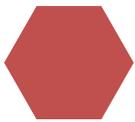
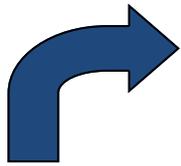


Kid's Bike Rodeo Layout Example

Advanced Course

Older kids. The obstacles are placed closer together and they may go a little faster.



Stop, Signal & Turn*



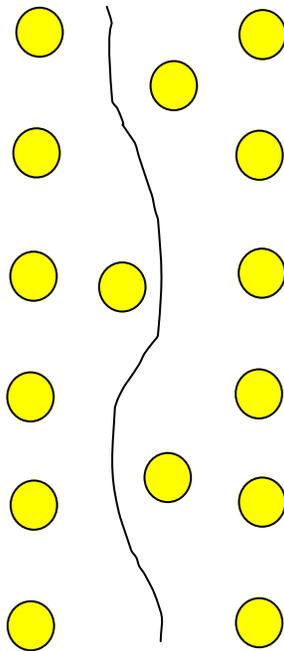
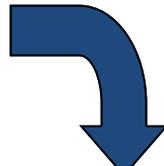
Slalom

About 4' between cone
Bike handling skills



Starting Strong

**Helmet & ABC
Quick Check***



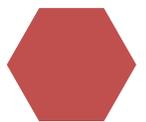
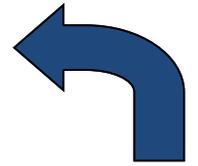
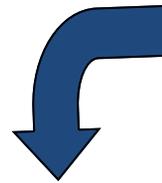
Rock Dodge

5' or less b/w tennis balls.
Avoid objects in tight space & continue straight.



Beginner Course

Younger kids or those just learning to ride.
Obstacles further apart.



Stop, Signal & Turn*



Slalom

About 6' between each cone



Starting Strong

**Helmet & ABC
Quick Check***



Kid's Bike Rodeo Station Guide

Helmet Fit & ABC Bike Check (Volunteer)

Helmet Fit (eyes, ears, mouth): Eyes should see the brim of the helmet when looking up, ears should have buckles in a "Y" adjustment beneath the lobes and side straps should pull down when mouth is opened. *If a child does not have a helmet, they can purchase one for \$10 at the Redmond Police Department booth.*

ABC Quick Check:

Air: squeeze the tires to make sure they aren't flat.

Brakes: brakes should activate when squeezed. Make sure the rider knows how to use their brakes and that there is at least .5 inches of clearance between their brake levers and handlebars.

Chains & Cranks: check that the chain is not rusted and runs smoothly, cranks should not move laterally.

Starting Strong

The best way to start is by putting the pedal in an "up" position and pushing down on the pedal as one moves up onto the seat. Properly stopping the bike means not skidding the bike to a stop or dragging one's feet to stop.

Slalom

Objective: Practice navigating large obstacles while maintaining control of the bike.

Set up cones in a line with about 4' in between each cone, more space for beginners. Riders can weave in-between each cone.

Stop, Signal and Turn (Volunteer)

Objective: Teach children to come to a complete stop at stop signs and to turn using hand signals.

Have kids practice stopping and looking left, right and left again before signaling, and turning. Emphasize that bikers should never ride against traffic, as drivers won't be expecting them and that it is important to make eye contact with people in cars so drivers that they know they are there.

If another volunteer in Advanced Course: Have an adult volunteer walk across the intersection with a car sign and practice making eye contact with the child before they signal and turn.

Rock Dodge

Objective: To practice looking ahead and quickly avoiding hazards in the road like rocks, glass and other debris that may appear suddenly.

Kids should ride between the outside rows of tennis balls and avoid the middle tennis ball by steering their front wheel around it. The trick is to stay between the outside rows of tennis balls and to gently flick the handlebars left and then right to avoid the balls in the middle. should steer by turning the handlebars first one way (to avoid the object), then turning back the other way to put the bike back in the intended line of travel. The biggest mistake people make with this exercise is not going fast enough toward the hazard, or making the maneuver too slowly.

Pick Up Prize (Volunteer)

Kids should be congratulated and can take a prize for participating! They can go again, but should wait in line