Bicycle Safety Rodeo Ideas
for more info or to arrange a training, contact Jim Tasse at jim@bikemaine.org, 623-4511
or visit our online signup at http://www.maine.gov/mdot/bikeped/saferoutes/training/

OBJECTIVES
1. To encourage and develop safe bicycling habits in young bicyclists.
2. To provide safety inspection of participants’ helmets and bicycles.

DESCRIPTION
Bike rodeos are popular community events that actually get kids riding and learning about road safety and bike handling. The event described here includes a helmet check, a bicycle condition check, and a “Continuous Flow” traffic skills course. Participants can be given a “report card” that assesses their equipment and skills, if desired (attached below). The course is perfect for kids 5-10, and older kids can engage with more challenging activities, including skill drills and neighborhood rides.

STATIONS

1. Greeting Point
   - Capture names, addresses, contact info.
   - Information about bike safety can be distributed to parents at this point. E.g. Handout “Be A Safe Bicycle Driver” info sheet, with parent letter on back.
   - Participants (or their parents) sign liability release. Included below.
   - Recommended staffing: 1-2 volunteers

2. Helmet Check and or Giveaway
   - Check for fit—wobbly loose fit might suggest need to replace pads or whole helmet with a newer model.
   - Look for dents, cracks—recommend replacement.
   - Place to provide advice about fitting and adjusting a helmet, using the BCM Eyes/Ears/Mouth test.
   - This would also be where a helmet giveaway would happen.
     Inexpensive helmets can be purchased from www.prorider.com—choose a style with an adjustment ring, not just pads! Skate helmets ok.
   - Recommended staffing: 2-4 volunteers
3. Bike Check
   - Quick mechanical check up of bicycle. Tire inflation, chain lubrication, minor adjustment only.
   - Fit check.
   - Identification of issues requiring shop attention.
   - Recommended staffing: 2-4 volunteers with bicycle mechanical knowledge! This is a good station to for bike shops to work at, if you can engage them.
   - Bikes that do not pass due to mechanical problems (e.g. non functional brakes)

3a. Optional: Pedestrian Education Station
   - How to Cross Streets (Stop at edge, look left, right, left again, WALK, don’t run)
   - Walk against Traffic, use sidewalks
   - Be visible; be alert.
   - Recommended staffing: 2-4 volunteers

4. Starting and stopping, signals.
   - Demonstration of mounting bike, starting to ride (power pedal position) and ability to stop bike safely.
   - Review of hand signals.

5. “Continuous Flow” Bicycle Skills Course
   The “continuous flow” rodeo course design is simpler and more fun than the traditional stop-and-go “skills station” model, and it requires far fewer volunteers to monitor. After getting their helmets and bikes checked, the kids enter into the continuous flow traffic course and get to do what they want—as long as they follow the Rules of the Road! The course design incorporates most of the skill exercises of the traditional courses (and additional stations can be set up outside the course) while letting kids actually have some fun riding around together.
The course is drawn on pavement with powdered limestone, which is the same material used to mark athletic fields. It is a natural, non-hazardous temporary marking material which will wash off in the rain. Further marked with cones, arrows, etc.

Course consists of a perimeter loop with “streets” leading to a central intersection, with two way traffic and signage. Additional one way streets and curvy routes will offer more bike handling practice. Cones will be used to offer additional demarcation of course. Sponges and half tennis balls can be used to create “obstacles” for bike drivers to avoid.

Here is a sample schematic of a continuous flow traffic course:
Overview of a skills course layout from Hall Elementary, Portland:

This kind of skills course is can be administered with a minimum of volunteers who need to know nothing about bicycles, but who do need to know the Rules of the Road. As the course essentially sets up a model “road system” for the kids to ride on, volunteers are principally involved with traffic management and rule enforcement (eg. Ride on the Right, Stop at stop signs!). The squiggly parts teach bike handling, and the traffic areas teach rules of the road. The typical course can accommodate up to 10+ kids simultaneously, as the kids ride around and practice their driving skills. It is a good idea to set a 10 minute limit if the event is very busy.

