

Bicycle Rodeos



About Bicycle Rodeos

WHAT IS A BICYCLE RODEO?

A Bicycle Rodeo is a skill building obstacle course developed for the purpose of teaching children basic bicycle riding skills like stopping, balancing, signaling, and turning. The rodeo also features bike and helmet safety inspections.

WHY HOLD A BIKE RODEO? All riders need to be educated on safe riding practices to insure optimum safety. Bicycle Rodeo's succeed in providing this valuable information to children and youth.

- » **CHILDREN ARE BIKING:** According to the National Highway Traffic Safety Administration (NHTSA) bicycling is one of the most popular activities in the United States. Unfortunately, most children are unaware of the basic skills and techniques that make you safe while riding your bike.
- » **BIKING CAN BE DANGEROUS:** Other NHTSA facts related to children include:
 - Bicyclists under age 16 accounted for 18% of all bicyclists killed and 35% of those injured in traffic accidents.
 - Nearly one-fifth (17%) of bicyclists killed in traffic crashes in 2005 were between the ages of five and fifteen.

Pennsylvania State Laws: A Bicycle is a Legal Vehicle:

SECTION 3501 GENERAL RULE: Every person riding a pedalcycle upon a roadway shall be granted all of the rights and shall be subject to all duties applicable to the driver of a vehicle by this title.

SECTION 3510 GENERAL RULE: A person under 12 years of age should not operate a pedalcycle or ride as a passenger on a pedalcycle unless the person is wearing a pedalcycle helmet meeting the standards on the American National Institute, the American Society for Testing and Materials, the Snell Memorial Foundation's Standards for the pedalcycle helmet approval.

***PEDALCYCLE IS THE LEGAL NAME GIVEN TO A BICYCLE IN PENNSYLVANIA'S LAWS**

For more on bicycle laws in Pennsylvania go to: <http://www.dot.state.pa.us/BIKE/WEB/bikelaws.htm>



Planning Your Bicycle Rodeo

» INVITE SAFE ROUTES PHILLY STAFF TO COME HELP WITH YOUR BICYCLE RODEO! «

FINDING A LOCATION: The location will be your starting point for planning. You will need a large flat area that's away from traffic. Parking lots and school playgrounds work well because they have a large paved surface.

FORM A COMMITTEE: It will be helpful to have others to assist you or your organization in planning and executing the event. A good way to go about doing that is to reach out to different members of your community (community-based organizations, school districts, local youth programs, parents, etc.), form a committee, and meet with them to assign roles and discuss logistics.

NECESSARY MATERIALS:

Purchase or borrow supplies.
Here are some suggested materials needed to hold a bike rodeo.

- » Chalk/Paint
- » Tape measures
- » Stop watch
- » Cones or police tape
- » Paper for printing
- » Clipboards
- » First Aid Kit
- » Table for registration

ADDITIONAL/ OPTIONAL MATERIALS:

- » Tables and chairs—for registration, bicycle inspection, and helmet fittings
- » Refreshments—Jugs of water or power bars
- » Signs- make signs for the different stations
- » Giveaways or prizes—whether it be a certificate for completing the stations or a goodie bag
- » Volunteer packets—A brief overview of the event may suffice so volunteers understand how to contribute, but you may also consider providing a pack for volunteers
- » Extra bicycle helmets—never a bad idea

TIP

If you're working out of a school make sure to get parents, teachers, and school administrators involved!

» **SET UP:** If the space you are using is available, it may be a good idea to mark off the course and set up what you can the day before. Please note that if you are using chalk to draw the courses, be weary of overnight rain.

» **USE YOUR IMAGINATION:** This bicycle rodeo guide of stations is only a guide. Add whatever your budget can manage and will work best to make your event a success; whether it is a skill station, stunt team demonstrators, games and activities, a clown or a hotdog cart.



Publicizing Your Bicycle Rodeo



MEDIA AND MARKETING: depending on the size of your event, you may want to contact a multitude of media people (radio, newspaper, television) to publicize the event.

FREE PRESS: In some cases you may be able to get free advertisement of your event by giving the media sufficient notice.



Working without help from the media?: Have no fear! It's fairly simple to create your own marketing materials. You or a friend can develop a flyer to hand out or a poster to display in popular locations. You can speak at local community meetings, or at Home and School/PTA Meetings. Use social networking sites like facebook or twitter to get the word out.

