

# L.E.B.A.



## Bike Safety Program

**BIKE SAFETY PROGRAM  
(The Bike Rodeo)**

**1. BIKE SAFETY MEETING**

**2. BIKE REGISTRATION**

**3. BIKE INSPECTIONS**

**4. BIKE RODEO**

**5. EVALUATION OF RODEO RIDERS**

**6. AWARD'S CEREMONY**



# **BIKE SAFETY MEETING**

The first part of any successful bike rodeo is to hold a bike safety meeting.

## **“ALL PARTICIPANTS MUST WEAR A HELMET”**

The following are several suggestions of topics that you can cover.

- ✓ **Always wear a helmet.** Express the importance of properly wearing a helmet. Include information containing your local and state laws covering the use of helmets by bicycle riders.
- ✓ Ride with traffic. Keep to the right of the road.
- ✓ Obey all traffic regulations.
- ✓ Use proper hand signals for turning and stopping.
- ✓ Stop and look both ways to make sure that sidewalks and/or streets are safe and clear before entering.
- ✓ Walk your bicycle across busy streets at crosswalks or where you can otherwise cross safely.
- ✓ Use proper headlights and red tail lights or reflectors when riding at night. Discuss your state and local laws that apply.
- ✓ Always ride in a single file line.
- ✓ Avoid crowded and high speed roads.
- ✓ Never ride double.
- ✓ Always keep hands on the handle bars.
- ✓ Never ride barefoot or in sandals.

## Bicycle Registration Form

Owners Name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_

Phone Number: \_\_\_\_\_ Driver's License # \_\_\_\_\_

Bicycle Make: \_\_\_\_\_ Bicycle Model: \_\_\_\_\_

Bicycle Color: \_\_\_\_\_ Bicycle Size: \_\_\_\_\_

Bicycle Serial Number: \_\_\_\_\_

**\*\*Keep this document in a safe place. In the event that your bike is ever lost or stolen, you will have the information that the police need to help recover your bicycle.\*\***

Helpful Hint: Make a copy of this document, laminate it, and place it inside the seat post of your bicycle. If your bike is stolen and the serial number is removed, there is still a chance that you or the police can identify the rightful owner. Most thieves will not think to remove anything other than the serial number and will never look inside of the seat post.

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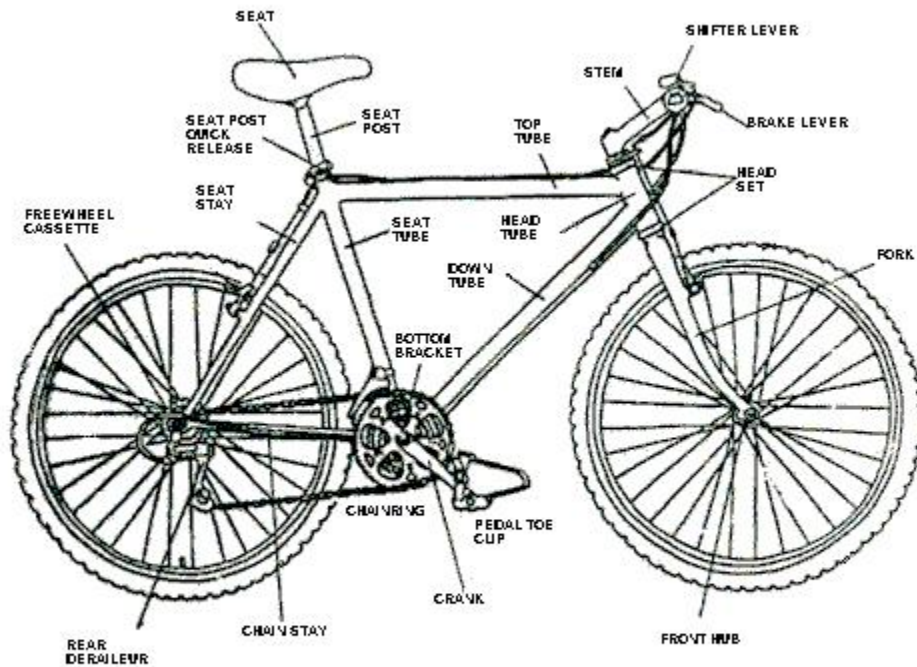
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# Bicycle Inspections

- Know your bike.
- Is your bike safe and ready to ride?