Recommended staffing: 3-4 volunteers
1 volunteer controls entry onto the course.
1-2 volunteers patrol the course to teach traffic behavior
1 volunteer pitches in as needed.

5. Possible Additional Activities for Older Kids
• Beater Bike for Disassembly/Reassembly
• Plank Ride (ride over a 1x10, 1x8, 1x6)
• Slow Race
• Figure Eights
• Ride in a straight line with brief scan look over left shoulder
• Follow Me—short road or trail rides 1-3 miles out and back to the event
• Recommended staffing: 1-3 volunteers
BIKE SAFETY RODEO LOGISTICS

Setting Up Your Rodeo:
 Takes one and a half to two hours
 Recommended Staffing: 3-8 volunteers

Location:
 A large parking lot of at least 60x100 feet, with additional space for staging tables for the helmet check or giveaway, bike safety check station, etc.

Equipment needed:

- Small Athletic Field Line Chalker—to lay out course, draw road dashes, etc. Most courses I have set up require about 2 bags of powdered limestone, which washes off during the next rainstorm
- Cones! Up to 100 cones would be nice. Not absolutely necessary, but nice to have.
- Bike stands, pumps, tools, 16, 24, 26 inch tubes for kids bikes, possibly other supplies depending upon mechanical expertise of Bike Check volunteers. This is a great place to involve your local bike shop!
- Cardboard STOP signs, YIELDs, etc (can have kids make in the weeks leading up to the event)
- Tables for BCM materials, helmets, tools, etc.
- Optional: Cookouts, music, bike decorating, bike parades, etc.

Approximate Number of Volunteers needed for a 25-50 person event:

- 2-4 for helmet check
- 2-4 for bike safety check (volunteers with bicycle tech skills needed here! This is a good place to involve a local shop, which can be encouraged to hand out discount coupons to their shop etc)
- 3-4 for skills course
- Total Minimum: 7
- Total Ideal: 8-12+

OTHER INFO
When Should We Hold Our Rodeo? When considering a timeframe for your bike rodeo, remember these points:

- Bike Rodeos work best as stand alone events—they are too easily lost in the mix if they are a part of larger event.
• The typical rodeo is 2-3 hours long, plus set up and tear down, for a grand total of 5-6 hours for the organizers.
• Kids have a lot going on! Try to pick a time that won’t conflict with baseball or soccer, etc. Weekend afternoons after sports and church etc work well.
• Tap into “captive audiences,” like scout troops etc. to ensure good turnout.

Who Should Be Involved? Partners and Sponsors
• It is nice to be able to have giveaways at Rodeos—helmets, bike bells, reflectors, lights, etc. Local Community Groups (Kiwanis, Rotary, Lions Clubs) are often willing to partner with rodeo organizers to provide funds, volunteers, food, etc.
• Support for giveaways can often be found through community groups, local shops, etc. Simply asking for some items to give away often works!

A Word About Bike Shops
• Local bike shops may be willing to be involved, but remember that these shops generally have to pay an employee to attend. If you approach a bike shop for promotional items, you may have better success if you’re willing to buy stuff at 15% above wholesale, so the shop still gets something.

Marketing
• Marketing is key to success! Flyers going home with kids from school, posters, circulars in newspapers, rec department and other email lists, radio announcements, public access TV ads, etc are all good ways to get the word out about your event. Begin marketing 4 weeks ahead of the event. Remind folks again 2 weeks out. Remind folks again 1 week out. Remind folks again 2 days out.

