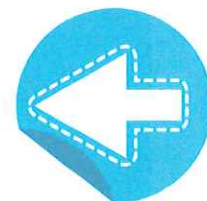
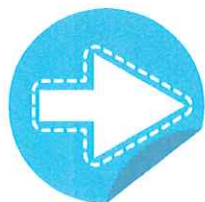
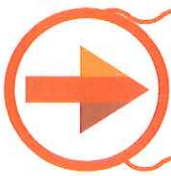




Here are instructions for a fun meeting where Helping Hands will learn about bike safety and have a chance to demonstrate their bike skills. Adapt these activities to meet the needs of your Helping Hands or use your own activities.





Make sure all Helping Hands have a way to participate even if they do not ride a bike. They can ride anything on wheels. Also, they can be assigned tasks at stations.

STATION

1

Bike Safety

One of the most important parts of bike safety is a properly fitted helmet. At this station each Helping Hand will wear his or her helmet and have it checked by an adult for proper fit. Make sure the helmet is sitting level on the head and comes down to just above the eyebrows. The straps should be adjusted so they form a “V” shape under and slightly in front of the child’s ears. Once the straps are adjusted, ask the Helping Hand to open his or her mouth in a big yawn. They should feel their helmet pulling down on their head.

Additional information: helmetsrus.net/school/info_pages.php?pages_id=8



STATION

2

Bike Mechanic Station

At this station, Helping Hands should be taught how to do the following:

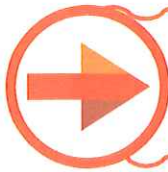
MATERIALS NEEDED

- Wrenches
- Tire pumps

- Check air pressure in tires
- Air up tires
- Check that tires spin without hitting the bike frame
- Check tire treads and spokes
- Adjust and tighten handle bars and bike seat
- Check breaks
- Check and adjust gears
- Check or attach safety features: reflectors, lights, bells, mirrors
- Check that pedals are securely attached
- Make sure pedals are secure

If you need help with the bike mechanic station, contact a local bike shop or cycling club and ask if they know of anyone looking for an opportunity to volunteer. You can also check out a book such as *Kids' Easy Bike Care: Tune-Ups, Tools & Quick Fixes* by Steve Cole (Williamson, 2003).





After a child has completed a station or activity, give them a sticker or check the item off their activity sheet. Once the children have completed all of the stations give them a bike-themed gift such as a water bottle, cycling gloves, or a repair kit.

Bicycle Registration

Contact your local law enforcement agency to assist your club with bicycle registration. Each Helping Hand can register his or her bicycle and will receive a sticker to place on their bicycle. In the event the bicycle is lost or stolen, the local law enforcement will be able to help trace and locate the bicycle.

3

STATION

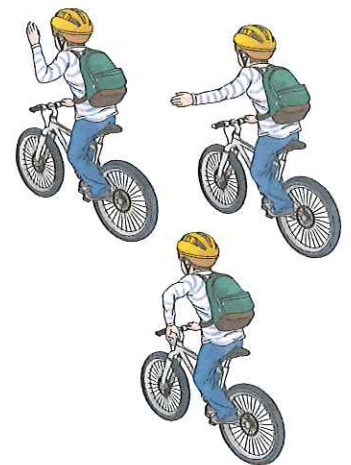
Hand Signals

Helping Hands will need to learn hand signals in order to let other people on the road know where they are going. These hand signals are universal so you can reassure your Helping Hands that drivers and pedestrians will understand what the signals mean.

- **Right Turn:** Right arm fully extended to the right or left arm extended with elbow bent up at a 90-degree angle.
- **Left Turn:** Left arm fully extended to the left.
- **Stop:** Arm extended out with elbow bent down at a 90-degree angle.

4

STATION



TIP

The League of Michigan Bicyclists site at lmb.org has a great tool kit filled with information about running a bicycle rodeo. Click on “Bicycle Rodeos—How to Run an Event” in the Education Toolkit box.





STATION

5

MATERIALS NEEDED

- Chalk
- Sponges

Cycling Activities

Start and Stop Safely: Teach the children how to efficiently start and safely stop their bikes. Have them ride several yards and safely stop on a marked spot.

Road Entrance Safety: Teach the children how to safely enter the street from a driveway and how to cross a street. Draw a driveway and streets with chalk and have the children practice.

Avoiding Hazards: Teach the children how to safely avoid hazards while riding. In course marked with chalk, place sponges on the ground to represent rocks. Have the children ride their bikes through the course and practice avoiding road hazards.

Figure 8: Teach the children how to safely ride with others. Include information such as being alert, staying in their space, and correct spacing between cyclists. Create a large figure 8 track. The track should be about four feet (1.21 meters) wide. Have the children ride through the course to practice staying within the lines and being alert to riders in front of and behind them.

Bike Ride

In addition to a bike rodeo, you can take children on a 5-10 mile (8-16 km) bike ride. You will need to give children and parents/guardians plenty of advance notice so they can practice distance riding. You should take the children to a safe location to ride, such as a local bike path. Make sure the children have plenty of water and that you have bike repair and safety kits with you on the trip. Before beginning the ride, review safety rules. Parents/guardians should ride with their children.

If a parent/guardian is unable to participate, make sure he or she signs a permission form for the child to go on the bike ride. The form should include emergency contact information. Check with your local conference's Youth Ministries Department for sample forms or to find out what additional information they may require on permission forms.



Yahoo! All done!

