



# BIKE

# NWA

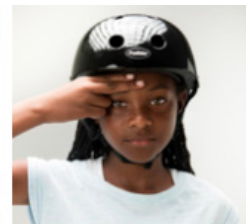
## BIKE CLUB FIELD GUIDE

### WEEK 1 GOALS: Procedures, rules and assessing riders

#### ESTABLISH WEEKLY PROCEDURES:

**\*\*Choose your favorite ice breaker game to get names and introduce volunteers (10 minutes)\*\***

- Establish procedures with getting bikes and helmets out, labeled, and fitted. (25-30 minutes)
- Make sure helmets and bikes fit each student as well as a safety vest, get them in the habit of always wearing these.
- Label helmets and bikes and mark proper seat height
- Determine a way for students to carry water and make sure anyone in need of a clothing or shoe change or a bathroom break has time for that
- Go through a reminder of the ABCD check



#### ESTABLISH RULES:

- No one straddles a bike without a helmet clipped on
- Roll away only after hearing the all-clear to do so
- Ride with a buddy (2 by 2) on group rides when room to do so
- Be aware, be safe (use signals, call out stopping and slowing, avoid running into others, don't try to do "tricks")



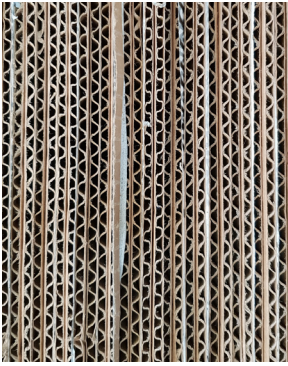
## SKILL DEVELOPMENT: RIDING TOGETHER, RIDER ASSESSMENT

Follow the leader ride on school campus (as much time as allows)

- One leader, one sweeper, and volunteers throughout as floaters, students may ride 2 x 2 where there is room. Pair them up, so everyone has a buddy. This helps keep track of everyone.
- This establishes a protocol for group rides, 2x2 ok in some cases (greenway or paved trail) but single file on neighborhood roads.
- Students should never pass the leader or fall behind the sweep
- Students learn to watch ahead and follow precisely where the leader goes
- Include stop signs and objects to maneuver around or over and make sure all riders are doing the same
- Call out slowing and stopping
- Watch for students having issues stopping or shifting
- Students need to leave 1.5 bike lengths between riders
- Make it fun, ride around some challenges or include a pool noodle for a limbo bar to ride under, get creative!

## WRAP UP

Leave ample time in the end for a recap on procedures and rules and to commend students for their riding before putting away bikes and helmets and dismissing to pick up.



## WEEK 2 GOAL: Braking control

**\*You will need cones, several sheets of cardboard, and a stop sign\***

### WEEKLY PROCEDURES:

- Snack distribution/fill water/bathroom break
- Get out equipment/ supplies
- ABCD check bikes

### WARM UP:

Follow the leader ride warm up (10 minutes or so) to remind of spacing and riding protocol.

### SKILL DEVELOPMENT: BRAKING

#### 1. Which brake does what?

- Position students in a line facing you dismounted with their bikes on their right side.
- Ask them to hold up the hand that operates REAR brake. (some of them will not know)
- Correct them and remind RIGHT=REAR LEFT=FRONT Have students pull the rear brake and walk forward. Note the bike still moves, but the wheel drags.
- Pull the front brake and walk forward and note that the bike tips forward.

#### 2. Braking Drill Challenge

- Set up a runway with the cones in a grassy area. Place a STOP sign in the last cone on the right.
- Demonstrate riding in a big circle and coasting through the cones and gently firmly squeezing brakes to come to a full stop.
- Students take turns riding through coming to a full stop in the cones without skidding.
- Add another cone for a progression and see if they can stop with their front wheel JUST touching that cone.
- Add another progression to see if they can come to a full stop and start again without putting a foot down. (This is for fun only and should not be practiced when riding in a group on the road)





## GAME: “BOX SLIDE”

- Choose terrain that is grassy, flat, or gently downhill.
- Set out two long sheets of cardboard with four cones on either side to create a runway.
- Demonstrate how to gather speed and pull the rear brake on the box to make it slide.
- Students take turns gathering speed to coast through and pull rear brake only to slide on the box. Challenge each student to drag it as far as possible.
- Have a volunteer return boxes to original spot between the cones after each student.
- Mark distances until someone passes it and then move the marker to that point. Farthest box slide wins

## PROGRESSION:

Challenge students to drag and drop the cardboard to a certain point by pulling the rear brake as the rollover and releasing at another designated point.

