

START HERE



Thank you for your interest in providing life-saving bike safety education to youth!

What you'll find inside:

1. Main points to cover during a Bike Rodeo Safety Discussion
2. Example of Roadway Station
3. Example of Passing/Obstacles/ Newspaper Toss Station

What you'll need to get started:

- 1-2 volunteer leaders** Examples include teachers, school staff, parents, police officers, community members and older students.
- An open space, preferably blacktop or cement**
A full basketball court is ideal, since half the court could be dedicated to each station.
- Supplies** All supplies listed within this guide are available for Northeast Iowa schools and communities to borrow from Upper Explorerland Regional Planning Commission (contact info listed on back of guide).
- Other Ideas** Healthy snacks, water cooler and helmets for students in need of one.
- Bikes are not necessary**, but make it more fun. If encouraging bikes, please also require helmet usage!

This guide is based off of Upper Explorerland Regional Planning Commission's experience in hosting Bike Rodeos throughout Northeast Iowa over the course of several years.

This guide is meant as a starting point. Users are encouraged to make adaptations as needed to best suit their school or community.



To learn more:

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Bike Rodeo "How-To" Guide for Schools and Communities



A helpful tool for organizing a Bike Rodeo safety education event for youth

1 Safety Discussion

Supplies: Box #1- Bike Helmet, Demo signs

- **ALWAYS wear a helmet EVERY TIME you ride your bike!** Your brain does SO MUCH for you. Take care of it!

- **How to fit a bike helmet the correct way:**



- **Wear BIKE SMART clothing!** Bright colors, close-toed shoes, tie your laces, make sure pants aren't too loose around the ankles, no headphones...and of course wear your helmet!
- **Your bike is a VEHICLE, a powerful machine just like any car or truck.** Because of this, you need to obey traffic laws just like cars and trucks.
- **Always RIDE RIGHT...WITH** the flow of traffic. But no riding on the road until your parents or grandparents say it's OK. And if you're walking, remember you always walk **AGAINST** traffic if there are no sidewalks.
- **STOP at STOP SIGNS!** And treat yield signs just like stop signs, too.
 - **Always look LEFT...RIGHT...and LEFT again** before crossing the street or riding into the roadway. Why LEFT again? Because vehicles coming from the left are **CLOSER** to you and would hit you first.
- **Use HAND SIGNALS.** Bikes do not have brake lights or turn signals, but you still need to let people know your next move.

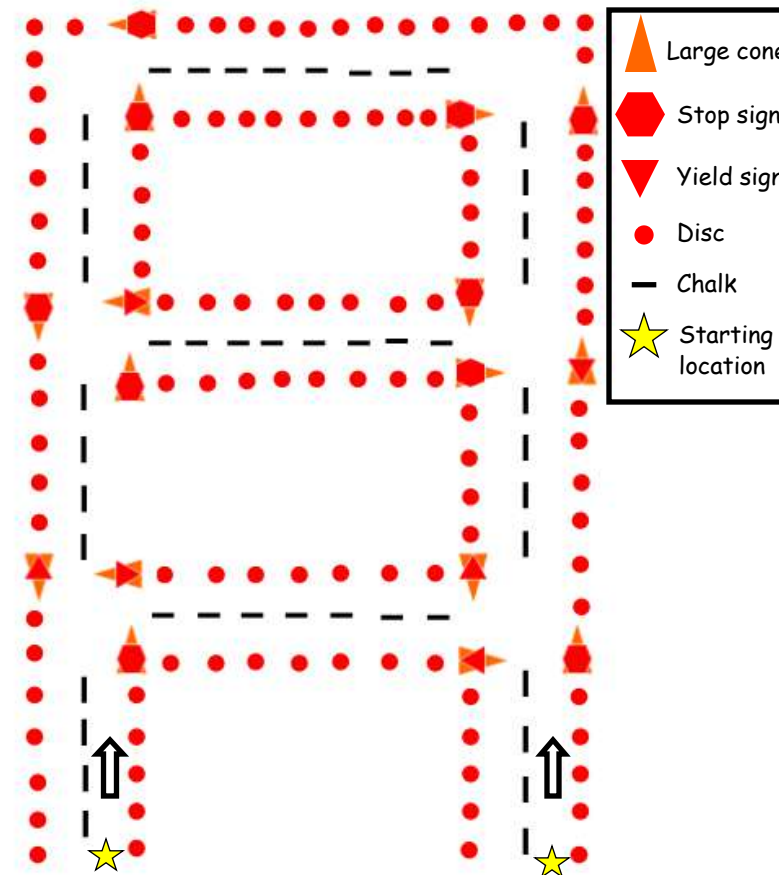


- **PEOPLE WALKING get to go first!** Always give people walking the 'right of way' by allowing them to go first. If YOU are the walker, before entering the street, be sure vehicles see you and STOP for you!
- **Be a NICE RIDER!** Let others know when you are going to pass them by saying "passing on your left". And always try to pass on the left, just like cars do.
- **TELL SOMEONE** when you go for a ride. Even better? Go with someone! Riding your bike is more fun and safer with friends and family.

