that may also confuse the rider.

#### ***Station #7 – Turtle Crawl (Slow Speed Control)***

**Course:** A 3ft wide straight course that is 60ft long.

**Purpose:** Rider should maneuver the bike at a slow speed, requiring at least 30 seconds to travel from start to finish. [View Diagram](#)

**Instructions:** Rider starts and tries to ride to the end under 30 seconds without putting foot to ground or stopping. Rider can begin in runway area. They don't have to start from dead stop at timing line. If a stopwatch is not available have the boys ride as slow as possible. How slow can they go without touching the ground? Ultimate bike control is where it's at.

#### ***Station #8 – Tight Turns***

**Course:** Four U-shaped bays of diminishing size. Sizes 12'x10', 12'x8', 12'x6', and 12'x4'. Riders start at top of each bay and ride down and around making the turn. If successful they

proceed to next smaller bay. [View Diagram](#)

**Purpose:** To enhance balance and control skills

**Instructions:** The rider will enter the widest bay first. If they successfully make the turn without putting a foot down or stopping, they move on to the next smaller bay and proceed on until they have gone through all 4 bays.