## WRAP UP:

Leave time to recap goals and teaching points before returning equipment and dismissal.



## WEEK 3 GOAL: Shifting

**\*You will need cones\***

### WEEKLY PROCEDURES:

- Snack distribution/fill water/bathroom break
- Get out equipment/ supplies
- ABCD check bikes

### WARM UP:

- Follow the leader ride warm up (10 minutes or so) to remind of spacing and riding protocol.
- Review previous week's skills.

### SKILL DEVELOPMENT: NINJA SHIFTING

- Set up cones (in the grass or paved area) in a “runway” two cones 4 feet apart on either end of an oval.
- Demonstrate how to shift like a ninja (SUPER QUIET one gear at a time)
- Students take turns riding through this space-shifting to a harder gear each time they go around.
- The goal is “ninja shifting” or shifting making as little noise as possible. To do this teach them to Surge, Soft Pedal, Shift, then Soft pedal.
- Students then ninja shift going to an easier gear and in reverse.





## **GAME: “SHIFTER KNOCKOUT”**

- Choose flat terrain either grassy or parking lot
- Set up cones in a big circle. Gets students rolling in one direction.
- Call out a gear number (rear shifter only) 1-7.
- All students shift into that gear quietly and quickly and stop as soon as they are in that gear. They need to be aware of riders in front that may have already stopped.
- Make a note of the last one to stop then go round and check which gear they are in. If anyone is in the wrong gear they are out. If no one is then the last person to stop is out.
- Game goes on until you have a winner as the last bicycle rolling.

## **PROGRESSION:**

Any remaining time can be used challenging students on a grassy hill to go around in a big oval and select the appropriate gearing (easier) to go up the hill and then (harder) gearing to go down.

## **WRAP UP:**

Finish with plenty of time to recap the goals and teaching points of Ninja Shifting and get the equipment put away properly before dismissal.



## WEEK 4 GOALS: Balance and Avoiding Obstacles

**\*You will need cones\***

### **WEEKLY PROCEDURES:**

- Snack distribution/fill water/bathroom break
- Get out equipment/ supplies
- ABCD check bikes

### **WARM UP:**

- Follow the leader ride warm up (10 minutes or so) to remind of spacing and riding protocol.
- Review previous week's skills

### **SKILL DEVELOPMENT: CONE LADDER/OBSTACLE DODGE**

- Choose flat terrain either smooth grass or ideally parking lot
- Set up one, two then three cones side by side and 10 feet apart
- Demonstrate how to avoid the cones by swinging wide left then rolling right up next to the right side of the cone then flicking the wheel left to let the cone pass between the front and back wheels
- Challenge students to pass up to level 3
- Keep adding more cones to increase the challenge (they will get hooked quickly)
- You can set up 3 or even 4 “stations” of this in order to have more kids rolling. Just make sure there is a mentor at each of the cone ladder stations.





## GAME: “DAB” THE BEST BIKE GAME EVER

- Create a large circle of cones in a flat grassy space. The size should be big enough for all of the students to fit in on their bikes but not so big that they are very far apart.
- Demonstrate how to ride around in any direction in the circle and keep rolling without putting a foot down (dabbing) or breaking outside of the circle.
- When a player dabs or breaks outside the circle they freeze where they are and become an obstacle for the other players to ride around. Thus, developing bike handling skills, avoidance and balance.
- Everyone gets inside the circle and begins riding. When everyone is rolling the Game Master counts down “3, 2, 1 Dab!” and the game begins. Watch for cheaters! The urge is strong.
- Challenge students by asking one mentor to ride the opposite direction.
- If there is no winner at the end of a few minutes ask the remaining players to change directions and or take their LEFT hand (front brake) off of the handlebars and place it on their helmet. This will usually result in a winner.
- Play as many rounds as time allows and use this game as a filler any time.

## WRAP UP:

Finish with plenty of time to recap the goals and teaching points and get the equipment put away properly before dismissal. Challenge students to practice on their own if they can.



# WEEK 5 GOALS: Rules of the Road, Ride Predictably

**\*You will need cones and stop signs, as well as a music source\***

## WEEKLY PROCEDURES:

- Snack distribution/fill water/bathroom break
- Get out equipment/ supplies
- ABCD check bikes

## WARM UP:

- Follow the leader ride warm up (10 minutes or so) to remind of spacing and riding protocol.
- Review previous week's skills

## SKILL DEVELOPMENT: SCAN AND SIGNAL

### 1. Scanning

- Set up a runway with the cones in a grassy area. Place a STOP sign in the last cone on the runway. Set up a large oval course
- Position one volunteer at one end and one at the other
- One at a time as students pass you riding at a moderate pace call out "Scan!" to prompt them to look over their shoulder at you. Hold up 1, 2 or 0 arms. They must scan quickly and then report how many arms you have up. The goal is to report accurately on both ends 2 times around the course.

