



Bicycle Rodeo Program



**UTAH EMERGENCY MEDICAL SERVICES FOR
CHILDREN & UTAH HIGHWAY SAFETY OFFICE**



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Overview & Purpose

The Utah EMSC Program currently has two bicycle rodeo trailers available for no charge. The organization checking out the trailer is responsible for towing the trailer to their event and returning it back to the Utah Highway Safety Office. Upon request, each trailer will include up to three new bicycle helmets to be given away. Upon returning the trailer please let the person that helps you with the trailer know the number of helmets that were given away and how many participants went through the rodeo.

Goals

1. Promote and increase injury prevention efforts by EMS agencies. In order to checkout it is recommended that the request come through the EMS agencies within the area or from the local Safe Kids Coalition or Chapter. This will increase involvement of EMS and create new partnerships for injury prevention efforts.
2. Increase bicycle helmet use, specifically for elementary school age children. Studies have proven increasing helmet usage has reduced the severity of head injuries resulting from bicycle crashes.
3. Teach bicycle street safety such as riding with traffic, obeying traffic signs, and using hand signals.

Preparing for the Rodeo -

The bicycle rodeo program is designed to provide a tool for public safety to increase helmet usage and to teach children how to ride safely. The target audience is elementary school age children 2nd through 6th grade, though it may be used for younger children.

1. Reserve the bicycle rodeo trailer as soon as event date is determined
2. **Helmets** are required to ride on the course. If the child does not have a helmet, he or she may borrow one. See Bike Rodeo Instructions for more detail.
3. You will need at least 7-10 people to run the Bike Rodeo: PTA, teachers, EMS, fire departments, police departments, department stores or Sake Kids coalitions are a few organizations that may provide additional personnel to help with the event. Older teenagers can help too.
4. Consider purchasing drinks/snacks for your volunteers and providing shade on hot days

Facility or Course Area

- Course area should be level and hard surfaced. School playgrounds or parking lots are best. Dirt lots or grassy areas do not work well for riding.
- Arrange for the facility or course area before the course
 - Course is approximately 120 feet by 120 feet
 - There should be no playground equipment or cars parked in the bicycle rodeo area. Ensure the owner of the parking lot or school principal is aware of this.
- Marking lines for maneuvers are done with spray chalk (provided in trailer). It will wash off with the next rainstorm or you may be required to wash it off after the course. Please check with the parking lot owner or school principal to make sure it is okay to use spray chalk. If not, you can use sidewalk chalk.

Advertisement

- Create a flier to inform people of your event
 - Send home with school children describing the event
 - May be posted at schools, stores, or community buildings
- Social media, local journals and radio advertising are other ways to get the word out

Additional Considerations

- **Bicycle inspections** provide a great service but must be done by an expert. Check with bicycle shops or law enforcement.
- Contact the agency that is in charge of **registering bicycles** (police, fire department, etc.) and see if they will provide this service.
- If you are providing a **certificate of achievement, card completion, or bicycle driver license**, you will need to make these up before the event.

Bike Rodeo Instructions

Basic Skills to be taught:

- hand signaling
- braking
- balancing
- weaving
- turning
- learning traffic signs
- checking for traffic

Bicycles should be the right size. To make sure the bicycle fits, have the child straddle the bike holding onto the handle bars and see if their feet can touch the ground flat.

Helmets are required to ride on the course. If the child does not have a helmet he/she may borrow one. Please use surgical caps when using EMSC helmets. Make sure they are wearing them correctly. (They should fit level on top of the head, with the front low on forehead B about one inch above eyebrows. Chin straps should be tight. See Helmet Fit test on page 9.

Note: EMSC helmets should be disinfected after each event with spray. Surgical caps should be thrown away.

Encourage children to practice skills they have difficulty with. If time permits, have them repeat each problem area.

Workers/Helpers should be trained on basic bicycle skills, laws, and rodeo procedures. They should know which skill they will be monitoring and exactly what they are supposed to teach. One person may monitor no more than two skill stations. Workers/helpers should be distinguished from observers and participants, if possible. Suggestions: wear matching tee shirts, hats, stickers, vests or uniforms.

