

DON'T THUMP YOUR MELON™

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YOUR TOWN, YOUR RODEO

Bike Rodeo

INSTRUCTOR GUIDE



DRIVESAFESD.COM



What's it all About

Bike Rodeos are a community outreach education activity for "Don't Thump Your Melon", a South Dakota Department of Public Safety and SD EMS for Children program.

This information is designed to help you instruct and encourage bicycle helmet use and safe cycling. The philosophy of the kit is: 'Your Town – Your Rodeo'.

Thank you for your interest and for taking the time to use the materials to keep your community safe!

Skills to Be Taught

- Bike Rodeos are a fun and safe way to teach and practice the following skills:
- Scanning for traffic without weaving
- Turning
- Maneuvering
- Balance
- Braking
- Helmet Safety
- Rules of the Road

Getting Started

Get Volunteers - 15 to 20 depending on how many skill stations you opt to include. We recommend recruiting from local service organizations, businesses, community groups or church groups.

Additional Volunteers - invite local bike shop personnel or mechanics to handle bike inspections and law enforcement to handle bike registrations. Talk to groups for volunteers to take pictures of the event and the refreshment area (if you opt for one).

Choose a Suitable Location - this will depend on the number of skill stations you opt to include but it should be about the size of a playground. We recommend a local elementary school (someplace with a solid surface like blacktop or cement).

Choose a Date and Time - setup for the rodeo typically takes about an hour if your volunteers set up and take down their own area. If you expect 50+ children to attend, set up will be about an hour and a half.

Solicit Sponsors - if you opt to have prizes, ribbons or certificates for the participants or if you want publicity, food or water for the participants.

Assemble Materials - signs identifying the different areas (stations) of the rodeo will need to be made, instructions for each skill station volunteer (we recommend making copies of the skill station instructions in this kit) and any forms you opt to send home with the participants.

Decide on Participant Awards or Recognition - if you want to give participant certificates or prizes for completing the course, small items such as water bottles, reflectors and coupons to local restaurants work well.

Assign a Bookkeeper - it is helpful to have someone track the number of participants expected and the costs incurred along with the amount of time and materials donated or purchased.

Bike Rodeo Materials

Suggested items for a Bike Rodeo:

- 18 small orange cones
- Bike helmets
- Bike Rodeo Station signs
- Sidewalk chalk or spray chalk
- 2 tape measures – 50 feet minimum
- String
- Tables
- Chairs
- 10 – 12 pens
- First Aid kit
- 10 small sandbags

Bike Rodeo Stations

***Station 1 - Registration/Welcome**

Set this station up in a large area because it will be congested. The participants and volunteers will assemble here to receive overall course instruction, review basic rules for your rodeo, and explain the course layout. If possible, 2 volunteers are helpful here. Be sure there is a sign identifying this as stop #1 for participants and volunteers.

***Station 2 - Bike Helmet Fitting**

This station will ensure that each participant has a bike helmet and that it fits properly. The volunteer at this station needs to be proficient in the requirements of a properly fitting bike helmet. Instructions are provided at the back of this kit. Be sure to create a sign identifying this station.

Station 3 - Bicycle Registration

This station will be set up to register the participant's bicycles with local law enforcement.

Station 4 - Bicycle Inspection

If it is possible, have 2 volunteers working this station because it is time consuming. A local mechanic or bike shop employee will typically have a good understanding of this station's activities. They will give a quick and efficient inspection of each bike (see copy of bike inspection checklist at the back of this kit for ideas). Don't forget the sign identifying this station.

***Station 5 – Skill Stations 1 – 8**

Station 5 will include instructions for the Skill Stations (opt to use all 8 stations or pick and choose what will work for volunteers). This is the station where volunteers who are working the skill stations will come to get directions on the expectations for them (we recommend laminating a copy of the instructions in this kit for each group of skill station volunteers). If possible, have 2 people at each skill station; one to explain the purpose of the station to participants, one to help participants proceed with the skill and both to watch for safety issues.

