

Bike Safety Rodeo Proficiency Stations

BALANCE STATION: Evaluates the riders ability to start and stop while maintaining control and balance. The rider must steer their bike without losing balance or swerving out of the lines and then dismount from their bike.

They will be evaluated for the following:

- ★ Riders will need to steer their bike in a straight line for a designated period.
- ★ Riders will need to keep their feet off the ground while performing the test.
- ★ Riders will need to safely stop and dismount from their bike.

AGILITY STATION: Measures the riders balance, steering control and ability to judge distance. The rider must ride their bike 20 feet and then weave alternately to the right and left without hitting any obstacles or touching their feet to the ground.

They will be evaluated for the following:

- ★ Riders will need to steer their bikes around a series of designated cones.
- ★ Riders will need to keep their feet off the ground while performing the test.

BRAKING STATION: Assesses the riders judgment and braking control. At the starting line the rider accelerates the bicycle to full speed. When the rider passes a set of cones, the rider should bring the bike to a complete stop within 10 feet.

They will be evaluated for the following:

- ★ Riders will need to bring their bike to a complete stop in the designated area.
- ★ Riders will need to keep their feet off the ground until coming to a stop.

RULES OF THE ROAD STATION: Measures the riders knowledge of hand signals, bike safety and proper bicycle locking.

They will be evaluated for the following:

- ★ Right turn hand signal
- ★ Left turn hand signal
- ★ Stop hand signal
- ★ Riders must park and lock bike properly

BIKE REGISTRATION STATION: Register your bike with the La Grange Police Department.