Setting Up Course

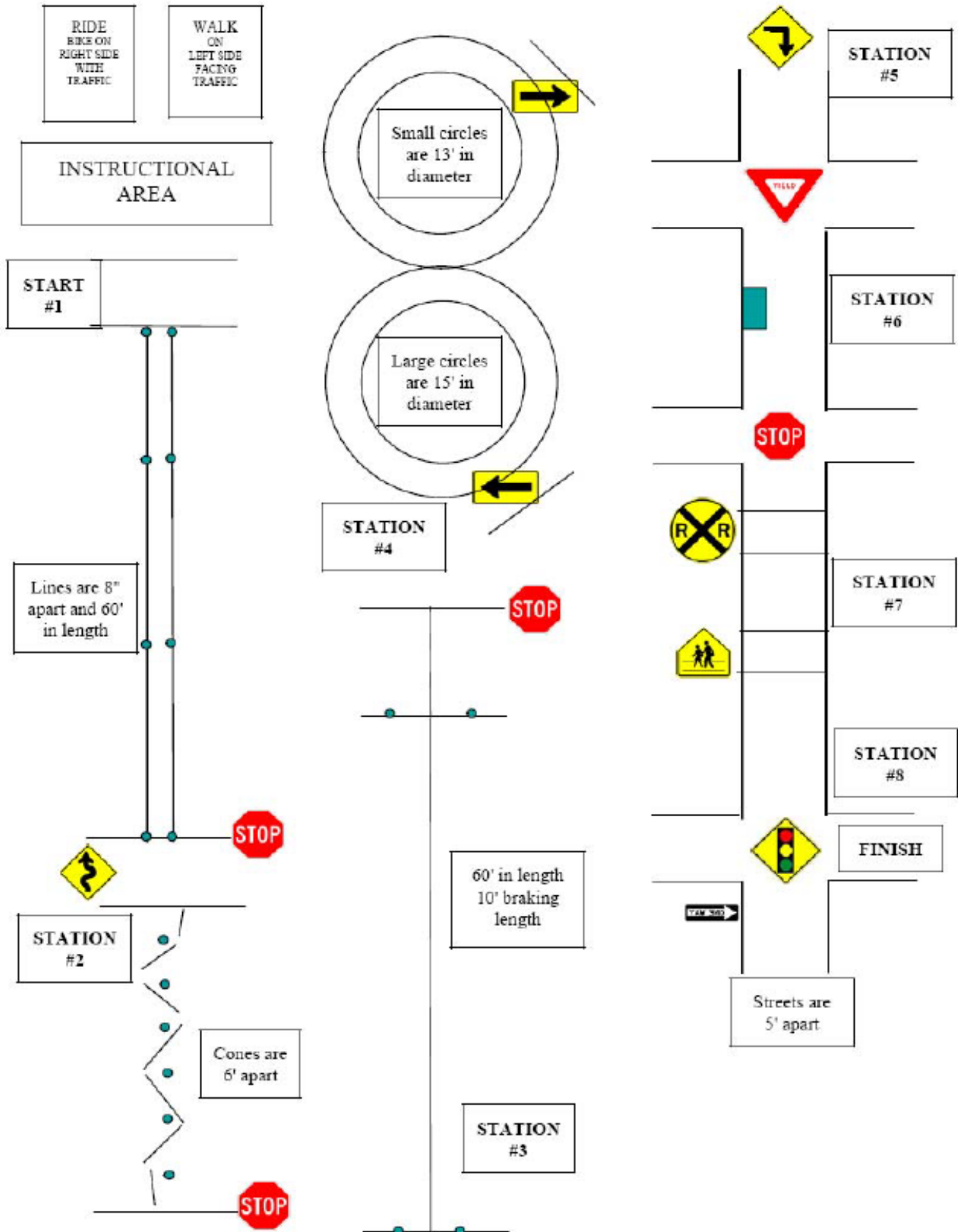
Sample Course Layout is attached to trailer door. Skill stations can be switched around to accommodate areas that are different in shape and size, or some stations may have to be eliminated if space is limited.

