

Bike Rodeo Station Ideas

A bike rodeo is an obstacle course designed to help kids learn bike safety skills. You will need a large, flat space (e.g. a parking lot or tennis court) where you can set up different stations to test maneuvering skills such as stop/starting, turning, balancing, etc. The number of stations you include in your rodeo will depend on the amount of space you have and the number of volunteers you have to lead the stations. Each station needs at least 1 adult (although 2 is preferable) to provide instructions. After a participant completes each station, present them with a certificate of completion.



Images Courtesy of Chicago Department of Transportation, bike rodeo station examples used by the Go Campaign

Bike rodeos station examples (print out signs for each station):

1. Bike + helmet check + helmet decorating
2. Starting/stopping
3. Figure 8
4. Weaving/maneuvering
5. Slow Race
6. Emergency stop/stop on a dime
7. Bean bag/newspaper delivery

Bike + helmet check + helmet decorating

1. **Course:** ABC quick check and Ears, Eyes, Mouth helmet check
2. **Purpose:** To teach kids how to check their bike and make sure their helmet is fitted correctly.
3. **Materials:** stickers, streamers, tools to inspect bikes, scissors

Starting and stopping (mounting & dismounting)

1. **Course:** 2 parallel lines about three (3) feet apart, each 60 Ft. long.
2. **Purpose:** To demonstrate starting and stopping while maintaining control of their bike
3. **Instructions:** Put front tire at one end of the lane with bike at a dead stop. Rider must mount their bike and then steer it to the other end without losing balance or swerving out of the lines, and then dismount at the end of the lane. Many kids will have trouble controlling their bike when starting from a complete stop.
4. **Materials:** tape measure, chalk

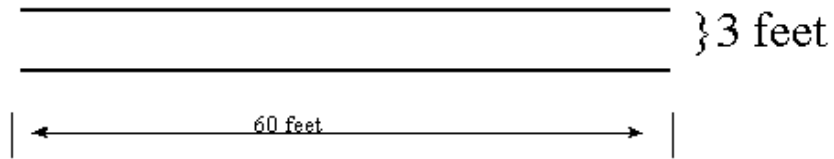
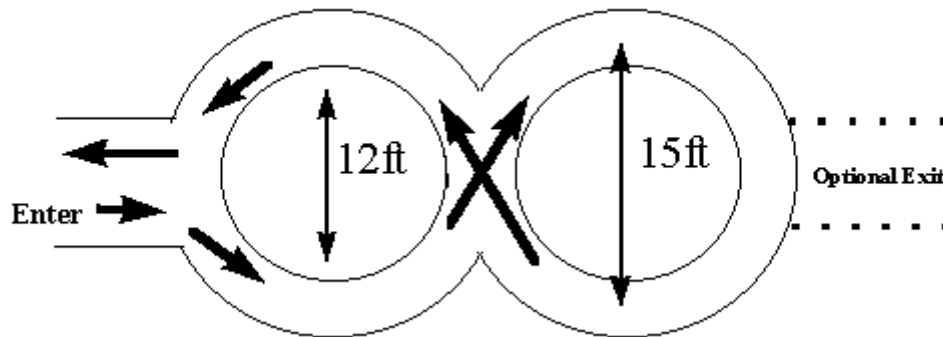


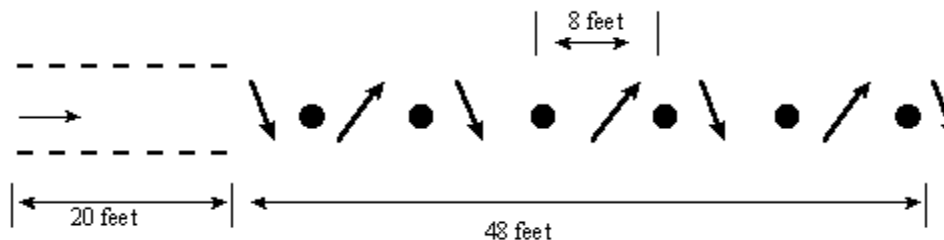
Figure 8

1. **Course:** A figure 8 course with a 1.5ft lane. Each circle made up of a 12'ft diameter inner circle and 15' ft diameter outer circle. Entrance at one end of the circle 8. Exit can be same end or other end. Mark route with chalk arrows drawn on pavement.
2. **Purpose:** To test balance and steering control while changing directions.
3. **Instructions:** Rider should start to right and maneuver through the circles in a figure 8. This tests the rider's ability to control their bike on simple curved course.
4. **Materials:** chalk, tape measure



Weaving and Maneuvering

1. **Course:** A 40ft course marked about every 8 feet with cones. Mark a starting area before the course for rider to get started. Mark locations of cones with tape or chalk in case they get moved.
2. **Purpose:** To test balance, steering control and the ride's ability to judge distance.
3. **Instructions:** The rider shouldn't hit any obstacles and should weave alternately to the right and left. This tests the balance of the rider and also helps them to control their bike when they need to navigate past road obstacles such as drain grate, trash, or other things found in the road.
4. **Materials:** Cones, chalk



Slow race

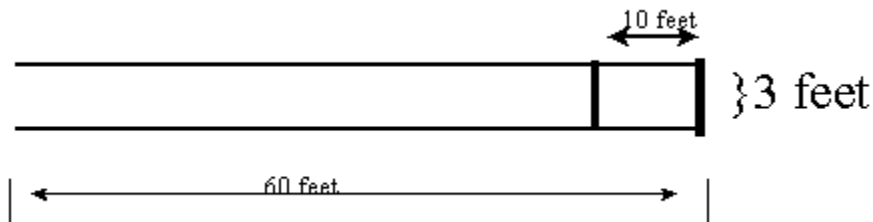
1. **Course:** Straight line with 3 lanes. 60 feet long
2. **Purpose:** The slow race helps bicyclists hone their low speed balance skills, which will contribute to their overall control at slow or fast speeds.
3. **Instructions:** In a slow race the last bicyclist across the line wins. But the trick is to do it as slow as possible without the rider taking his/her feet off the pedals. To run the slow race, line the

contestants at the start line and, when everyone is ready, yell "GO!" Any racer that weaves outside his/her lane or puts a foot down is disqualified.

4. **Materials:** Chalk, tape measure

Stop on a dime (emergency stop) - Kids go real fast in a straight line and have to stop before a line

1. **Course:** Two 60ft lines space 3ft apart. 50ft from the beginning (ten feet from the end), mark a STOPPING line between the two lines. NOTE: The stopping line can be hard for rider to see, a STOP sign placed at the stopping line is a good idea.
2. **Purpose:** Test judgment and braking control.
3. **Instructions:** Rider should ride through the first 50 feet and be able to bring the bike to a complete stop before touching either foot to the ground within the last 10 feet. Rider starts to brake at first line and tries to stop close to end line. Stop the bike without putting foot to ground. This simulates an emergency stop and helps the rider learn how to control their bike in that situation.
4. **Materials:** tape measure, chalk



Bean Bag/Newspaper Delivery Challenge

1. **Course:** The route should weave and curve and 5 to 10 targets (i.e. trash cans, baskets) should be placed throughout the course. All targets do not have to be placed at the same spot along the route, some could be more challenging than others.
2. **Purpose:** This challenge helps a bicyclist practice their balance skills and increases comfort in removing a hand from their handlebars and looking in multiple directions.
3. **Instructions:** Walk with bicyclists through the course and hand them bean bags as they get close to each target. Instruct them to toss the bag into the baskets.
4. **Materials:** 5 to 10 baskets/trash cans, 5 to 10 bean bags