

Station List

ADMINISTRATIVE STATIONS

- A. Welcome and Administration
- B. Helmet Fit and Adjustment
- C. Bicycle Inspection and Fit
- D. Celebration

BIKE HANDLING STATIONS

1. Start, Stop, and Straight Line
2. Dodging Hazards
3. Scanning, Signaling, and Turning
4. Turning and Yielding

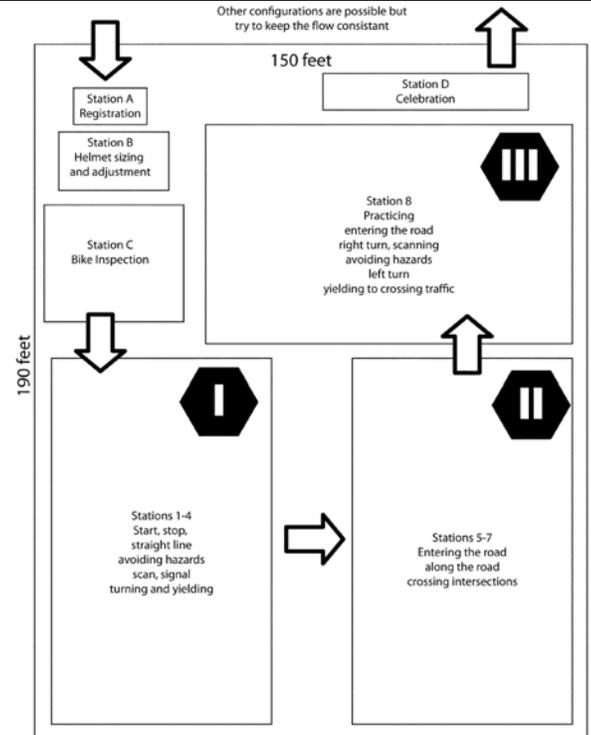
ROAD RULES

5. Entering and Crossing the Road
6. Along the Road
7. Intersection
8. Practice in Traffic

FUN & GAMES

9. Chaos Box and Snail Race

Station Layout



Minimum and Optional Stations

Minimum Stations

Administrative stations are needed for afterschool and community events, but not for in school or closed group events where you already have group permission and youth sign up information.

Optional Stations

Road Rules stations (5-7) are optional and are best if they can be done in a real neighborhood intersection that has been blocked to traffic by law enforcement.

Station 8 is great practice for all ages but the riders 10 and older seem to get the most out of it. It can be excellent for middle-school riders as it is the first real “traffic skills” course they may have gotten. This station can be done by itself if the riders are experienced.

Station 9 can be done by itself or with stations 1-4 for a local health fair or other event that is not exclusively for bicyclists. This station is also good for the middle school riders as it gives them a chance to be competitive and to grasp the reality of traffic principles.

Emergency Response

Emergency Response

Before any child goes through any station, you should be aware of the steps that have been taken in case of a crash or injury to a child or volunteer. Know who to contact and what steps you are to take in case of an emergency.

A waiver, prepared by an attorney, should be signed by a parent or guardian for every rider. As a last resort, be prepared to call 911.

Please use this space for your list of response contacts:

Welcome and Registration

A

Be happy and greet everyone with cheery welcome.

Instructions:

- Make sure **tables and chairs** are set up to ease the flow of people to and past your station
- Each child is required to have a parent/guardian who will sign the **registration form/waiver**
- Check to make sure forms are complete
- Write child's name on "**report card**" form
- Instruct child to present it to station volunteers
- Tell parent/guardian the card is required for participation, certificate, and "celebration" materials
- Direct the participants to the **Helmet Station**

Equipment:

Tables and chairs



Supplies:

Registration and report card forms
Ball point pens
Clip boards
Bottled water for the volunteers and the participants

Bicycle Inspection and Fit

C

Perform an ABC Quick Fit Check

Instructions:

Air: check the air pressure (stated on side wall)
Brakes: If the bike has hand brakes, check to see that levers don't hit handlebars and brake pads are clean/straight/contact rims properly
Cranks, Chain & Cogs: grab crank arms and try to wiggle side to side—Spin pedals and cranks backwards to see if the chain runs smoothly
Quick Release: Check to make sure they are tight and closed properly
Bicycle Fit: Check stand over and seat height. If child has trouble balancing/stopping, lower the seat
Check Ride: Quick ride to check that everything works

Equipment:

Adjustable wrenches (socket and Allen)
Screwdrivers (Phillips and flat)
Air pump with gauge

Supplies:

Chain lube, grease, paper towels/rags



Helmet Fit and Adjustment

B

Choose the smallest helmet that will fit the child.

