

# Community Bike, Board & Blade Rodeo



# What is a Bike Rodeo?

Bike rodeos are a fun and engaging way to teach bicycle safety skills and reduce the risk of injury to cyclists, motorists and pedestrians.

A bike rodeo usually includes an obstacle course that covers safety skills like fitting a bike helmet, using posted signage, navigating roads and sidewalks, and signaling to drivers and other cyclists.

## Planning a Bike Rodeo:

### ❑ Finding the right location:

- plenty of open space
- large, even, paved surface
- protected from motor vehicles
- does not block pedestrians

*Examples:* blocked-off residential roads, parking lots, and paved parks.

*Remember:* get permission from affected neighbours, businesses, and/or the municipality.



### ❑ Pick the date and time:

- Spring and summer are ideal times to host a bike rodeo.
- Consider running a bike rodeo during another event, like a block party.

### ❑ Choose the stations:

- Sample stations are available on p. 4-10

### ❑ Locate supplies:

- All cyclists under 18 years must have a **properly fitted bike helmet**. Adult participants should also wear a helmet to ensure their safety.
- Participants may bring a bicycle, skateboard, scooter, roller blades, or another set of wheels. Consider a rental program for participants that do not have access to any wheels.
- Use sidewalk chalk and traffic cones to set up bike rodeo stations.
- Some municipalities and police stations also rent out bike rodeo kits.

### ❑ Advertise:

- Share the details of the bike rodeo with the community.
- Social media, flyers, and word of mouth are great ways to share details.

## Set-Up and Take Down:

- ❑ **Arrive early** – depending on the size of the bike rodeo, it can take 1-2 hours to set up the stations.
- ❑ **Involve children and teens** in the set-up and take-down. This is a great opportunity to keep children engaged and provide extra information about road and bike safety.
- ❑ Provide a **rest area** where participants can stop to take a break, apply sunscreen, and get a drink of water.
- ❑ Bring **extra safety supplies**, like a first aid kit, sunscreen, sunglasses, and water bottles to ensure everyone is safe and comfortable.
- ❑ **Station Leaders:**
  - Have an adult or a mature youth assigned to lead each station.
  - Leaders should know the basic rules for bike safety and be able to lead a group of children through the course.



## Equipment Check and Maintenance:

- ❑ Maintaining safety equipment, bicycles and other wheels is essential for staying safe on the road.

### ❑ **Helmet Fitting:**

- All participants require a **properly fitted** helmet before participating in the bike rodeo.
- Helmets should be kept in good condition, free of stickers and decorations, stored properly, and regularly replaced (i.e., following a crash, after expiration, when visibly worn or damaged, or once a rider outgrows the helmet).
- The helmet should also be appropriate for the activity (i.e., bicycle or skateboarding helmet) and fit snugly on the head.
- Have a volunteer check each helmet using the **2V1 rule**:

**2** fingers above  
the eyebrows



Straps form a **V**  
under the ears



**1** finger between  
strap and chin



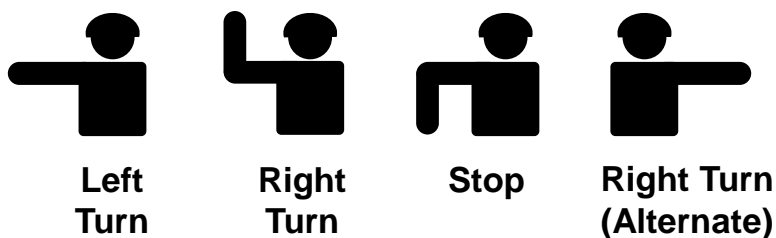
\* 2V1 images from Saskatchewan Prevention Institute

- ❑ Complete an ABC quick check on the bicycle before every ride:
  - **A is for air:** Make sure the tires are firm.
  - **B is for brakes, bell, and bar:** Check that the brake levers work, the bike has a bell, and the handlebars (and seat) are at the right height.
  - **C is for chain:** The chain should be tight and well-lubricated.
- ❑ Protective gear like **wrist guards**, **elbow pads**, and **knee pads** offer added protection for those who skateboard, rollerblade, and scooter.
- ❑ Consider partnering with a local bike shop to provide bicycle and equipment maintenance and advice.