Bicycle Inspection Check List

NAME: _____

ITEM INSPECTED	SAFE	UNSAFE	ITEM INSPECTED	SAFE	UNSAFE
Handle Bars	<input type="checkbox"/>	<input type="checkbox"/>	Rear Wheel	<input type="checkbox"/>	<input type="checkbox"/>
In line with wheel	<input type="checkbox"/>	<input type="checkbox"/>	Runs true and round	<input type="checkbox"/>	<input type="checkbox"/>
Tightly fitted	<input type="checkbox"/>	<input type="checkbox"/>	Spoke condition	<input type="checkbox"/>	<input type="checkbox"/>
Grips tight	<input type="checkbox"/>	<input type="checkbox"/>	Inflated properly	<input type="checkbox"/>	<input type="checkbox"/>
Tubing ends covered	<input type="checkbox"/>	<input type="checkbox"/>	Tread condition	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	Wheel center in fork	<input type="checkbox"/>	<input type="checkbox"/>
Brakes	<input type="checkbox"/>	<input type="checkbox"/>	Seat	<input type="checkbox"/>	<input type="checkbox"/>
Coaster brake stops	<input type="checkbox"/>	<input type="checkbox"/>	Proper height	<input type="checkbox"/>	<input type="checkbox"/>
quickly and evenly within			Tight	<input type="checkbox"/>	<input type="checkbox"/>
a 20-degree back			Condition	<input type="checkbox"/>	<input type="checkbox"/>
pressure					
Hand brakes	<input type="checkbox"/>	<input type="checkbox"/>	Crank Assembly	<input type="checkbox"/>	<input type="checkbox"/>
Cable Condition	<input type="checkbox"/>	<input type="checkbox"/>	Chain tension	<input type="checkbox"/>	<input type="checkbox"/>
Stops quickly/evenly	<input type="checkbox"/>	<input type="checkbox"/>	Chain condition	<input type="checkbox"/>	<input type="checkbox"/>
Pad condition	<input type="checkbox"/>	<input type="checkbox"/>	Sprocket Teeth	<input type="checkbox"/>	<input type="checkbox"/>
	<input type="checkbox"/>	<input type="checkbox"/>	Pedal tread	<input type="checkbox"/>	<input type="checkbox"/>
Lights and Reflectors	<input type="checkbox"/>	<input type="checkbox"/>	Pedal tight	<input type="checkbox"/>	<input type="checkbox"/>
Ample refelectors on back	<input type="checkbox"/>	<input type="checkbox"/>	Chain guard present	<input type="checkbox"/>	<input type="checkbox"/>
Working light on front	<input type="checkbox"/>	<input type="checkbox"/>	Chain guard tight	<input type="checkbox"/>	<input type="checkbox"/>
Remove dirt/dust	<input type="checkbox"/>	<input type="checkbox"/>			
	<input type="checkbox"/>	<input type="checkbox"/>	Frame	<input type="checkbox"/>	<input type="checkbox"/>
Frame	<input type="checkbox"/>	<input type="checkbox"/>	Straight	<input type="checkbox"/>	<input type="checkbox"/>
Straight	<input type="checkbox"/>	<input type="checkbox"/>	Cracks	<input type="checkbox"/>	<input type="checkbox"/>
Cracks	<input type="checkbox"/>	<input type="checkbox"/>			
	<input type="checkbox"/>	<input type="checkbox"/>			
Front Wheel	<input type="checkbox"/>	<input type="checkbox"/>			
Runs true and round	<input type="checkbox"/>	<input type="checkbox"/>			
Spoke condition	<input type="checkbox"/>	<input type="checkbox"/>			
Inflated properly	<input type="checkbox"/>	<input type="checkbox"/>			
Tread condition	<input type="checkbox"/>	<input type="checkbox"/>			
Wheel center in fork	<input type="checkbox"/>	<input type="checkbox"/>			

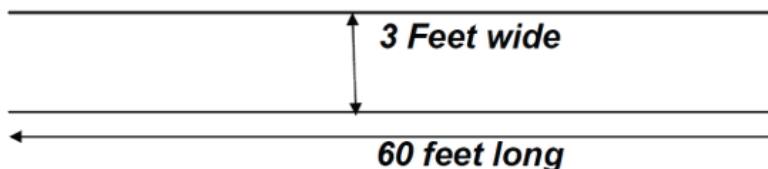
Remarks



SKILL STATION 1

Mounting and Dismounting

3 FEET WIDE 40 TO 60 FEET LONG



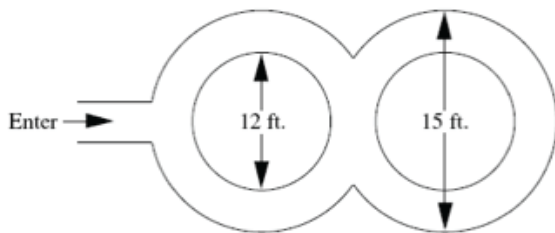
PURPOSE: To test starting and stopping while maintaining control. Rider must mount, steer bike without losing balance or swerving out of the lines, and then dismount.



SKILL STATION 2

Circling and Changing Direction

Inner circle is 12 feet in diameter; outer circle is 15 feet in diameter, providing for a 1.5 foot lane. To draw the circles, a person holds a six-foot length of string in one spot, and the other drawer pivots around the center point with the chalk until a complete circle is made. Using the same center point, use a 7 ½ foot string, except do not complete the circle



To draw the other half of the course, hold the 7 ½ -foot string on the outer edge of the inner circle. After extending it completely, mark an "X" at the end of the string. This is the center point for the second set of circles. Repeat instructions for the first set.

