

## Pedal For Safety - Bicycle Skill Challenge

### Part 1 - Safety Inspection

**To determine the mechanical condition of the bicycle:**

- Make sure that brakes are in working order.
- Adjust seat and handlebars to accommodate the rider.
- Check for lights, reflectors, horn/bell or any other missing device.
- Adjust the rider's helmet as required for proper fit.

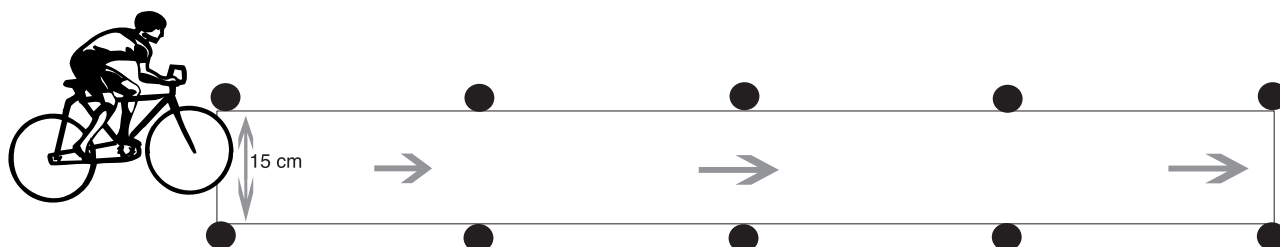
**Note: If a bicycle is unsafe, the rider should be provided with a safe bicycle to complete the course. Helmets should also be provided for all contestants.**

### PART 2 - Straight Line

**To test the primary sense of balance of the rider:**

- Use 5 cm-wide masking tape to lay two parallel strips 15 cm apart and 75 cm long.
- Place small traffic cones or small plastic pop bottles on outer edges of lines at intervals of 1.5 m.
- Contestants must maintain balance between lines.
- If you wish to score the event, demerit points can be assessed for each obstacle the rider touches or if feet touch the ground to maintain balance.

#### Straight Line (15 cm wide)

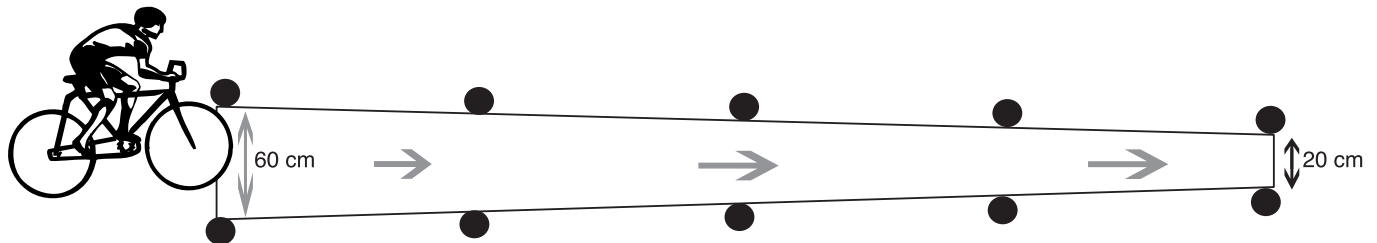


## Part 3 - Diminishing Clearance

**To determine the rider's ability to steer the bicycle through a narrowing space:**

- Using masking tape, measure a 60 cm width (start) and lay out two converging lines (6 m long) which should meet at a point 20 cm apart (end). Join the lines to form a triangular-shaped funnel.
- Place markers at intervals of 1.5 m along outer sides of each line.
- Contestants must drive down the centre of the funnel without touching markers on either side.
- Hands must remain on handlebars and feet on pedals.

### Diminishing Clearance

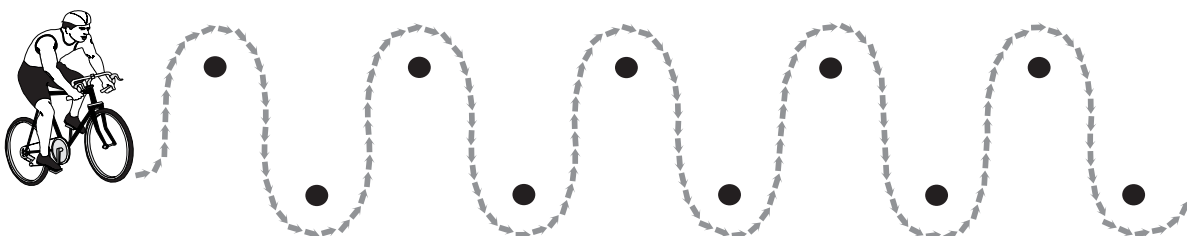


## Part 4 - Serpentine

**To determine a rider's ability to go around parked cars or obstacles on roadway:**

- Using large traffic cones or large soft drink bottles, place five markers in a straight line 3 m apart. In another line, parallel to the first line and 2 m away, place five markers at staggered intervals 3 m apart matching the diagram below.
- The contestant must ride outside and around the obstacles without touching the markers, without removing hands from the handlebars, and, without having to use feet to touch the ground for maintaining balance.
- The cyclist must drive around the first marker and turn right, then go outside and around the other markers in a zigzag pattern.
- Hands must remain on handle bars, feet on pedals and turns must not be too wide.