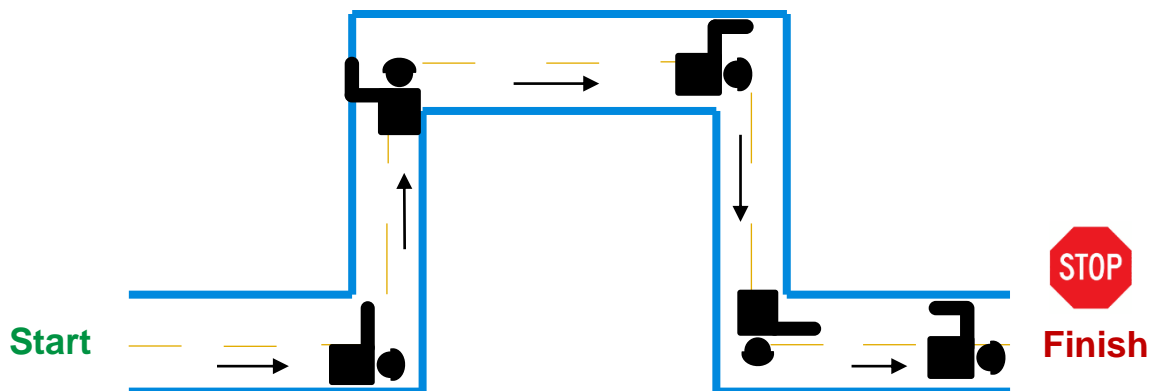
## Bike Rodeo Stations:

### ❑ Signaling:

- Hand signals are an important way to help cyclists stay safe on the road. Signals show motorists and other cyclists when you plan to stop, turn, or change directions, which can help everyone avoid crashes.
- The leaders will begin by demonstrating the hand signals. Have each participant follow along and practice the signals.



- Have the participants navigate the course and demonstrate their signals as they turn and stop.



### *Supplies:*

- Chalk for drawing the course.
- Stop sign (or chalk to draw stop sign).



## Bike Rodeo Stations:

### ❑ Crosswalk:

- When using sidewalks or trails, cyclists are required to stop at crosswalks, dismount, and walk their bike across the road. Walking across the crosswalk gives motorists more time to see cyclists and safety stop for them.
- Participants may also use this station to practice their point-pause-proceed signals for crossing the road safely. These signals let motorists know when and where pedestrians want to cross.



**Point**



**Pause**



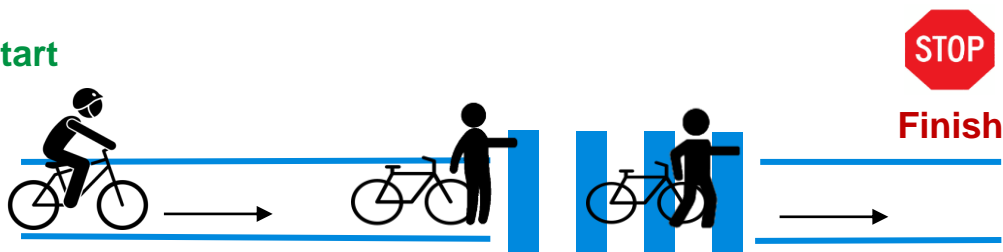
**Proceed**



**Crosswalk**

- Have the participants navigate the below course and demonstrate how to stop, dismount, and cross safely while using a crosswalk.

**Start**



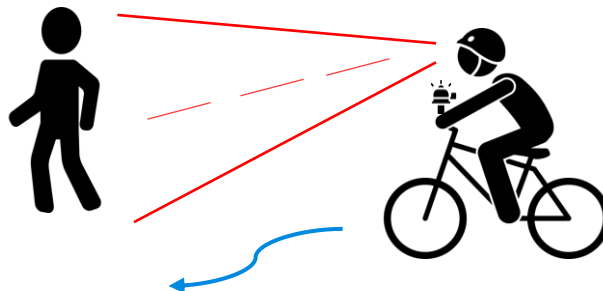
*Supplies:*

- Chalk for drawing the course and crosswalks.
- Stop sign (or chalk to draw stop sign).