PURPOSE: To test balance and steering control while changing directions. Rider should start to the right and maneuver through the circles in a figure eight.



SKILL STATION 3

Straight Line Control

The lane is 60 feet long and six to eight inches wide. There should be 20 feet available in front of the start of the lane for the rider to balance, but it doesn't need to be marked. Reduce the length if space is limited. Place the small cones on the outside of the lane at 10-foot intervals.



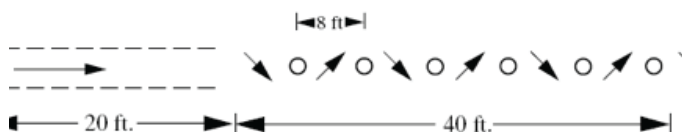
PURPOSE: To test balance and steering coordination. The rider should be able to ride in a straight line, without veering over the lines or putting a foot down to balance.



SKILL STATION 4

Weaving and Maneuvering

There is no marked lane for this test, but you may want to mark the cone placement in case they are moved. Cones should be placed eight feet apart. Riders should have 20 feet of starting room before the first cone.



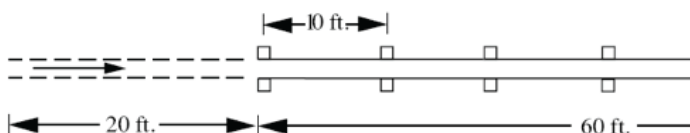
PURPOSE: To test balance, steering control, and the rider's ability to judge distance. The rider shouldn't hit any obstacles and should weave alternately to the right and left.



SKILL STATION 5

Stopping Ability

The lane should be 60 feet long and three feet wide. A cross mark should be at 50 feet. If space is limited, this test can be on the same lane as skill station 3.



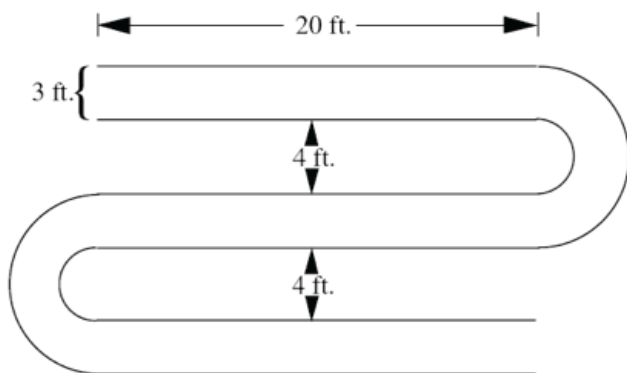
PURPOSE: To test judgment and braking control. Rider should ride through the first 50 feet and be able to bring the bike to a complete stop before touching either foot to the ground within the last 10 feet.



SKILL STATION 6

Short Radius Turning

The lane is three feet wide with each straight section 20 feet long. Draw all straight sections first and then connect them with an arc. Each lane is separated by four feet.



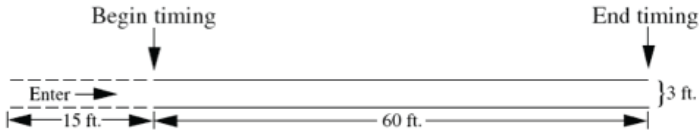
PURPOSE: To test balance, speed control, and steering coordination. Rider should maneuver through the course without veering over the lines or putting a foot down to balance.



SKILL STATION 7

Slow Speed Control

The lane is 60 feet long and three feet wide. A 15-foot running lane should be provided but does not need to be marked. If space is limited, this skill can be done on the course at station 1.



PURPOSE: To test speed control and balance. The rider should maneuver the bike at a slow speed, requiring at least 30 seconds from start to finish. Write the time on the checklist.



SKILL STATION 8

Hand Signals

It is important that each participant understand the Rules of the Road. It is vital that they communicate with other traffic what their intentions are **BEFORE** they change directions or move from the path they are on. You can use the following script for this station: “Never change direction or change lanes without first looking behind you and using the correct hand signals. That way everyone knows where you’re going. Use your left arm for all hand signals. To indicate you’re making a **left turn**, hold your arm straight out to the left; to indicate a **right turn**, bend your elbow, holding your arm up in an “L” shape; and before you **stop**, bend your elbow, pointing your arm downward in an upside down “L” shape.



STOP



LEFT TURN



RIGHT TURN

Easy Steps to Properly Fit a Bicycle Helmet

It's not enough to simply buy a bicycle helmet – it should be properly fitted, adjusted, and worn each time you ride.