» WHY CONTACT THE MEDIA? «

Media coverage is important, not only does it help get the message out that bicycle safety is important in your community, it is also an acknowledgment of your volunteer participants and organizations. In addition, It is important that if you're holding a Bike Rodeo that families and children show up.

PUBLIC SERVICE ANNOUNCEMENT (PSA):

PSA's are short advertising clips and are geared more toward radio and TV. Ask the media outlet well in advance of your event, if they will play a PSA promoting your event to the general public. Here is a sample PSA:

Contacting the media could largely increase your event's turnout!

Worried about your child riding a bicycle with traffic this summer? Brush up on bike safety skills at the Safe Routes Philly Bicycle Rodeo held at Eakins Oval. There will be free giveaways and rodeo clowns.



MEDIA ADVISORY: A Media Advisory is a document you submit to newspapers that outlines a specific event, or story. Press releases are great ways to provide detailed information about your event to the press. Below is a sample Media Advisory:

SAFE ROUTES PHILLY

Bicycle Coalition of Greater Philadelphia

1500 Walnut Street

Suite # 305

Philadelphia, PA 19102

Contact: Safe Routes Philly



Media Advisory Photo Opportunity

Who: Safe Routes Philly
The Bicycle Coalition

What: Will be holding a Bike Rodeo for area children

Where: Eakins Oval, 26 Ben Franklin Parkway, Philadelphia, PA 19102

When: Day, Month, Year
Time frame for event

Editor's Note: The purpose of a Bicycle Rodeo is to teach children various bicycle safety skills by using simulated real life situations. Children will ride through a riding skills course to learn bicycle safety techniques. In addition, the children will have their bicycles inspected and their helmets properly fitted.



Rodeo Stations



1) STATION 1: REGISTRATION

Station one is where it all begins. When parents and children arrive at the Bicycle Rodeo, the registration table should be their first stop. Have a sign in sheet for parents and children to check-in. If a legal waiver is being used at the event, it is important to present the parents with any type of legal waiver at the registration station.

SAMPLE RELEASE AND WAIVER

1. I have voluntarily allowed my child to participate in the Bicycle rodeo program.
2. I understand participation in the bicycle rodeo program involves riding a bicycle through various obstacle courses.
3. I will carefully examine the site of the event. If the site appears to me to be unsafe, I will not participate or allow my child to participate in the program.
4. My child will take all safety precautions recommended by the program's sponsors to try and avoid danger to his/her self or others.
5. I hereby release your organization from any liability and agree not to sue for any injury to my child, myself, or damage to my property, whether caused by the negligence of the organization, myself, or someone else, while I or my child are participating in the bicycle rodeo program.
6. I have read this release and intend to be legally bound by its terms.

Signature _____

Name _____
(Printed or typed)

Date _____

Some rodeo organizers present the participants with licenses at the registration table. The license can help to make the event more fun for the participants as well as give them a sense of responsibility. Below is a sample License for a bike registered in Philadelphia, Pennsylvania:

BICYCLE REGISTRATION- PHILADELPHIA PA

Bicycle Registration—Philadelphia PA

License # _____ Expires June 31, _____

DO NOT WRITE ABOVE THIS LINE

DO NOT SEPARATE THIS FORM

Name _____
Last First Middle

Address _____

Phone _____

Brand Name _____ B. _____ G. _____

Serial _____



2) STATION TWO: BICYCLE INSPECTION

Like any other vehicle, a bicycle must be safe for its rider. Children participating in the bicycle rodeo must have a properly functioning and SAFE bicycle in order to participate.

- » You may decide to use this Bicycle Check Form. You may also want to invite a bicycle mechanic to help with the Bicycle Check.

BICYCLE CHECK FORM			
OWNERS NAME _____	MAKE/ MODEL: _____		
SERIAL NUMBER: _____			
SIZE:	too tall ()	too small ()	
SADDLE:	too low ()	too high ()	
FRAME BENT:	fork	top tube	down tube seat tube chain stays rear stays
BEARINGS LOOSE (L) OR TIGHT (T):			
rear wheel ()	front wheel ()	pedals ()	
bottom bracket ()	headset ()		
HANDBRAKES FRONT (F), REAR (R), OR BOTH (B):			
loose levers ()	worn pads ()	frayed cable ()	
doesn't work	rough action ()	needs adjustment ()	
FOOTBRAKES:	not hooked up ()	doesn't work ()	chain too loose ()
FRONT WHEEL NEEDS:	tuning	spokes	new tire new rim
REAR WHEEL NEEDS:	tuning	spokes	new tire new rim
HANDLEBARS:	loose	crooked	no end plus grips (or tape) loose
REFLECTORS NEED:	front ()	rear ()	front wheel () rear wheel ()

3) STATION THREE: HELMET FITTING

The Pennsylvania Department of Transportation strongly recommends that all bicyclists wear an approved helmet whenever they ride.