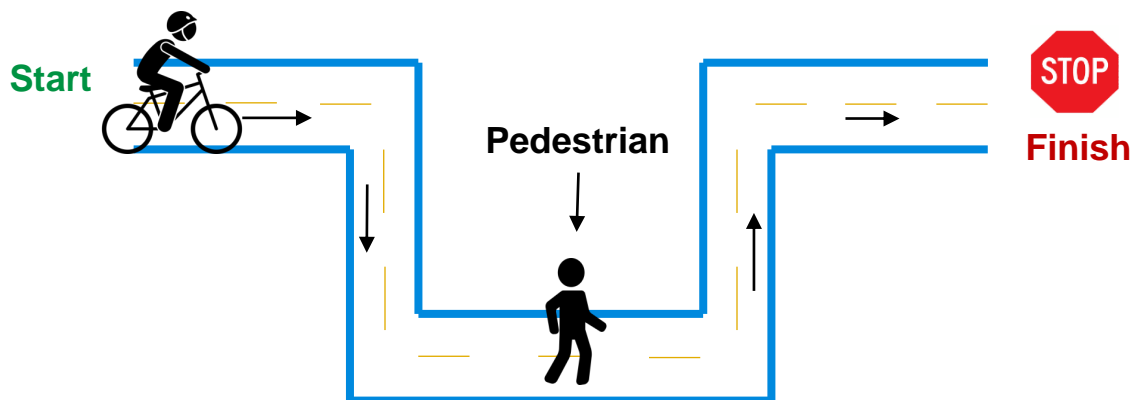
## Bike Rodeo Stations:

### ❑ Scanning for Traffic:

- This station requires participants to look for traffic and respond safely while on their bicycle (or other wheels).



- Send participant through the course and ask them to concentrate on staying in a straight line.
- Partway through the course, the station leader will enter and imitate a pedestrian.
- Participants will be required to safely navigate around the station leader. Remind participants to use their bell, horn, or voice to let others know their location.



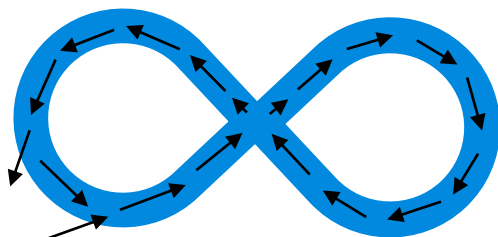
#### *Supplies:*

- Chalk for drawing course.
- Stop sign (or chalk to draw stop sign).

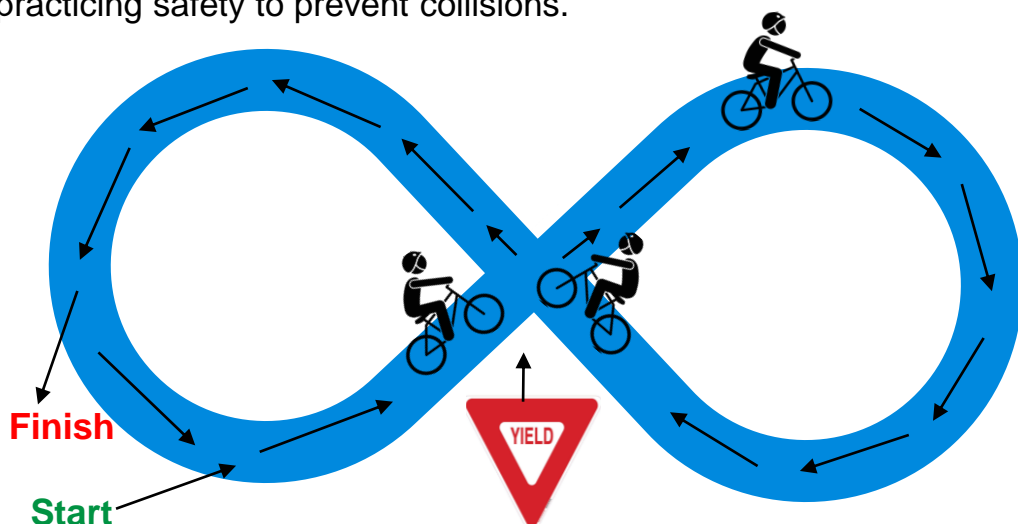
## Bike Rodeo Stations:

### ❑ Figure 8:

- Cyclists must learn to share the road safely with others. This means watching for traffic and yielding to those with the “right of way”.
- For this station, participants enter the figure 8 one-at-a-time and must yield to one another at the intersection.



- Allow 2-3 riders to enter the figure 8 together. The cyclist that arrives at the intersection first, goes through first. When two cyclists arrive at the same time, the cyclist to the right goes first.
- Station leaders should watch closely to ensure that cyclists are practicing safety to prevent collisions.



#### *Supplies:*

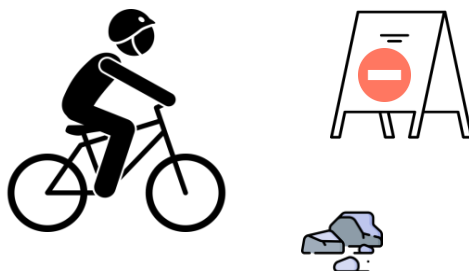
- Chalk for drawing the figure 8 and arrows.
- Yield sign (or chalk to draw yield sign).