## Use the ABC Quick Check

- ❖ A is for Air: Check tire pressure and insure that your tires are inflated properly. Check for damage and wear on your tires and rims.
- ❖ B is for Brakes: Check your brakes for pad wear and proper adjustment. Make sure that brake pads are parallel to and aligned with the side of the rim when applied. Check cables and housing. Lubricate if needed and replace any worn or frayed cables.

- ❖ C is for Crank Set: The crank set consists of the bottom bracket, the crank arms, and the chainrings. To check the crank set simply take the left and right crank arms in your hands and attempt to move them sideways. If both move, you have a problem with the bottom bracket. If only one moves, the individual crank arm is loose and must be secured. Never ride a bike with a loose crank arm.
- ❖ Quick is for Quick Releases: Quick-release skewers on wheels need to be tight, but not too tight. The proper pressure is obtained by pushing on the quick release lever so that it leaves an impression on the palm of your hand. The closed lever should face up and back to minimize the chance of catching on anything while you ride. Quick-release brakes, which are opened when removing or installing wheels, need to be in the closed position. When closed, check to make sure the brake pads are not rubbing the rims.
- ❖ Check is for a brief, slow ride to check that your derailleurs and shift levers are working properly and to insure that your bike is ready to ride.



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## **BIKE SAFETY MEETING QUESTIONS**

1. Should you ride at night with no lights?
2. Should you ride your bike across busy intersections?
3. Should you wear baggy pants?
4. Should you wear dark clothing at night?
5. Should you use a basket to carry things?
6. Should you slow down at crossroads?
7. Should you cross the street in the middle of the block?
8. Should you ride with shoes on?
9. Should you ride in a single file line?
10. Should you dart out between parked cars?
11. Should you ride on tires that need air?
12. Should you do a wheelie on busy roads?
13. Should you slow down on gravel?
14. Should you check the air in your tires?
15. Should you signal to make a turn?
16. Should you ride on the right side of the road with traffic?
17. Should you slow down when it rains?
18. Should you walk your bike across an intersection?
19. Should you zip past another cyclist without warning?
20. Should you carry a package under your arm?
21. Should you stop for red lights?
22. Should you ride next to a friend on the road?
23. Should you raise your left hand when turning right?
24. Should you stop for pedestrians?
25. Should you watch for storm drains?
26. Should you ride barefooted?
27. Should you carry a passenger?
28. Should you signal when making a turn?
29. Should you ride a bike that is too big for you?
30. Should you use a backpack to carry things?
31. Should you ride on the left side of the road against traffic?
32. Should you watch for parked cars that suddenly open doors?
33. Should you weave in and out of traffic?
34. Should you hitch a ride on a car, bus or truck?
35. Should you always wear a helmet?
36. Should you take off your helmet at the playground or when you are not riding?

# BIKE RODEO EVENTS

## 1. Balance

Using cones, layout 2 parallel lines that are 60 ft. long and 3 ft. apart. Have participants ride between the lines as slowly as they can without touching their feet to the ground or crossing the lines. This should take them at least 30 seconds to ride the 60 ft. section.

## 2. Control

Place 10 cones approximately 6 ft. apart in a straight line. Have participants ride in and out of the cones, in a serpentine pattern, without wobbling or touching their feet to the ground.

## 3. Turning

Layout cones as shown in the diagram. Participants should enter on their bikes, make three right turns and then two left turns to exit.

## 4. Stop Box

Place 3 cones at the end of a 100 ft. distance. Have the participants ride their bikes at a normal speed and then come to a complete stop within 2 to 4 feet of the cones. This should be a controlled stop. Neither foot can touch the ground until the bike has stopped completely. No skidding or wobbling.

- Ride the course to demonstrate the proper way to complete the course and to show participants the correct route to take.
- Use sidewalk chalk, signs, or assistants to help direct participants the right direction.
- You may have to modify the course to fit your location. If you modify the course, make sure to incorporate all four skills (balance, control, turning, and stopping).
- Remember, this is a slow speed control drill. Make the participants control their speed throughout the course.