TIP

Inspect the Helmet. Make sure the child's helmet is in good condition and not damaged prior to fitting.



1) EYES: Place the helmet so it is level on your head. If you can see the brim of the helmet when you look up, you have placed it correctly!

2) EARS: Adjust the side straps so they create a tight V underneath the earlobes. This secures your helmet from moving side-to-side.

3) MOUTH: The chin strap should be buckled below your chin. There should be a space for two fingers between your chin and the strap (no more).

4) TEST THE FIT OF THE HELMET: Shake your head to test the security of the helmet.

91% percent of bicyclists killed in 2008 reportedly weren't wearing helmets

(Bicycle Helmet Safety Institute, updated July 1, 2010 at helmets.org)

Follow the steps listed above and helmets like me will protect your head and the brilliant brain inside of it!



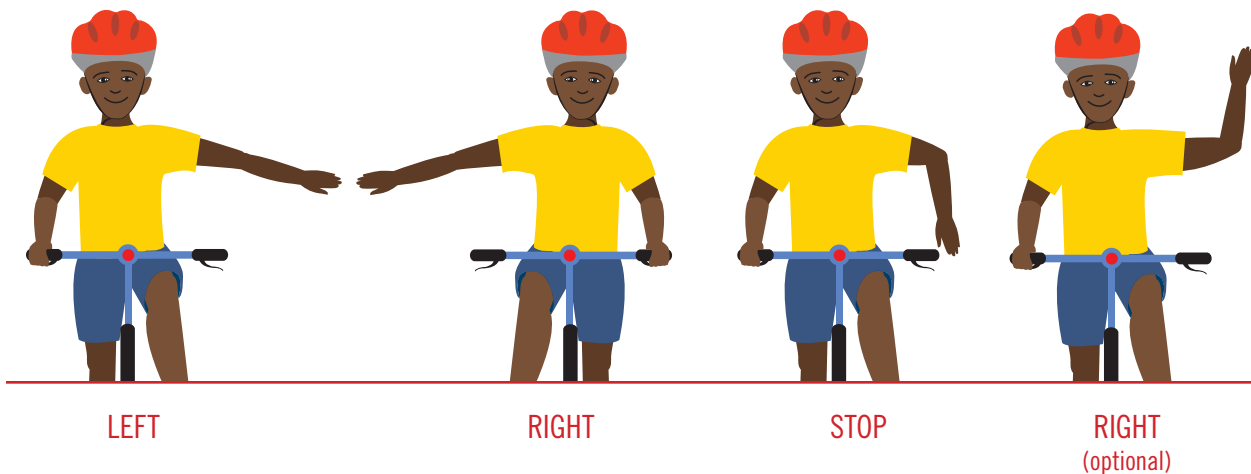
4) STATION FOUR: HAND SIGNALS.

Hand signals are a bicyclist's method for communicating with other road users. Using the correct hand signals will increase the safety of the bicyclist. Since a bicycle is considered a vehicle, all bicyclists must know how to signal in traffic. Hand signals are as follows:

SIGNALIZATION

In Pennsylvania, you are required to signal with your left hand as follows:

- » **LEFT TURN:** Left arm extended straight out and parallel to the road.
- » **RIGHT TURN:** Right arm extended straight out parallel to the road. We teach this version because many drivers are not familiar with the left arm up, right hand turn.
 - Pennsylvania allows the following **OPTIONAL RIGHT TURN:** Left upper arm extended straight out and parallel to the road. The forearm and hand pointed straight up and perpendicular to the road.
- » **STOPPING OR SLOWING DOWN:** Left upper arm extended straight out and parallel to the road. The forearm and hand pointed straight down and perpendicular to the road.

