

JOHN BECK
BIKE



**PROMOTING
SAFE BICYCLE
RIDING!**

Rodeo



For the past 12 years John Beck students in grades 3 through 5 have been given the opportunity to participate in our annual John Beck Bicycle Safety Rodeo, where students show off their bicycle safety skills and knowledge while competing for prizes.

Though we can't be together to hold this year's Bike Rodeo, we would like to invite all of our families to take part in a

Backyard Bike Rodeo

Dear Parent or Guardian,

Today your child will learn some new and valuable traffic safety skills. The first thing to remember is that your child's bicycle is a vehicle, and your child is the driver. He or she has all the rights and responsibilities given to drivers. It's up to you to make sure your child learns to live up to those responsibilities.

The big three causes of bike-car crashes (for kids under 15 years):

1. Riding out of a driveway without stopping
2. Running stop signs
3. Turning left without yielding

Nine things to keep in mind about kids in traffic:

1. Young kids can't see things peripherally as well as adults can.
2. Kids often have trouble telling where a sound (like a siren) originates from.
3. Kids often lack a sense of danger.
4. They are often restless and have trouble waiting for things like traffic lights.
5. They have trouble understanding complex chains of events.
6. They have trouble judging speed and distance of oncoming cars.
7. They tend to focus only on the things that interest them the most.
8. Kids often mix fantasy with reality.
9. They may believe that grown-ups will look out for them.

Families should begin by watching the following video(s) before heading outside to begin the rodeo.

[Bicycle Safer Journey](#) (Primary ages)

[NHTSA's Bike Safe, Bike Smart](#) (Elementary ages)

[Bicycle Safer Journey](#) (Intermediate ages)

[ABC Bike Safety Quick Check](#) - ([Printable](#))

[Bike Helmet Fit Test](#) - ([Printable](#))

[Hand Signals](#)

Basic Skills for ages 5 - 7

- **Bicycle safety check** - Use the [ABC quick check](#)
- **Bike and helmet fit check** - [Bike](#) - [Helmet](#)
- **Hand Signals** - Review the proper [hand signals](#) with your child, encouraging him/her to recall each signal without your help.

• Starting

- Have your child mount their bike and stand with both feet on the ground.
- Begin by having your child raise the right pedal and move it to the 10 o'clock position (this provides the power start), and then place their right foot on the pedal.
- Have your child push off with the left foot, while standing on the raised pedal.
- Ask your child not to pedal after pushing off. Have your child coast to a stop, while standing on the pedal that has pushed down.
- Repeat until your child is comfortable with a power start.

• Stopping

Discourage your child from dragging their feet or skidding to stop.

- Explain to your child how their brakes work (foot pedal or hand brakes).
- Choose an object (water bottle, shoe, parent/guardian) as your child's stopping point.
- Have your child practice coming to a full stop before their back tire passes the object. Work up to having your child stop before their front tire touches the object.

Basic Skills continued

- **Scanning**

- ❑ While riding away from you, have your child look back at you without swerving. Keep practicing until your child can safely check behind themselves.

- **Balance - “Snail race”**

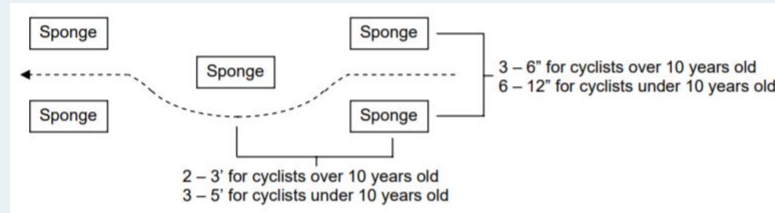
- ❑ Use a hose, the edge of your driveway, a broom, sidewalk chalk or any other household object to create a straight line. Beginning at one end, have your child ride as slow as possible without leaving their “lane”, putting a foot down or running into anyone else.

Intermediate Skills for ages 8+

All of the Basic Skills, plus:

- **Rock dodge**

The purpose of the rock dodge is to help riders develop control and balance, while practicing avoiding hazards. See the diagram below for a suggested set up.



- ❑ Children are to ride straight toward the object and steer around it at the last moment.
- ❑ They should steer by turning the handlebars first one way (to avoid the object), then turning back the other way to put the bike back in the intended line of travel.
 - ❑ The biggest mistake people make with this exercise is not going fast enough toward the obstacle, or making the maneuver too slowly. It is designed to simulate a situation where a cyclist is traveling at a good speed down the roadway and suddenly encounters an obstacle. It happens fast, and can't be practiced at a snail's pace. The placement of pairs of sponges close together is designed to make sure the cyclist doesn't simply make a big swerve around the "rock."

An alternative to the Rock Dodge is to set up a slalom course.