### Serpentine



## Part 5 - Slow Race

### To measure rider balance and control of bicycle:

- Using masking tape, mark out a rectangle 1 m wide by 9 m long.
- Place small markers/cones on both sides at intervals of 1.5 m.
- Rider must take at least 30 seconds to drive through.
- Hands must remain on handlebars and feet on pedals.

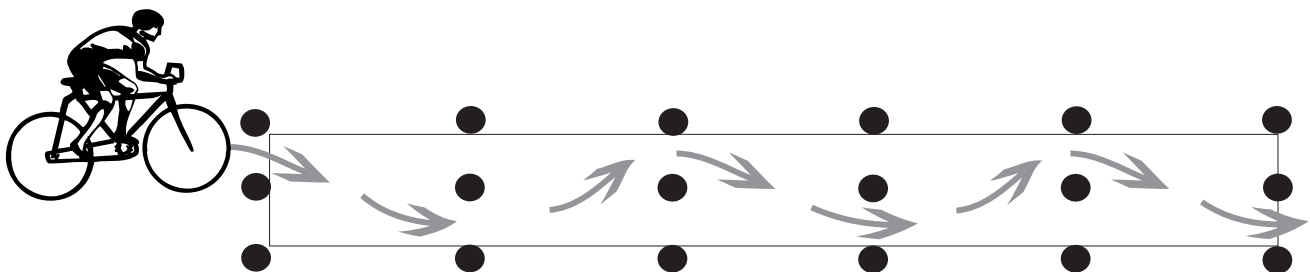
### Slow Race



## Part 6 - Small Zigzag

- Using masking tape, mark off a rectangle 1.5 m wide and 12 m in length. Place small cones or blocks down the middle of the lane at intervals of 1.5 m.
- Place small cones on either side along the edges of the rectangle at intervals of 1.5 m, parallel to those in the centre.
- Rider must zigzag through course without going outside the lines, touching the cones or putting feet down on the ground.

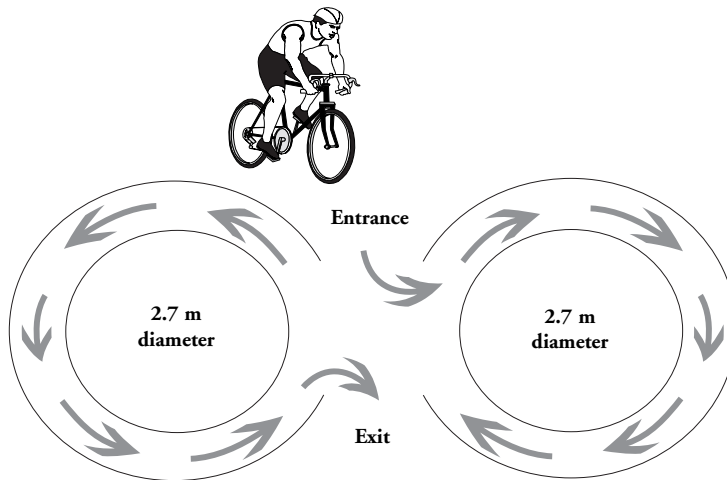
### Small Zigzag



## Part 7 - Figure 8

- Using chalk, mark two dots, 6.5 m apart which will become the centre of two circles.
- Using the centre dots, define circles of 2.7 m (270 cm) diameter.
- Again using the centre dots, define two circles of 3.15 m (315 cm) leaving openings for cyclists to enter and exit the figure 8.
- Cyclist must complete figure 8 inside the 45 cm path without hitting markers that should be placed on either side of the path.

**Figure 8**



## Part 8 – Signals

- Using masking tape, mark out a path, 1 m wide, with right hand and left hand turns.
- Place a stop sign at the end of the path.
- Cyclists must use left hand to correctly signal turns or stop.
- Cyclists should be asked to get off the bicycle at the stop sign and walk the bicycle off the course.
- Cyclist should place right foot down first and get off the bicycle on the right hand side.... away from traffic.

**Signals**