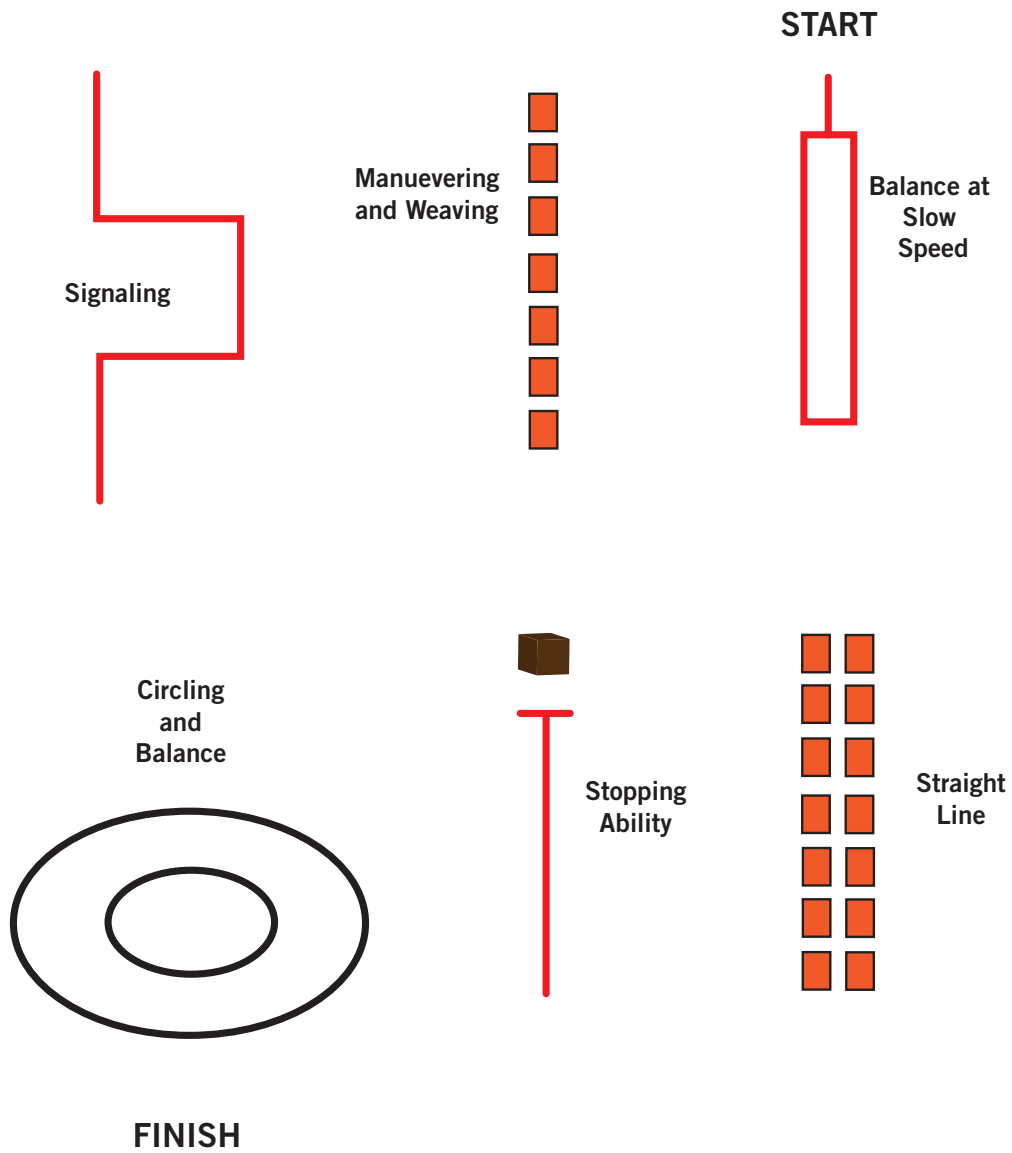


5) 5-10 SKILL-BUILDING STATIONS:

