

Bike Rodeo Station Ideas

Station 1 Registration/Permission Slip

Station 2 **Helmet Station** – check old helmets for proper fit – hand out or sell new helmets to children and adults that don't have any. Do not allow anyone without a helmet to participate.

Station 3 **Bike Check Station** – teach children how to check the air in their tires, the play in their bike chain, and other maintenance areas of bike safety. Get your local bike shop or maybe a few mechanics to volunteer.

Station 4 **Starting Out Station** - using cones, obstacles, chalk etc... set up "merge" areas where a bike rider must stop and look both ways before riding onto a sidewalk or street.

Station 5 **See & Sign Station** – using various traffic signs - test children's response to a stop sign – to a yield sign – to a one-way sign, etc... Teach children the appropriate hand signals for turning left and right. Encourage them to practice and use these signals. Work on areas such as looking over their shoulder and using their peripheral vision using cones and chalked off areas.

Station 6 **What If Station** – using different obstacles such as traffic cones, card board, tree limbs, ball that rolls out – teach children what to do when they are confronted with an object or obstacle in their way. Work on their reaction to sudden unexpected events such as a car suddenly appearing, maybe a dog running out after them, or even a rock being in the middle of their pathway.

Other Areas to Establish & Coordinate:

First Aid – Expect the unexpected with children. Have minor injury supplies on hand and a trained professional available to treat injuries.

Snacks & Drinks – Decide if you want to get sponsors for this, or if you want to get a local group (cub scouts, fundraising teens) to set up a for profit concession stand.

Toilet Facilities - Need we say more about this!!

More ideas:

Encourage your local fire department to set up a booth to talk about fire safety.

Encourage your local insurance company to set up a booth to do finger prints of children and maybe even a Photo ID.

Have your police department set up a booth and talk about what to do if we see a stranger.

Be creative – make this a community event that saves lives and makes your city the safest, and healthiest in the USA!