

A great way for kids to be active, have fun and learn safe riding skills

The purpose of a bicycle rodeo is to teach safe and legal riding skills to kids ranging in age from 5 to 12. In addition to a lead instructor, a couple of volunteers may be needed to assist with the various stations and manage participants. If the event is an “open house” style rodeo, 10-15 volunteers are suggested. Open house events do not have a specific start time, rather participants are encouraged to show up at any time during the rodeo.

Before a bicycle rodeo, consider taking 15-20 minutes of classroom time to discuss “rules of the road” including safe riding techniques, hand signals, and key laws related to safety.

● WELCOME:

1-2 volunteers

The welcome station is the first stop for any participant so that instructions can be provided on how to move through the rodeo in the correct order. A sign-in sheet may be useful to document the number of participants. Parents are a great choice to man this station since they will often know many of the participants.

● ABC QUICK CHECKS:

1-2 Volunteers

At this station, each participant’s bicycle is checked for “A” air (tire pressure), “B” braking ability, and “C” chain wear. Children and parents should be encouraged to participate in checking the bicycle. Volunteers will need basic bicycle mechanic knowledge. The Bozeman Bike Kitchen is a great resource to invite to the bicycle rodeo.



● HELMET CHECK:

1-2 volunteers



At this station, each cyclist is fitted with a helmet. Even children with their own helmets should be checked for proper fitting. Volunteers will need to be briefed on how to assess helmet fit and how to manipulate the straps for proper fitting. Provide free helmets if available. Bozeman Health’s Injury and Prevention Program is a great resource to invite to help with this station.

- **Position:** level on the head
- **Fit:** straps should create a “V” around the ears
- **Strap:** buckle the chin strap so that one finger fits between the strap and the chin.



● STARTING AND STOPPING:

1 volunteer

At this station, riders will demonstrate that they know how to scan for cars and use their brakes. Participants will look left, then right, and then left again to scan for cars before they go. Participants should pedal slowly ahead and come to a complete stop at the stop sign. More advanced riders should show that they know how to use the slow and stop hand signals while approaching the stop sign.

● SLALOM:

1-2 volunteers

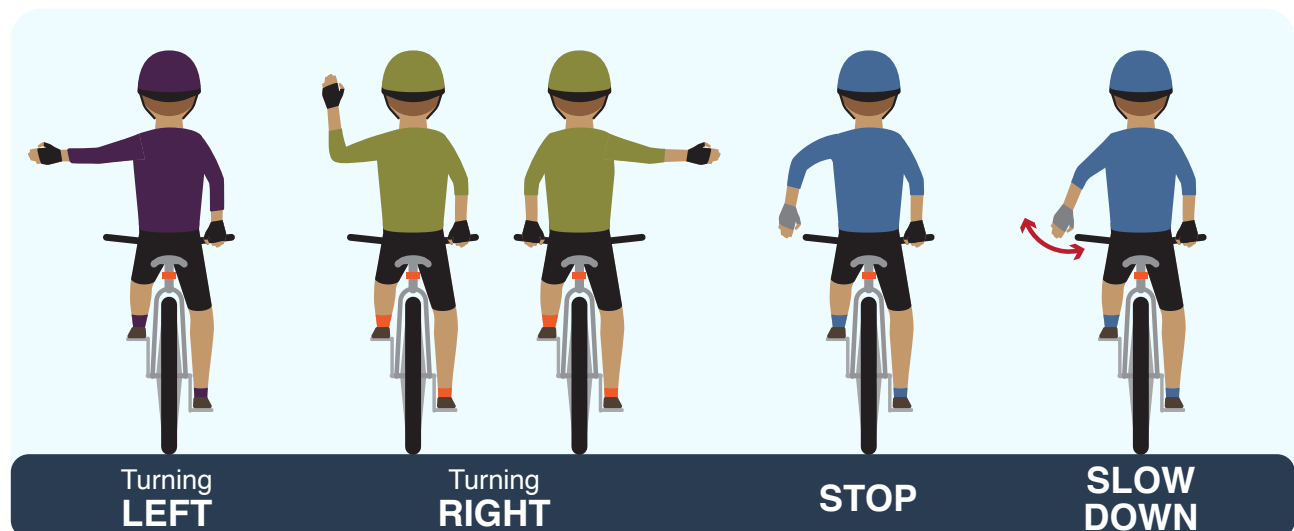
This station helps to develop a cyclist's coordination and balance. The course is usually set up with traffic cones placed four to six feet apart; the cyclist maneuvers through and around them.