Instructions:

Make sure the helmet fits well by adjusting the retaining strap at the back or adding foam pads. The helmet should fit snugly and not be able to rotate on the child's head. (*Use the two finger fit test*)

Eyes: The child should be able to see the front edge of the helmet.

Ears: The sliders should be moved up to just under the ear lobes.

Mouth: The chin strap should fit snugly enough that opening the mouth widely will move the helmet.

Equipment

Chairs for helmet fitters



Supplies

Measuring tape (sewing tape)



Celebration

D

Every child who participates is a winner

Instructions:

- Whatever you have to give out should be given to all riders. Make sure there is something for the parents as well.
- Each rider should get a certificate of participation with his/her name on it
- If you have collected handouts and have bags, this is the time to give them out.
- You should have someone taking photographs for publicity reasons. Make sure that you get photo releases if you intend to use the photo in a press release or future publications.

Equipment:

Tables and chairs
Canopy tent

Supplies:

Certificates
Ball point pens
Sharpies or felt tip pens



Start—Stop—Straight Line

1

Remember to Power Pedal Up!

Instructions:

- Have children line up
- Instruct them to wait until you touch their helmet before they go
- Instruct them on the proper starting procedure, one pedal in an up position (about 2 o'clock) so they can push down hard to start
- Instruct them to ride as straight as possible down to the end with the STOP sign and come to a complete stop and put their foot down
- Let riders go one at a time and leave enough space between riders so they don't stack up in the course
- Remind them to come back to the line when they return
- Encourage the children to come to a complete stop with their pedals in the correct starting position
- Have them start again and go to station 2.

Equipment:

4 Cones—2 at Start and 2 at End (optional)
Stop sign (optional)

Scanning—Signaling—Turning

3

Scanning is a VERY important skill and habit.

Instructions:

- Remind the children to “Power Pedal Up”
- Instruct them to ride to the STOP sign, staying between the lines. Ask them to scan behind, signal the turns early for a count of 2 and get their hands back on the handlebars before they turn.
- If younger children are not able to take their hands off the handlebars, have them practice scanning and making the turns within the lines
- Encourage the children to come to a complete stop with their pedals in the correct starting position
- Have them start again and direct them back to the start line
- After 3 times through the station, the volunteer at the end should direct the children to station 4.

Equipment:

8 Cones—2 at Start, 2 at each turn, 2 at End (optional)
4 markers to indicate when to scan and signal (optional)
Stop sign (optional)

Dodging Hazards

2

Avoid hazards to maintain bike control.

Instructions:

Starting

- Remind children to “Power Pedal Up”
- Instruct them to ride to the STOP sign, going between the “hazards” but without going outside of the lines
- Encourage the children to come to a complete stop with their pedals in the correct starting position
- Have them start again and direct them back to the start line
- After three times through the first two stations, direct the children to the starting line for station 3.

Equipment:

4 Cones—2 at Start and 2 at End (optional)
Stop sign (optional)



Turning and Yielding

4

Larger Figure 8s accommodate bigger bikes.

Instructions:

- Instruct them to ride twice through the “Figure 8” and then exit to the STOP sign and come to a complete stop
- **Younger riders**—After they have had two turns doing the drill send them on to station 5
- **Older riders**—After all the riders have been through the station once, instruct the entering riders to keep riding the “Figure 8” until you tell them to exit. Keep adding riders until you have four all riding the course at the same time. Instruct them that they must YIELD to the rider on their right side
- After all the riders have had a chance to YIELD a few times have that group exit and put more in.

Equipment:

6 Cones—2 at Start, 1 in each of the circle's center, 2 at End (optional)
4 markers to indicate when to scan and signal (optional)
Stop sign (optional)

Entering and Crossing the Road

5

Park a car beside the “driveway” for a sight obstacle.

