



1823 Columbus Road Cleveland Ohio 44113

www.OhioCityCycles.org

216 830 2667

OCBC Bike rodeo outline: volunteer stations, need-to-know facts, teaching tips and student flow description. See also “How to ride a two-wheeler,” “3 S's Safety Check” and “How to change a flat.”

This program will teach up to 25 students per hour basic bike safety facts and skills. Easiest to do with a large group (like a school class) that starts together; it can work with small, staggered groups (as in a health fair or block party situation), given enough volunteers with crowd-control skills.

Needs: minimum 100' x 50' smooth, clean paved lot. Minimum 4, preferably 10 volunteers, to meet at least 20 min. prior to event for training. OCBC provides all equipment, instructor(s), insurance.

Station 1: REGISTRATION

Explain the process: register; fit student's own helmet, or size and fit new (if included) or loaner helmet; get their own bike checked or sized for loaner bike; adjust fit of bike; safety check bike; learn traffic law; learn, then practice riding skills: start/stop, brake hard, signals, steering, scan back. Demonstrate and practice (if time) flat tire change. Award and learn use of lock (if included).

Registration details: Have students read and sign contract and waiver (**and get parent's signature if minor) and include emergency phone (for anyone without an(other) adult present [say, “just in case you hit your head and we have to call 911”]**). Students should not be carrying purses or bags, and must have shoes tied (no flip-flops) and long pants right-leg secured (rolled above calf, or bottom folded to the outside and rubber-banded or rolled up twice). Alert about station 2 need for hairstyle to allow helmet fit, if appropriate. Give wristband, handstamp or raffle ticket (or helmet) to signify registration completed. Good idea to have 8 min. Enjoy the Ride video playing to watch while in line.

Station 2: (can be combined with #1) HELMET sizing and fit.

Size helmet first: (students should remove ponytails and/or “bo-bos”, braids and extensions can remain); the right size helmet should be snug without straps buckled (adjust headband or add pads). **Fit Helmet: Eyes, Ears & Mouth test:** **eyes** look up, see front of helmet – sliders positioned just under **ears** -- opening **mouth** should make chin strap tight. **Test: can't easily push helmet down on nose, or back off forehead.** Explain while fitting how to move sliders (flap or dial to loosen) and chin buckle (roll rubber band up to adjust and back down to lock), and that name and phone # should be written inside in case of emergency. Helmets must be worn, buckled, during rodeo.

Station 3: BIKE mechanical check (for students' own bikes)

Bike check can be done during helmet fit: do 3S's: Steering Stopping and Security. Tightening fasteners, adjusting cables and airing tires is the limit of repairs unless also doing “Bike Fix It Day.” Have loaner bikes for kids whose bikes fail mechanical safety check.

Station 4 BIKE FIT AND SAFETY CHECK

Standover height must be at least 1” – a bike too big is unsafe, too small is uncomfortable – student should be tip toe to ground when on seat. Lead students in 3S's safety check, teaching that they are responsible for the mechanical safety of any bike they ride.



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Station 5 (can be combined with #4) BIKE LAWS

Bike is a vehicle so has to obey same laws as others on roads, including stopping for red lights, which is why they will practice stopping and getting off seat, to be clear to other drivers. Different from cars because (ask for ideas) they're narrower, and usually slower. Also easier to tip over: most bike crashes don't involve cars: rider just falls off. Of accidents that do involve other vehicles most happen at intersections, just like for cars. Overtaking crashes are a problem at night (must have lights), and when cyclists don't scan back before moving sideways on the road, which is why they will practice looking back while riding a straight line.

Bike paths and sidewalks: bikes are Mack Trucks there: fastest, heaviest, hardest to stop. Must yield to peds, not go too fast, signal "passing on your left" to overtake.

Demo signals, explain verbal signals (stopping) are better for riding with other bikes.

Station 6 START, SLOW-RIDE, STOP. Emphasis on pedal position, get off seat to stop. Student should start properly, ride as slow as possible to next stop line about 10 ft. away. Difficulty with this can be helped with some practice off-course using the bike like a scooter: off seat, standing on one pedal down, pushing off ground with other foot.

Station 7 (can be combined with #6) BRAKE HARD. Be sure students know front (left) from rear (right) brake levers -- apply both brakes while standing on the ground, and push bike forward: rear wheel will lift off, then release left lever (careful of pedals hitting ankles) and bike will come down.

Explain front brake does most work, but will flip bike if used too hard. Student should brake after "gate" of markers, and stop before line about 10 ft. past gate. Apply both brakes together, let off front when rear wheel skids. Straighten arms to shift weight back.

Station 8 (can be combined with #6&7) SLALOM This steering practice is easier the closer you ride to the markers. Place half of markers four steps (10'), the rest three steps, apart.

Station 9 SCAN BACK Most important. Place markers in pairs 2ft apart, and stand to left of this "alley" just before it begins, When student is about 10 yards past you, hold up number card and say "look back" – they should be able to read card without leaving alley. Easier if they touch their chin to their shoulder.

Station 10 LOCK AWARD Cut zip ties, remove and save bracket, loop one coil of cable around handlebars near stem (under cables is best) and lock – this is the easiest place to ride with lock: around seatpost is not as good. Give keys to student, advise there are so many because spares can't be made, so keep them safe. **Offer congratulations, and a card for OCBC info.**

Station 11 (optional) Tire Change. See specific instruction page for this activity. A good parking place for kids waiting for loaner bikes or for their turn on the course. Tire-change races are popular.