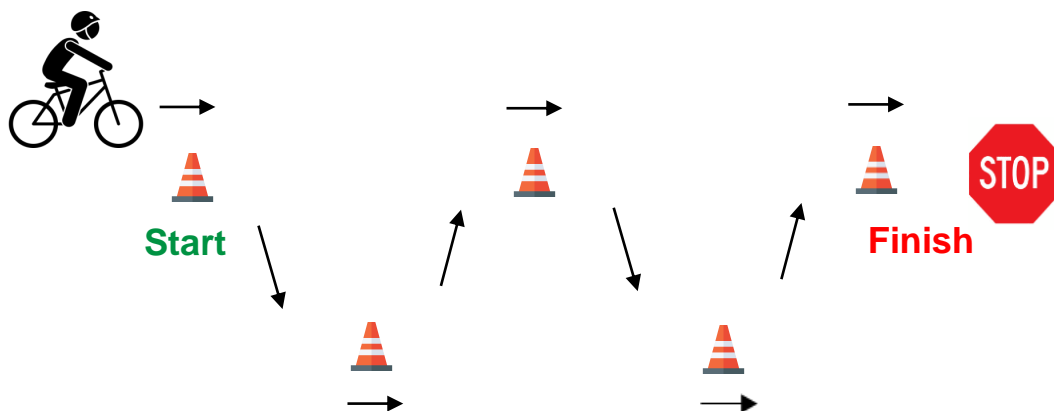
## Bike Rodeo Stations:

### ❑ Dodging Hazards:

- This station focuses on skills related to control and balance, which help cyclists safely avoid hazards.



- Send participants through the course and ask them to carefully navigate around the traffic cones.
- Be sure to provide enough space for cyclists to safely avoid obstacles.



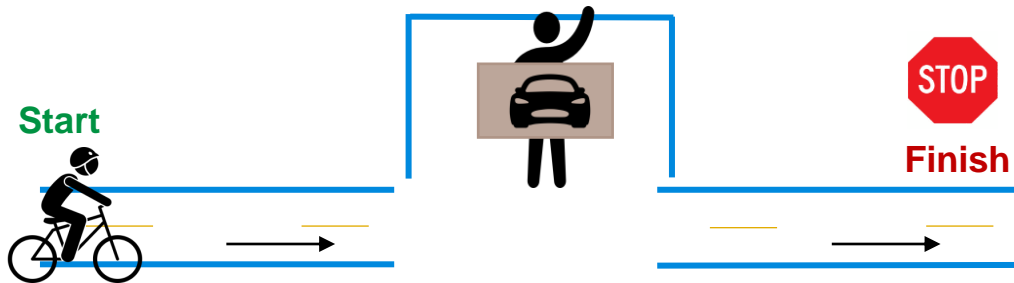
#### *Supplies:*

- Traffic cones or chalk to create course.
- Stop sign (or chalk to draw stop sign).

## Bike Rodeo Stations:

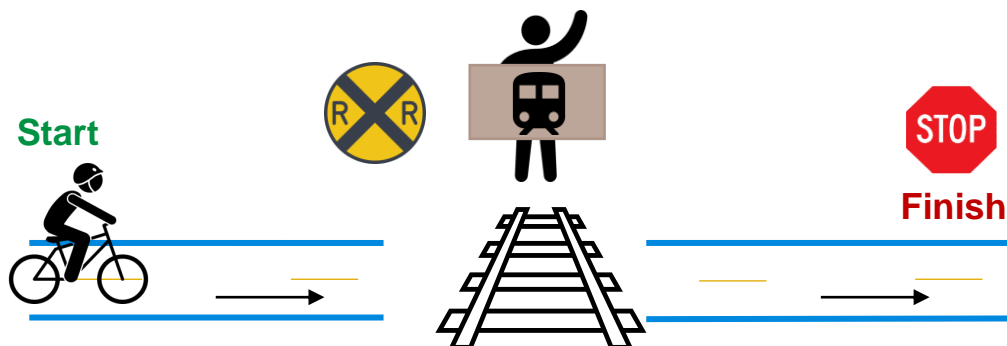
### ❑ Driveways:

- To avoid collisions, cyclists should always be alert and watching for motor vehicles entering and exiting driveways.
- In this course, the station leader will imitate a motor vehicle.
- Participants navigate the course and stop if they notice the vehicle entering or exiting the driveway.



### ❑ Railroad Crossing:

- The above station may be adapted to represent a railroad crossing.
- When crossing tracks, cyclists should always be alert and watching for oncoming trains.
- Participants must stop, dismount, and look for trains once they approach the railroad crossing.

