

Bike Rodeos

A bike rodeo is an event that provides elementary and middle school children with the opportunity to learn, practice, and demonstrate bike handling skills in a fun, safe, and encouraging atmosphere. Numerous obstacle courses are set up with chalk and traffic cones. Adult volunteers run each activity station or obstacle course, with the objective of teaching the children how to better control their bikes.

Organizing a Bike Rodeo

- Meet with school administrators, the PTA, bicycling clubs and stores, law enforcement, and the media to schedule a date and to recruit volunteers.
- Talk to a local bike shop to see if a mechanic can come check helmets or do bike tune-ups.
- Separate kids into groups based on bicycling experience.
- Make it fun! Keep track of each child's skill level at the stations.
- Have a party afterwards to celebrate the children's successes. Serve healthy snacks and raffle off prizes donated by the bike stores and law enforcement.

What You Will Need

- Paved flat surface (parking lot or ball court)
- Cones, chalk, tape, tape measures (for set up)
- Basic bike tools and a first-aid kit
- For each station: cardboard signs and clipboards (enough for each volunteer)
- Volunteers (2 or more adults per station) and one photographer
- Bicycles (decide if children will bring their own or if a local bike club can loan bikes for the day)
- A spectator area for parents to watch the children

Stations

Each station touches on a critical skill that will assist children in becoming safe and responsible bicycle riders. Modify the stations to fit your settings and the age and ability of riders. For details on how to creatively set up each station, please see: http://www.saferoutespartnership.org/sites/default/files/pdf/Bike_Rodeo_CT.pdf

- Safety: Check helmets, bike and gear; discuss safe biking behavior (local law enforcement may lead this session)
- Mounting and dismounting
- Surrounding awareness
- Stops and starts
- Changing directions, turning in circles, tight turns, turning around
- Steering through tight spaces
- Riding the bike slowly to practice balance