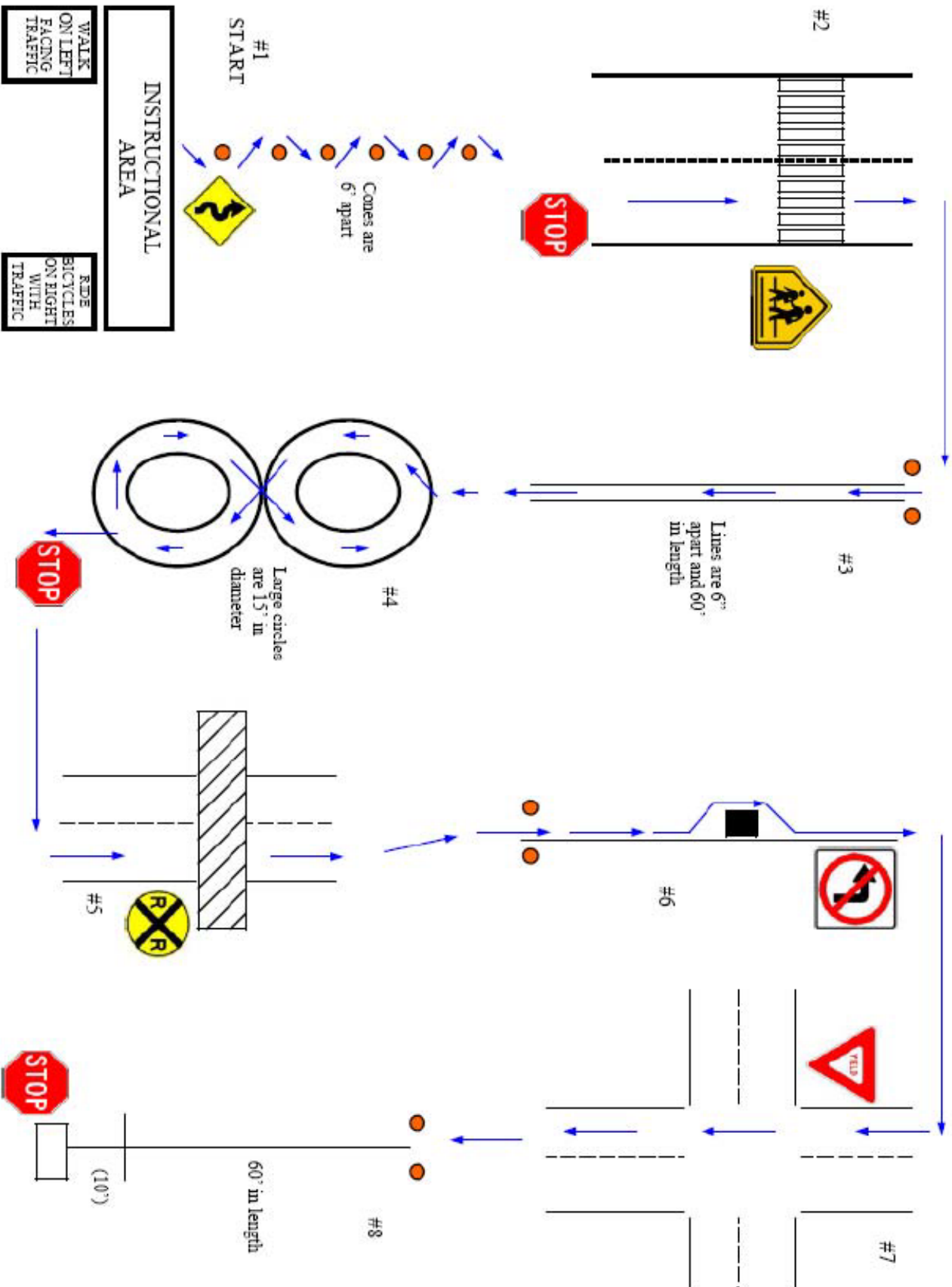
Course Area should be level and hard-surfaced. School playgrounds, parking lots, or seldom used streets that can be blocked off for several hours are suitable.

Mark lines for maneuvers with chalk or gaffers tape/masking tape. Traffic cones can be used to mark off rodeo area and used in lieu of chalk or tape with some of the skills.

Spacing is very important. Make sure there is enough space allowed at each station so maneuvers can be completed easily (weaving around cones, circling, balancing, etc.) Make sure there is enough space between stations to accommodate waiting children. (See course map for suggested measurements.)

Windy conditions can cause signs to blow over and break off. To prevent this, place a brick on a wooden stand to anchor.



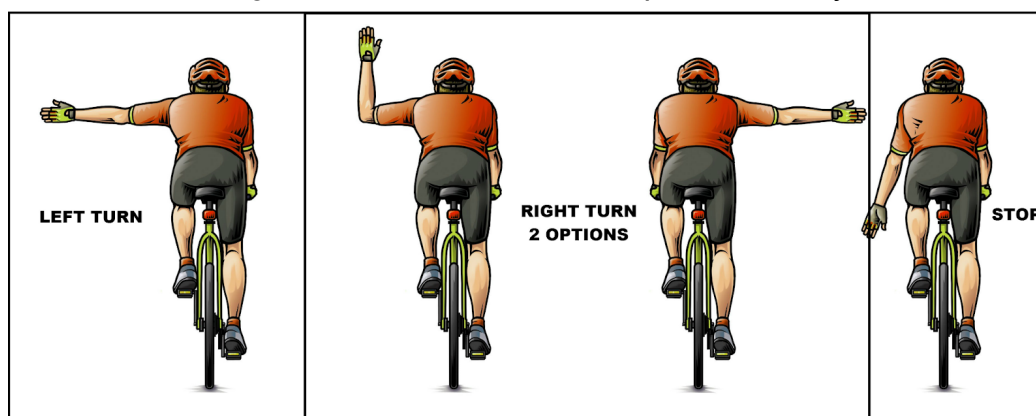


Skill Stations

Entrance/Instruction Area

Before starting it is important that children understand exactly what is expected of them.