● TURNING AND SIGNALING:

1-2 volunteers

This station provides bicycle instruction for starting, signaling, stopping, and turning. Instructors must be able to assess and teach starting techniques, proper hand signaling, and the ability to turn safely. Utilize chalk to draw a path that students will follow including right and left-hand turns. Students should use hand signals and call out "right", "left", and "stop".





● ROCK DODGE:

1-2 volunteers

This station is designed to teach cyclists how to avoid roadway hazards (e.g., rocks, potholes, drain grates, etc.) without swerving wildly, perhaps into traffic. Place objects along a pathway for participants to practice avoiding. Halved tennis balls work well!

● SCAN:

1-2 volunteers

Cyclists must learn to think, to look for traffic, and must be able to look behind without swerving from their line of travel – into traffic. This station teaches the skills of looking around for traffic, especially behind. As students ride away from the volunteer, they will look over their shoulder. The volunteer will hold up a color and the participant will call out what color is being held up.



● TORTOISE RACE:

1-2 volunteers

This station helps cyclists develop their low-speed balance skills. The tortoise race course is approximately 75 feet long, with one-foot-wide lanes. Contestants start the race together, and the last one across the finish line wins—no weaving or placing a foot on the ground!

● NEWSPAPER DELIVERY:

2-3 volunteers

This station allows kids to play at being a newspaper delivery person. For this you'll need 4-6 targets (clothes baskets, large tubs, trash cans, etc.) and an equal number of rolled newspapers, plus a bag that can be slung over a shoulder to hold the papers. Lay the targets out one after another in a course, and have the kids ride the "route" trying to throw a newspaper from the bike into each target. Volunteers should return newspapers to the beginning of the station.



● OTHER ACTIVITIES TO INCLUDE IN THE EVENT:

- Bicycle license plate station
- Bicycle decoration station
- Face painting station
- Plan your own obstacle course
- Bike wash
- Snack and refreshment station
- Trash and recycling containers
- Restrooms available to participants
- Vendor or partner organization booths

● BICYCLE RODEO TRAILER

The Bozeman School District's bicycle trailer provides a convenient way to access reusable materials needed to host a bicycle rodeo event. The bicycle trailer is stored at BHS, and material bins are stored in the Willson School Library. Chalk and other consumable materials may need to be restocked for each event.

The bicycle trailer and supply bins include:

- 18 bicycles (4 large and 12 small)
- 2 bicycle tire pumps
- 1 bicycle stand
- Orange cones, and large station numbers
- Laminated traffic signs and sign holders
- Bins for newspaper toss, rubber pavement markers, rope, etc.

● COMMUNITY ORGANIZATIONS TO INVITE TO THE EVENT

- Bike Walk Montana: info@bikewalkmontana.org
- Bozeman Bike Kitchen: info@bozemanbikekitchen.org
- Bozeman Health Injury Prevention: bhtraumaprogram@bozemanhealth.org
- Gallatin City-County Health Department: hs@gallatin.mt.gov
- Bozeman Youth Cycling: info@bozemanouthcycling.org
- Gallatin Valley Bicycle Club: gvcbike@gmail.com
- Western Transportation Institute: wti@montana.edu
- City of Bozeman Parks and Recreation: (406) 582-2990