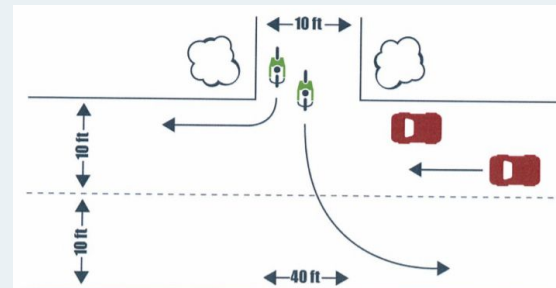


Intermediate Skills continued

• Danger Driveway

Most bicycle accidents happen at driveways or intersections. Remind your child that they must always look: Left, Right, Left before pulling out of a driveway, onto a street or going through an intersection.

- ❑ Danger Driveway is best set up with an extra person on hand to act as “traffic”.
- ❑ Have your child ride to the end of the driveway* and stop. They should look left, right, left.
 - ❑ If using a second person, have them act as traffic. They can hold up a picture of a car, a sign that says “CAR” or an object you’ve chosen to signal that there is traffic. (Be sure to explain this to your child beforehand so that they know what they are looking for.)
 - ❑ When the “traffic” object is held facing the driveway, that signifies that there is oncoming traffic. When the object is down or facing away from the driveway, that will signify that the coast is clear.
- ❑ Riders should signal which direction they will be turning before pulling into the street.
 - ❑ Novice riders should practice exiting the driveway and turning with traffic. Riders with more experience may begin practicing turning across traffic.



How did your child do?

- ❑ Did your child come to a complete stop at the end of the driveway?
- ❑ Did they look left, right left before pulling into the street?
 - ❑ If there was traffic, did they look left, right left *again* after the traffic passed?
- ❑ Did your child use the proper hand signal before entering the street?
- ❑ Did your child end up on the correct side of the street? (Riding with traffic, not against)

Have your child continue practicing until they are safely exiting the driveway without reminders or help from an adult.

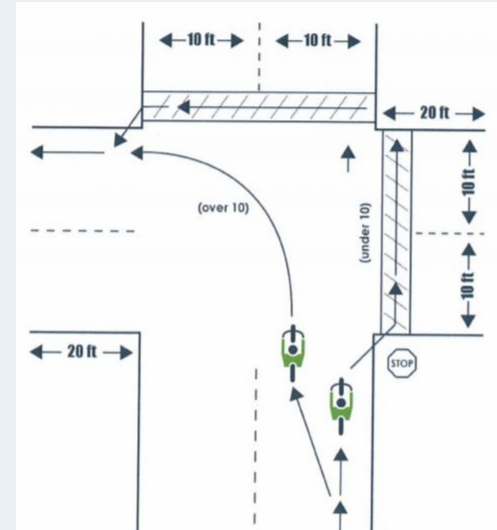
Intermediate Skills continued

Neither Danger Driveway nor Crazy Crossroads need to be done in a driveway or in the street. Please feel free to use any area of your yard or a parking lot to practice in. Use household objects to mark the end of the “driveway” or an intersection.

• Crazy Crossroads

Children should learn to negotiate intersections safely by stopping, scanning for traffic, being seen, and signaling, if necessary, before going through an intersection.

- ❑ Have your child approach the intersection. They should slow down before the stop sign so that they are able to check the sidewalks and crosswalks for pedestrians.
 - ❑ Riders should stop and wait *behind* the crosswalk line if there are pedestrians ready to cross.
- ❑ Your child should then pull far enough forward to get a good view of traffic and position their pedals for a power start.*
 - ❑ If using a second person, ask them to act as “traffic” again.
- ❑ Once the intersection is clear your child should use the proper hand signal and then cross the intersection.*
 - ❑ *Children under 10 should walk their bicycles across the intersection at each crosswalk, using left hand turns. (i.e. A child “turning” left at an intersection will first walk their bike straight across the street, and then turn left and again walk their bike straight across the street.)



Intermediate Skills continued

- ❑ Novice riders may begin with turning the same direction as traffic, working up to going straight at the intersection, and then finally turning left at the intersection.
 - ❑ Riders making a left-hand turn at an intersection should position themselves on the left side of their lane, as shown in the diagram on the previous page.

How did your child do with Crazy Crossroads?

- ❑ Did your child slow down prior to the intersection and look for pedestrians?
- ❑ Did your child stop prior to the stop sign (if they did not have to stop at the crosswalk)?
- ❑ Did they move to where they can see and be seen?
- ❑ Did they look left, right left?
 - ❑ If there was traffic, did they look left, right, left *again* once it passed?
- ❑ Did your child position their bike pedals for a power start?
- ❑ Did your child use proper hand signals?
- ❑ If your child made a left hand turn, did they position themselves in the left-hand side of their lane prior to turning?

Advanced Skills for ages 10+

All of the Basic and Intermediate Skills, plus:

- Put it all together
- A section of street closed to traffic for a realistic component

John Beck Elementary

Backyard Bike Rodeo

CERTIFICATE OF PARTICIPATION
HAS BEEN AWARDED TO

ON THIS DAY OF , 2020



Mrs. Lisa Bonfield
Principal

Parent/Guardian