- Explain the rules you have set up
- Explain each skill and what they will need to accomplish
- Demonstrate hand signals and have the children practice with you



- Make sure they understand the meaning of all traffic signs (yield, stop, etc.)
- Read regulatory signs (RIDE BICYCLES on RIGHT with traffic and WALK on LEFT facing traffic) and explain meaning
- Make sure helmets are worn correctly (See Helmet Fit Test on page 9)

Skill Station - Balancing

Purpose: To teach balance and control while riding at low speeds

Have children ride at slow speed and try to stay between the lines without touching feet to the ground or crossing over a line. Encourage children to look straight ahead.

At STOP sign have children stop, look left, right, and left again before going to the next skill station.

Skill Station - Control (Weaving)

Purpose: To teach control, coordination, and ability to maneuver

Before starting explain what CURVED sign means. (There is a curved road ahead.) Have children weave around the cones (or obstacles) in a zigzag fashion without touching them.

At STOP sign have children stop and give proper hand signal and proceed to next skill station.

Skill Station - Braking

Purpose: To teach how to stop quickly and how to judge stopping distance

Have children ride at normal speed, at the first line apply brakes to stop with their front tire ending at the second line. Neither foot can touch the ground until they stop, and they should not skid or wobble.

NOTE: Explain if they go past the line they should apply their brakes harder; if they stop before the line, they should apply their brakes lighter. If time permits, have them try it again if they missed the mark.

At STOP sign have children stop, look left, right, and left again before going to the next skill station.

Skill Station - Circling

Purpose: To teach balance, ability to circle and change direction

Have children ride at slow speed between the double lines in the circles or figure eight without stopping or touching the lines.

Skill Station - Yield

Purpose: To teach proper hand signals, safety behavior at intersections, and knowledge of signs

Have children practice hand signals (intersections are where they use hand signals most):

MUST SIGNAL WITH LEFT HAND

Explain the meaning of the YIELD sign. (They do not have to stop if there are no cars coming, but they must stop if they see any cars.) Have children ride to intersection, look left, right, and left for cars, then go straight through the intersection. Have them repeat the skill, only this time have cars in the intersection. Make them stop and walk their bikes across. (Have a worker pretend to be an automobile.)

IMPORTANT! Explain to children that they should ALWAYS walk their bikes across busy streets.

Skill Station - Checking for Traffic, Stop, and No Left Turn Sign

Purpose: To teach balance, ability to react quickly, and proper hand signals

Have children ride at slow speed, look over their left shoulder (for traffic) before maneuvering around object placed in the path.

Explain the meaning of the STOP and NO LEFT TURN sign. Have children ride to intersection and stop and move to the cross walk, look left, right, and left for cars. Make sure they walk their bikes across the intersection.

Skill Station - Railroad Crossing and School/Pedestrian Crossing

Purpose: To teach how to cross a railroad crossing and to teach correct behavior toward pedestrians

Have children stop at railroad crossing and get off their bikes. Explain what RAILROAD sign means, (Railroad crossing ahead). Before crossing make sure they look both ways and walk their bicycles across the tracks.

Have children stop at crosswalk. Explain what SCHOOL CROSSING sign means (A place where school children and others can cross). Tell them they must always stop for people crossing the street. If possible, have someone in the crosswalk to make it more realistic.

Explain that this rule also applies when riding on the sidewalk. They must always stop for people using the sidewalk.

Skill Station - One-way road

Explain meaning of ONE-WAY sign. Have children give proper hand signal before turning to next skill area.

Fitting Your Bike Helmet

Buy it. Fit it. Wear it.
EVERY RIDE!

The Proper Helmet Fit

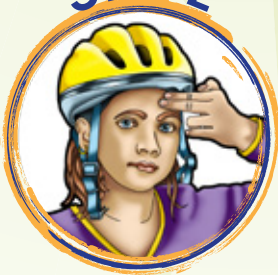
Helmets come in various sizes, just like hats. Size can vary between manufacturers. Follow the steps to fit a helmet properly. It may take time to ensure a proper helmet fit, but your life is worth it. It's usually easier to look in the mirror or have someone else adjust the straps. For the most comprehensive list of helmet sizes according to manufacturers, go the Bicycle Helmet Safety Institute (BHSI) Web site at: www.bhsi.org/.

