



Meeting

22

Bike Rodeo



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





Make sure all Sunbeams 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 Sunbeam 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 Sunbeam to open his or her mouth in a big yawn. They should feel their helmet pulling down on their head.

STATION

2

Bike Mechanics

MATERIALS NEEDED

- Wrenches
- Tire pumps



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

Brakes: Make sure they are working properly and the pads do not need to be replaced.

Tires: Make sure they are properly inflated.

Spokes: Make sure the spokes are not bent.

Reflectors: Make sure they are not broken or missing.

Seat: Make sure it is properly adjusted.

Chain: Make sure it is oiled and working properly. Check the crank and gears at the same time.

Pedals: Make sure they are secure.

Quick Release: Make sure the wheels are securely fastened to the bicycle frame.

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).





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 Sunbeam 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, local law enforcement will be able to help trace and locate the bicycle.

Hand Signals

Sunbeams 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 Sunbeams 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.

Obstacle Course

You can set up numerous activities for a course; you are only limited by the amount of space available.

Slalom/Zig Zag: Set up a line of cones and have your Sunbeams bicycle through them in a zig zag pattern.

Figure 8: Have your Sunbeams ride in a figure 8 pattern.

Balance: Use chalk to set a distance of 50-100 ft (15-30 m) and see how slowly your Sunbeams can ride to the finish line.

Turns: Use the cones to set up sweeping turns and sharp turns.

Stop on a Dime: Set up a starting line and a finish line about 25 ft (7.5 m) away. See if your Sunbeams can stop with their tire directly on the finish line.

3

STATION



4

STATION



5

STATION

MATERIALS NEEDED

- Sidewalk chalk
- Cones or empty 2 liter bottles





Resources

- helmetsrus.net/school/info_pages.php?pages_id=8
- health.utah.gov/vipp/pdf/BicycleSafety/Bicycle%20Skills%20Rodeo%20Packet.pdf
- bicycling.about.com/od/organizedbikeevents/a/bikerodeo_event.htm
- facebook.com/events/324378194360020/?ref=22
- bicyclecoalition.org/files/Bike_Rodeo_Toolkit.pdf

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.

