

# Host a Bike Rodeo

## *A How-To Guide*



## Acknowledgements:

This toolkit was adapted by: Laura Armstrong, Laura Dekroon and Rita Marshall of the Huron County Health Unit with permission from Safe Cycling Thunder Bay.

Coalition for Huron Injury Prevention received funding through Ministry of Transportation Ontario's Road Safety Challenge Grant and the Ministry of Health and Long Term Care's Healthy Kids Community Challenge.

### *Original Acknowledgements:*

This toolkit was made possible thanks to a generous grant from the Ontario Trillium Foundation. The toolkit has been created by Safe Cycling Thunder Bay, in partnership with EcoSuperior Environmental Programs and the City of Thunder Bay. Thank you to all the CAN-BIKE programs who participated in the research questionnaire, as well as members of the Thunder Bay and District Health Unit and the Northwestern Health Unit who assisted with research. Thank you to CAN-BIKE and Cycling Canada. Illustrations adapted from Ontario Ministry of Transportation's Young Cyclist's Guide. Credits: Researched, written, and edited by: Doug Diaczuk, Safe Cycling Program Coordinator, EcoSuperior Environmental Programs; Adam Krupper, Active Transportation Coordinator, City of Thunder Bay; and Stasia Starr, Public Health Nurse, Thunder Bay District Health Unit. Additional editing by Ellen Mortfield, Executive Director, EcoSuperior Environmental Programs.

To access the original document and learn about cycling education programs beyond Bike Rodeos, visit: <http://www.safecyclingthunderbay.com>

## Table of Contents

Section 1 - Introduction

Section 2 - Bike Rodeos

Section 3 - Logistics

Section 4 - Summary & Additional Resources

## Appendices

Appendix 1 - Waiver

Appendix 2 - Student Tracking Sheet

Appendix 3 - Sample Quiz

Appendix 4 - Sample Poster

Appendix 5 - Certificate of Completion



## Section 1

# Purpose of this How-To

This toolkit is designed to provide your community with the tools to set up a bike rodeo, based on CAN-BIKE course content. It will cover all aspects of setting up a program and how to make it sustainable.

## What is CAN-BIKE?

CAN-BIKE is a nationally-recognized cycling education program. Introduced in 1985 by the Canadian Cycling Association, CAN-BIKE has designed a series of cycling courses for youth and adults, as well as specialized instructor training. CAN-BIKE's values, which provide the foundation for cycling safety, include maneuverability, predictability, visibility, and communication. If you are interested in having a CAN-BIKE certified instructor help with your course, find more information on their website: <http://canbikecanada.ca/>

## CAN-BIKE Mission

The responsibilities of the cyclist on the road are outlined in CAN-BIKE's mission of MPVC:

- Maneuverability
- Predictability
- Visibility
- Communication

### Maneuverability:

CAN-BIKE teaches that cyclists should ride one metre from the curb. Not only does this make the cyclist more visible and part of the flow of traffic, it also allows the cyclist room to maneuver around road hazards and debris.

### Predictability:

By riding in a straight line and making all intentions known, cyclists are more predictable to other road users. This includes proper signaling, straight-line riding, and adhering to the rules of the road.

### Visibility:

Being as visible as possible will ensure that all other road users are aware of cyclists sharing the road. This includes

bright and reflective clothing, using a bell or horn on the bike, using clear hand signals, and riding on the road instead of the sidewalk.

### Communication:

Just as any other road user, the cyclist must make their intentions known by communicating with others. This is accomplished with proper hand signals, making eye contact with other road users, and other forms of body language

## Why are bike rodeos important?

The bike rodeo featured in this book is designed for ages 8 and up. This is an important age to reach as they are becoming more capable of biking on their own. The graph below shows bike related injuries in Huron County. By helping youth develop their skills and learn the rules of the road, you'll help change the story this graph tells. To ensure older youth are getting the message too, consider having them help teach the younger kids. You could also consider hosting a course aimed at older youth.