Instructions:

- Have children line up and instruct them to wait until you touch their helmet before they go
- Remember to “Power Pedal Up!”
- Instruct them to ride into the “driveway” and stop at the edge
- Have each child look to the left, to the right and to the left again for traffic and then signal before they turn to the right
- After each child has had a chance to enter the road twice to the right, have them turn left
- Have the riders go to station 6

Equipment for Stations 5-7:

You need 10 cones and four STOP signs. The cones are placed two each at the start and two each at the end of each roadway segment. The STOP signs are placed at the four corners of the intersection facing oncoming traffic. (optional)

Intersection

7

There are several ways to signal / turn at intersections.

Instructions:

- Have each rider signal a right turn; signal a stop and then stop. When it is clear, make a right turn.
- After turning the bike, the rider should then ride to the start line
Have each rider signal a left turn
- For older and more experienced riders, the left turn should be done by scanning, signaling and moving to the center or left side of the lane before stopping. The rider should proceed from the stop into the turn and finish on the right side of the new lane
- The left turn should be done as a box turn for the youngest riders

Equipment for Stations 5-7:

You need 10 cones and four STOP signs. The cones are placed two each at the start and two each at the end of each roadway segment. The STOP signs are placed at the four corners of the intersection facing oncoming traffic. (optional)

Along the Road

6

Children unable to ride a straight line or pay consistent attention should ride on the sidewalk.

Instructions:

- Remember to “Power Pedal Up!”
- Watch to make sure children are riding a straight line an arm’s length away from the curb
- Riders must make a decision about whether to scan and swerve around the grates
- Make sure the riders understand the need to scan over their shoulder before they swerve to the left to miss the simulated grate
- Riders will only go through this station 2x, as the third time through they will turn and go to station 7

Equipment for Stations 5-7:

- Bathmats or similar device to represent street grates
- You need 10 cones and four STOP signs. The cones are placed two each at the start and two each at the end of each roadway segment. The STOP signs are placed at the four corners of the intersection facing oncoming traffic. (optional)

Practice in Traffic

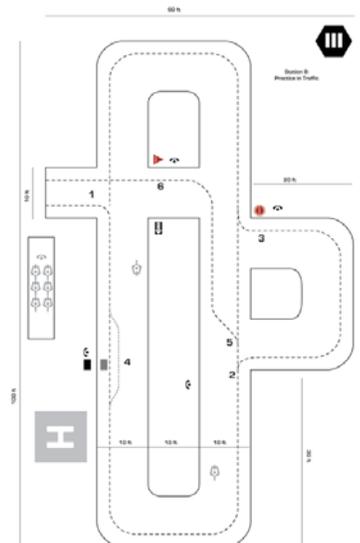
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Every child who participates is a winner

Activities:

1. Entering the road
2. Turning right
3. Stopping at a STOP sign
4. Scanning before swerving
5. Scanning before turning left
6. Yielding to crossing traffic

Optional: Hospital
With older children, they learn these lessons better when there is a consequence for making a mistake in traffic. If one of the riders doesn’t scan or signal and turns or swerves in front



Chaos Box

The Chaos Box is designed to teach children why we have traffic laws and the importance of obeying the rules. Although logically it should come first, it is only used after riders have had a chance to practice bike handling skills.

Instructions:

- Put one rider in at a time with instructions to:
- Ride anywhere they want, not touch a foot to the ground, and just have fun.
- Keep adding riders until one of two things happen:
- If gridlock occurs, have all the riders stop where they are and ask them what happened.
- Ask what would happen on the road if all the car drivers could go anywhere they wanted. Then have them all start going in circle staying to the right.
- If they all start flowing in the same direction, have all the riders stop where they are and ask them what happened. Ask them if this is the way that traffic works on the road.



Snail Race

The Snail Race will help young riders to gain better balance and do it in a spirit of competition.

Instructions:

- Have riders line up with their front wheels on the start line.
- Tell them that the last person to the finish line is the winner.
- They can't stop, put a foot on the ground or turn around.
- When you say go they must take their feet off the ground.
- Have them get a pedal in the power pedal position and then give them the signal to go.
- If you have lots of riders, you can do heats and have the winners "race" each other until you have an overall winner. Everyone should get some sort of prize for competing.