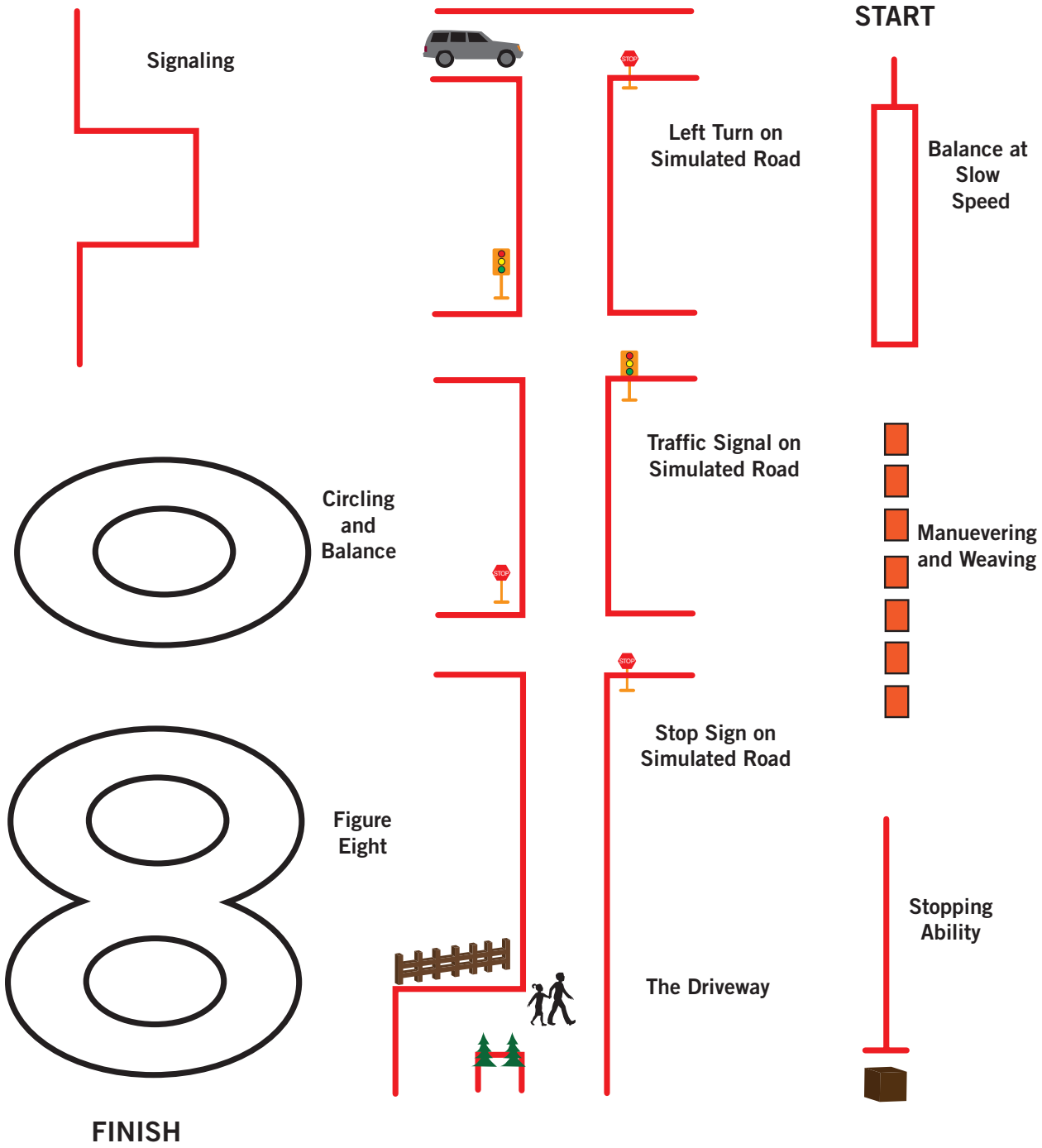
The purpose of the bicycle skills course is to test the child's ability to handle their bicycle under various conditions. The top priority of the riding skills course is to improve the safety of the rider and increase their ability to balance, turn, stop, and signal.

Please find the skill-building examples in the pages that follow!

SAMPLE Rodeo Course Set Up (small course)



SAMPLE Rodeo Course Set Up



6) WRAPPING UP (OPTIONAL):

This is the final station. At the wrap up station, children will receive a certificate of completion and any other goodies you have to offer the child. Below is a sample certificate. From this station, participants can go on to other activities or exit the rodeo.



ACKNOWLEDGEMENT OF RESOURCES

Pennsylvania Department of Transportation (PENNDOT)

“A Complete Guide to Bicycle Rodeos”

* Please visit <http://www.dot.state.pa.us/> for additional information.