## PROGRESSION:

To make this more challenging switch from arms to fingers. Students report back how many you are holding up.

### 2. Signaling

- Set up a mock street course either in a grassy area or a large parking area.
- Course should include both right and left-hand turns with stop signs
- Course should be large enough so that students have ample time to start gathering speed, signal and come to a full stop before proceeding through the intersection
- Practice several times until students begin to feel comfortable then reverse or change the course.
- Note: left turns require a scan and signal early to move to the left-most part of the lane.

## PROGRESSION:

Combine the scan and signal drills so that students must let you know how many arms or fingers are up as they scan, signal and turn.

## GAME: “MUSICAL BICYCLES”

- Choose flat grassy terrain
- Set up a large circle of cones with the number of cones being one less than the number of participants
- Participants ride in a circle at a moderate pace while the music is on
- Music stops and all participants must proceed to the next cone ahead of them and stop with one foot touching the cone
- If no cone is available ahead of them (only behind), they must ride ALL the way around the circle to reach it before someone else does
- Participants who are out leave their bikes well out of the way of the game and join a “dance party” in the center
- Remove one cone for each round and proceed until 2 are left
- When you are down to 2 participants, they must ride around one cone and one large stack of cones to spread them out so that they don’t ride on top of one another
- The single cone is the only one in play, so when the music stops the rider whose foot is on that cone wins.
- Play as many rounds as you like but leave time for a short group ride to practice the rules of the road

## GROUP RIDE:

Any remaining time take the students on a short (no more than a mile or so) group ride. Brief the group on destination and route

- Where, how far, how long spent there and route back. Is it a loop or an out and back
- A good tip is to have some sort of stop for a break with something cool to visit and a special snack.
- GROUP RIDES ARE NOT ABOUT RIDING AS FAST AS YOU CAN
- Go over group ride protocols, identify leads, sweeps, and floaters
  - » The lead should not lose sight of tail
  - » Ride no more than two riders across (ride with your buddy)
  - » Students do not get ahead of the sweep
  - » 4:1 Student to mentor ratio
  - » Position mentors within the group dispersed to act as floaters
  - » 1 or 2 mentors sweep or ride behind all of the students
  - » Call out slowing and stopping when necessary
  - » Use hand signals to indicate direction when turning
  - » Full stop at stop signs with a foot down
  - » Stop frequently to keep everyone together
  - » Pull off of the trail/road if you have a problem (mechanical, crash, gear issue, bug in your eye, etc.)



## WRAP UP:

Finish with plenty of time to recap the goals and teaching points and get the equipment put away properly before dismissal. Challenge students to practice on their own if they can.





## WEEK 6 GOALS: Bicycle Field Trip!

- **Route and emergency plan should be identified by mentors ahead of time.**
- **Radios and or cell phone communication are a must.**

### WEEKLY PROCEDURES:

- Snack distribution/fill water/bathroom break
- Get out equipment/ supplies
- ABCD check bikes

### GROUP RIDE:

Brief the group on destination and route. Tailor the ride to your group.

- Where, how far, how long spent there and route back. Is it a loop or an out and back
- A good tip is to have some sort of stop for a break with something cool to visit and a special snack
- **GROUP RIDES ARE NOT ABOUT RIDING AS FAST AS YOU CAN**
- Go over group ride protocols, identify leads, sweeps, and floaters
  - » The lead should not lose sight of tail
  - » Ride no more than two riders across (ride with your buddy)
  - » Students do not get ahead of the sweep
  - » 4:1 Student to mentor ratio
  - » Position mentors within the group dispersed to act as floaters
  - » 1 or 2 mentors sweep or ride behind all of the students
  - » Call out slowing and stopping when necessary
  - » Use hand signals to indicate direction when turning
  - » Full stop at stop signs with a foot down
  - » Stop frequently to keep everyone together
  - » Pull off of the trail/road if you have a problem (mechanical, crash, gear issue, bug in your eye, etc.)





- Once you reach your destination, be sure to celebrate that accomplishment with some off the bike time. Play a game, have a snack, talk about your favorite memory from bike club, throw some rocks into a creek or explore the area around you. Take some photos and have fun while you are there.
- When you return be sure to give loads of high fives and celebrate the close of bike club! Finish with plenty of time to recap the goals and teaching points of the experience and get the equipment put away properly before dismissal. Challenge students to keep riding!