ADDITIONAL DOCUMENTS BELOW
• Bike Rodeo “Report Card”
• Liability Release
# Bicycle Skills Report Card

<table>
<thead>
<tr>
<th>Good Job!</th>
<th>Needs Work</th>
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<tbody>
<tr>
<td>1. Bike in Good Working Condition</td>
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<tr>
<td>List any issues that need professional attention</td>
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<tr>
<td>2. Properly Fitted Helmet.</td>
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<td>3. Kept on the right side of the roadways.</td>
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<td>4. Followed Traffic Control Devices (signs, lights, signals)</td>
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<td>5. Demonstrated proper hand signals.</td>
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<td>6. Emergency Stop</td>
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<td>7. Straight Line Ride with Look Over Left Shoulder</td>
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<tr>
<td>8. Handled Bike on Windabout without Putting Foot Down</td>
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Bicycle Rodeo
RELEASE AND WAIVER OF LIABILITY AND INDEMNITY AGREEMENT

RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY AGREEMENT ("AGREEMENT")
IN CONSIDERATION of being permitted to participate in any way in the ____________________________
__________________________________
("Activity") I, for myself, my personal representatives, assigns, heirs, and next of kin:

1. ACKNOWLEDGE, agree, and represent that I understand participation in this bicycle rodeos is my responsibility, and that any
adjustments, repairs, or recommendations made at this event are done voluntarily and with my permission.

2. FULLY UNDERSTAND that: (a) BICYCLING RODEOS CAN INVOLVE RISKS AND DANGERS OF SERIOUS BODILY INJURY,
INCLUDING PERMANENT DISABILITY, PARALYSIS AND DEATH ("RISKS"); (b) these Risks and dangers may be caused by the
actions, or inactions, or THE NEGLIGENCE OF THE "RELEASEES" NAMED BELOW; (c) there may be OTHER RISKS AND
SOCIAL AND ECONOMIC LOSSES either not known to me or not readily foreseeable at this time, and I FULLY ACCEPT AND
ASSUME ALL SUCH RISKS AND ALL RESPONSIBILITY FOR LOSSES, COSTS, AND DAMAGES incurred as a result of
participating in this Bicycle Rodeo and permitting my bicycle to be assessed and adjusted (if necessary).

3. HEREBY RELEASE, DISCHARGE, AND COVENANT NOT TO SUE the organizing entity for this event,
_______________________________________ the Bicycle Coalition of Maine, the Maine Department of Transportation, their
respective administrators, directors, agents, officers, members, volunteers, and employees, other participants, any sponsors,
advertisers, and, if applicable, owners and lessors of premises on which the Activity takes place, (each considered one of the
"RELEASEES" herein) FROM ALL LIABILITY, CLAIMS, DEMANDS, LOSSES, OR DAMAGES ON MY ACCOUNT CAUSED OR
ALLEGED TO BE CAUSED IN WHOLE OR IN PART BY THE NEGLIGENCE OF THE "RELEASEES" OR OTHERWISE,
INCLUDING NEGLIGENT RESCUE OPERATIONS;

AND I FURTHER AGREE that if, despite this RELEASE AND WAIVER OF LIABILITY, ASSUMPTION OF RISK, AND INDEMNITY
AGREEMENT I, or anyone on my behalf, makes a claim against any of the Releasees, I WILL INDEMNIFY, SAVE, AND HOLD
HARMLESS EACH OF THE RELEASEES from any litigation expenses, attorney fees, loss, liability, damage, or cost which any may
incur as the result of such claim.

I HAVE READ THIS AGREEMENT, FULLY UNDERSTAND ITS TERMS, UNDERSTAND THAT I HAVE GIVEN UP SUBSTANTIAL
RIGHTS BY SIGNING IT, AND HAVE SIGNED IT FREELY AND WITHOUT ANY INDUCEMENT OR ASSURANCE OF ANY
NATURE AND INTEND IT TO BE A COMPLETE AND UNCONDITIONAL RELEASE OF ALL LIABILITY TO THE GREATEST
EXTENT ALLOWED BY LAW AND AGREE THAT IF ANY PORTION OF THIS AGREEMENT IS HELD TO BE INVALID, THE
BALANCE, NOTWITHSTANDING, SHALL CONTINUE IN FULL FORCE AND EFFECT.

I have read this release: _____________________________
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