

Children's Bicycle Rodeo

Saturday, July 28, 2018

Starting at 9 a.m. in the Winebrenner Parking Lot

Station 1-Registration.

- Collect waiver forms from parents or get them to complete a form
- Put names of children in a bucket for the helmet drawing

Station 2-Bicycle Safety Check

- Check height of seat
- Check position of handle bars
- Check brakes, have child demonstrate
- Check tire pressure

Station 3-Trooper Myers

- Helmet safety and fit
- Rules of the road
- Signaling

Station 4-Helmet Drop

- Doctor drops melon in helmet (melon should not break)
- Doctor drops melon without helmet and melon should be damaged
- Doctor explains how a brain injury affects a child's developing brain

Course 1-Three circles with hashmarks, four people holding STOP signs

- Two children start in opposite directions, must yield to bike on right
- Children must stop for "pop-up" STOP signs within hashmarks
- Children must stay within the cones

Course 2-Pedal and Coast

- Children pedal until marked location
- Must glide to second location

Course 3-Drop balls in buckets

- Children get basket clipped to handlebars filled with 4 tennis balls
- Children ride a course and must drop (not throw) balls into buckets in zig-zag course

Course 4-Straight line (optional)

- Children must ride foot-wide lane without hitting cones