2 Roadway

Supplies: Box #1- 2 Sets of discs, Tub of chalk
Other items- 16 Large cones, 10 Stop signs, 6 Yield signs

Set-up:



Discuss or Review:

- What side of the road do we ride our bikes on? **RIDE RIGHT!**
- What do we do at **STOP** signs? Yield signs? **STOP!**
- How do we tell people we are stopping or turning? **HAND SIGNALS!**
- What do we do before crossing the street or riding into the roadway? **LOOK LEFT...RIGHT...and LEFT again.**

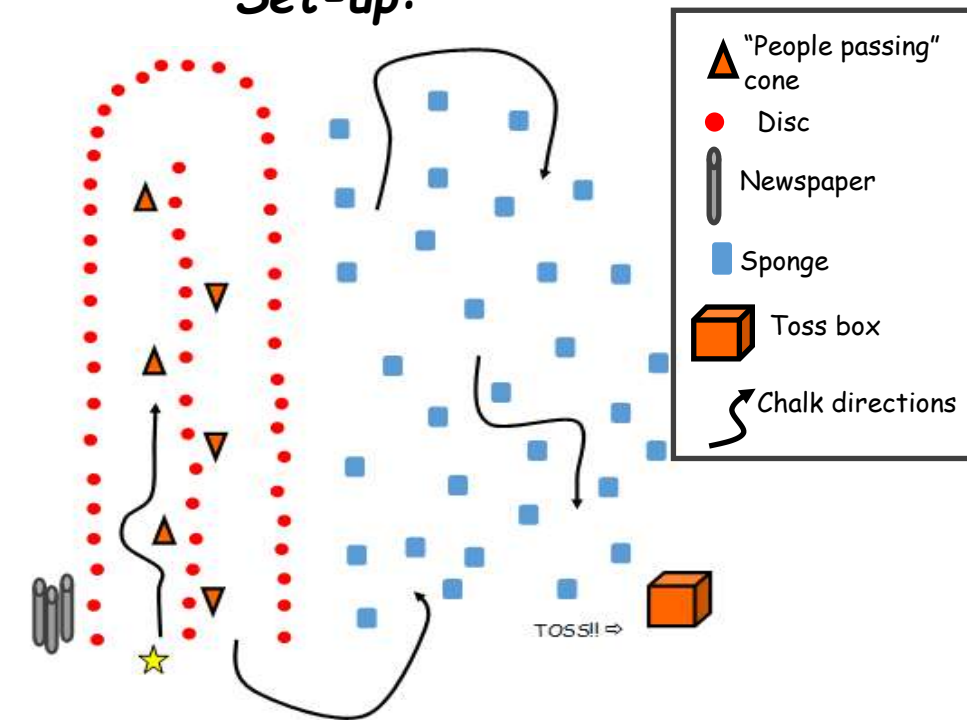
Activity:

- Kids ride/run through on their own, choosing their own path.
- Once the kid in front get through the first sign, the next can go, and so on.
- Make sure kids are stopping at signs, using hand signals and looking L-R-L.

3 Passing/Obstacles/ Newspaper Toss

Supplies: Box #2- 10 "people passing" cones, 1 set of discs, Tub of chalk, Ziplock bag with sponges (if windy, wet sponges with water), Orange "toss" box, Green bag with newspapers

Set-up:



Discuss or Review:

- We need to be nice riders and let someone know if we are going to pass them.
 - Say "passing on your LEFT" BEFORE you start passing.
 - Make sure the pathway in front of you is clear BEFORE pulling out to pass.
 - Always try to pass on the left side if possible.

Activity:

- Kids are newspaper delivery people, and the goal is to deliver their paper safely.
- Kids are handed a paper and then ride/run around the loop to practice passing 'people' (orange cones) while saying "passing on your LEFT".
- Once through the loop, kids continue through the course, trying to avoid 'the rocks' (sponges).
- At the end, kids attempt to toss their newspaper in the box!