STEP 1

Size:

Measure your head to find your size. Try on several helmets in your size until one feels right. Now put the helmet level on your head and adjust the sizing pads or fit ring until the helmet is snug.

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 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 3



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 6



Final Fitting:

A. Does your helmet fit right? Open your mouth wide...big yawn! The helmet should pull down on your 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 and shorten the front strap by moving the slider forward. Buckle and retighten the chin strap, and test again.

C. Does your helmet rock forward into your eyes? If so, unbuckle and tighten the back strap by moving the slider back toward the ear. Buckle and 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.

STEP 4



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.

Bike Rodeo Trailer Towing & Check-Out Information Sheet

During the spring, summer and early fall, the bicycle rodeo trailers are used frequently. Therefore it is important that the trailer be picked up and returned on time. If you have any questions please contact the Utah Highway Safety Office, Amy Winkler at 385-296-8809 or the Emergency Medical Services for Children Program at 801-273-6676.

It is the responsibility of the group reserving the trailer to tow the trailer to their event and to return it to the Utah Highway Safety Office located at 4501 South 2700 West in Taylorsville, Utah. The trailers are stored in the parking lot to the north of the Calvin Rampton Complex.

Vehicle Requirements for Towing the Trailer

The bike rodeo trailer is an 18' enclosed cargo trailer and weighs approximately 4500 lbs. The trailer is equipped with electric trailer brakes. It is highly recommended that the individual towing it have some previous experience with hooking up and towing a trailer.

The following are requirements for towing the trailers:

- 1/2 ton full wheel base vehicle with sufficient factory rated towing ability
- Mid-size and larger SUVs with sufficient factory rated towing ability
- Class III or IV trailer hitch with 2" receiver slot
- The trailer comes with a 2" adjustable receiver with a 2 5/16" ball to pull the trailer
- Seven-way slotted trailer plug

Recommendations for the towing vehicle:

- Electronic trailer brake controller
- Extended mirrors

Instructions for hooking up the trailer and returning the trailer

Hooking up the trailer:

- The group or individual taking the trailer should arrange a time to come to the Highway Safety Office to pick up the trailer
- The group picking up the trailer should come with a minimum of two people; one for backing the vehicle and one for guiding the driver back to the trailer
- If the vehicle towing the trailer is not equipped with a 2 5/16" ball use the ball and receiver inside the trailer
- Remove the padlock from the hit mount latch (HSO staff will have the combination)

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- Using the trailer jack (the handle is kept inside the trailer), lower the trailer hitch mount onto the ball of the towing vehicle
 - Make sure the hitch mount latch is in the “up” or “open” position before lowering it onto the ball
 - Once the hitch mount is lowered onto the ball, turn the latch (this secures it to the ball)
 - Replace the pad-lock on the hitch mount latch
 - Connect the safety chains to the vehicle (if the chains hang down low enough that they will drag on the road, twist them around a few times before connecting to the vehicle)
 - Connect the trailer electrical plug up to the vehicle
 - Remove the wheel blocks from the trailer’s wheels and place them inside the trailer
 - Check to make sure the trailer’s brake lights, taillights and turn signals are functioning
 - Ensure that all equipment inside the trailer is securely fastened
 - Ensure both trailer doors (rear and side) are closed, latched and all pad-locks are locked
 - Do one final quick inspection to ensure that everything is ready to go

Unhooking the trailer:

- The group or individual with the trailer should arrange a time to bring the trailer back to the Highway Safety Office
- The group bringing the trailer back should come with a minimum of two people. One for backing the trailer and one for guiding
- Back the trailer into the spot where it was parked before
- Place tire-blocks under each tire on the trailer
- Undo the latch on the hitch mount
- Place bricks under the trailer jack (stacked at least two high and two side-by-side)
- Extend trailer jack to the point where the trailer hitch mount releases from the ball (this may require jumping on the rear bumper of the vehicle to get it to release from the ball)
- If the receiver and the ball belong to the trailer, remove them from the tow vehicle and put them inside the trailer
- Do a quick inventory of the trailer and its contents (an inventory list titled “Inventory Checklist–Participant Information Form” can be found in the back of the 3-ring binder)
- If there are any broken bikes or other equipment (i.e. signs, etc.), report this to the Highway Safety Office immediately
- Please report any other problems (or suggestions) to the Highway Safety Office Vulnerable Roadway Users Program Manager as well as an estimate of the number of bicycle rodeo participants and whether or not any new helmets were given away