The Proper Helmet Fit

Helmets come in various sizes, just like hats. Size can vary between manufacturers. For the most comprehensive list of helmet sizes according to manufacturers, go to the Bicycle Helmet Safety Institute (BHSI) site: <http://www.danscomp.com/products/charts/helmetchart.htm>

To select and properly fit a bicycle helmet, follow the helmet fitting instructions in this flyer.

It may take some time to ensure a proper fit.

It is easier if you have someone help you adjust the straps.

Step 1 Size:

Measure your head for approximate size. Try the helmet on to ensure it fits snugly. While it is sitting flat on top of your head, make sure the helmet doesn't rock side to side. Sizing pads come with new helmets; use the pads to securely fit to your head. Mix or match the sizing pads for the greatest comfort. In your child's helmet, remove the padding when your child's head grows. If the helmet has a universal fit ring instead of sizing pads, adjust the ring size to fit the head.



Step 2 Position:

The helmet should sit level on your head and low on your forehead—one or two finger-widths above your eyebrow.



Step 3 Buckles:

Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. This task is easier if you take the helmet off to make these adjustments.



Step 4 Side Straps:

Adjust the slider on both straps to form a "V" shape under, and slightly in front of, the ears. Lock the slider if possible.



Step 5 Chin Strap:

Buckle your chin strap. Tighten the strap until it is snug, so that no more than one or two fingers fit under the strap.



Step 6 Final Fitting:

- A. Does your helmet fit right? Open your mouth wide...big yawn! The helmet should pull down on the head. If not, refer back to step 5 and tighten the chin strap.
- B. Does your helmet rock back more than two fingers above the eyebrows? If so, unbuckle, shorten the front strap by moving the slider forward. Buckle, retighten the chin strap, and test again.
- C. Does your helmet rock forward into your eyes? If so, unbuckle, tighten the back strap by moving the slider back toward the ear. Buckle, retighten the chin strap, and test again.
- D. Roll the rubber band down to the buckle. All four straps must go through the rubber band and be close to the buckle to prevent the buckle from slipping.

www.nhtsa.gov

NHTSA

When to Replace a Helmet.

Replace any helmet that has been involved in a crash, or is damaged.

The Helmet Should Fit Now.

Buy a helmet that fits your head now, not a helmet to “grow into.”

Replace any helmet that has been outgrown.

The Helmet Should Be Comfortable.

If it feels small, put in the thinner sizing pads or purchase a larger helmet. Ideally, select a helmet brand and size that fits well prior to any adjustments. If you buy a helmet that you find comfortable and attractive, you are more likely to wear it.

The Helmet Must Cover Your Forehead.

The Chin Strap Must Be Tight and Properly Adjusted.

The Helmet Should Not Rock Forward or Backward on Your Head.

If it does, see step 6.

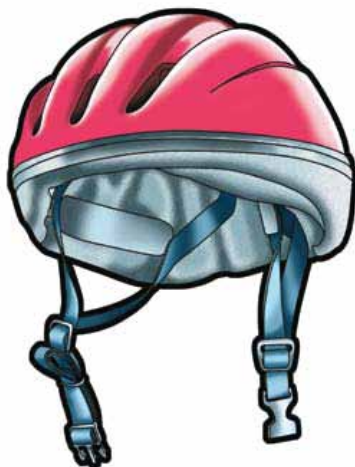
A bicycle helmet can protect your head and brain ONLY if you wear it each time you ride!

Helmet Laws

Many States and local jurisdictions have bicycle helmet laws; please refer to your State or local jurisdiction. To find this information go to www.helmets.org/mandator.htm

A bicycle crash can happen at any time. A properly fitted bicycle helmet reduces the risk of head injury by as much as 85 percent and the risk of brain injury by as much as 88 percent.

More children age 5 to 14 go to hospital emergency rooms for injuries associated with bicycles than with any other sport. Many of these injuries involve the head. Helmet laws ensure the safety of our children.



Model Safe Behavior

Everyone — adult and child — should wear bicycle helmets each time they ride. Helmets are the single most effective way to prevent head injuries resulting from bicycle crashes. Wearing a helmet each ride can encourage the same smart behavior in others.

Helmet Certification

Buy a new helmet that has been tested and meets the uniform safety standard issued by the U.S. Consumer Product Safety Commission (CPSC); use an old helmet only if it has a seal from one or more of the voluntary bicycle helmet standards, such as ASTM, Snell, or ANSI. Look for the certification seal labeled on the helmet.

DOT HS 810 600
April 2006



**For more information on bicycle safety, visit the
National Highway Traffic Safety Administration
(NHTSA) Web site at: www.nhtsa.dot.gov**

www.nhtsa.gov
NHTSA

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