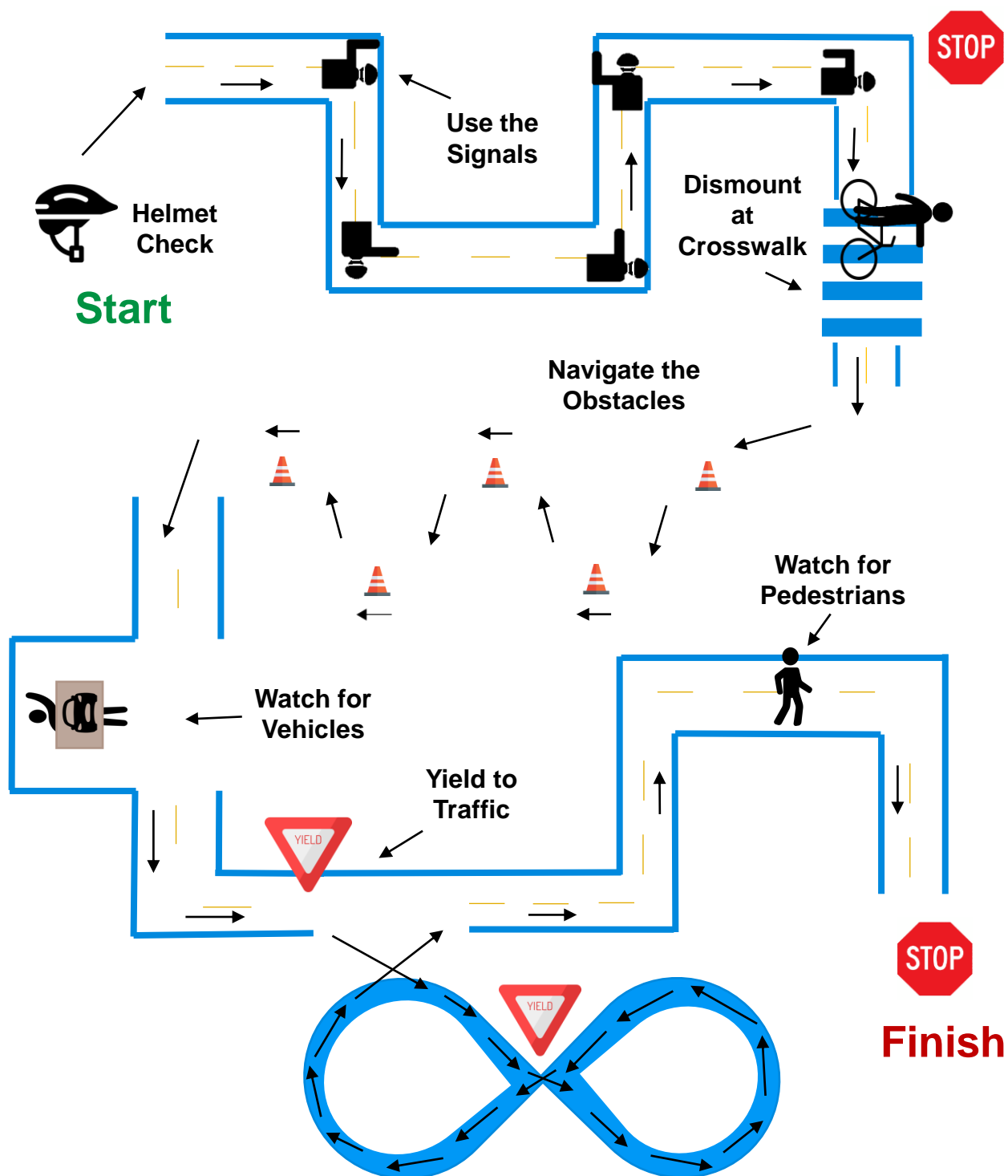


#### *Supplies:*

- Chalk for drawing the course and arrows.
- Stop sign and railroad crossing sign (or chalk to draw signs).
- Cardboard sign to represent a car or train.

## Example Course:

- Sample obstacle course that includes all six stations:



## Additional Information:

- ❑ [Bike and Small Wheeled Recreation Safety for Youth \(alberta.ca\)](#)



- ❑ [Take the Bike Helmet YES Test: How to Properly Fit a Helmet for Biking \(alberta.ca\)](#)



- ❑ [City Cycling Strategies - Ever Active Schools](#)



## Contact Us:

### Population Health Promotion - Injury Prevention

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