


# Bike Rodeo Volunteer Opportunities


## Bike helmet fit:


Helmet Check and Giveaway • Check for fit—wobbly loose fit might suggest need to replace pads or whole helmet with a newer model. • Look for dents, cracks—recommend replacement. • Place to provide advice about fitting and adjusting a helmet, using the BCM Eyes/Ears/Mouth test. • We will have about 20-25 new kids helmets we can donate if a child doesn't have one.

### Helmet fit

**2** Helmet should be level. **2 fingers** touching the helmet and the eyebrow at the same time.






Helmet should not be tipped back, or it will not protect your head and face properly. It will also be very uncomfortable. 


**2** The **2 plastic pieces** on the sides should be just below the ears.

**Straps:**  
Front = up & down  
Back = front & back



The **2 plastic pieces** on the sides should not be below the chin. This does not hold the helmet in place.

**2** **2 fingers** should fit under the chin strap. Flat, not up and down.



If the **2 fingers** can be turned up and down, the chin strap is too loose.

## ABC Quick check:

Bike Check • Quick mechanical checkup of bicycle. Tire inflation, chain lubrication, minor adjustment only. • Fit check. • Identification of issues requiring shop attention. WE DO NOT PROVIDE BIKE FIXES, but a bike mechanic will be available to answer questions.

## Bike decorating station:

Crafts and fun activities for kids who want to decorate their bikes or their helmets. We will also gather email addresses for Seacoast Area Bike Riders in exchange for a raffle ticket (local bike friendly businesses have donated raffle prizes). There will be a dedicated table under the yellow SABR tent for this activity.

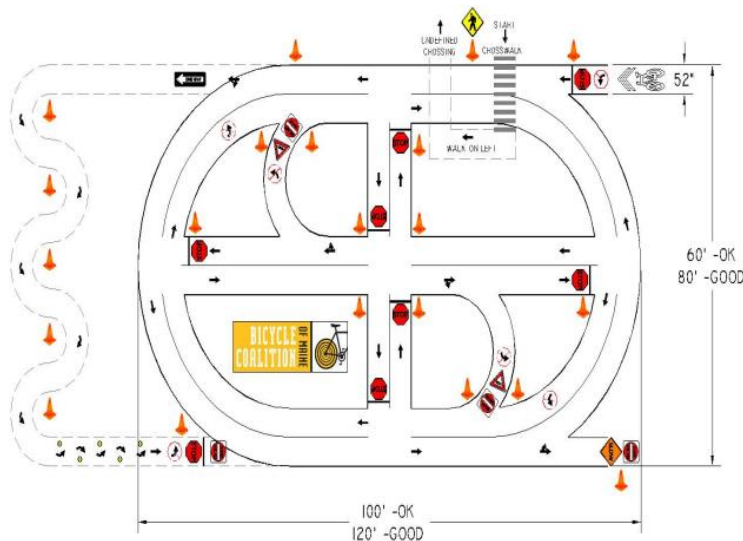
## Traffic skills/safety course (“Bike Officers”):

See Bicycle Coalition of Maine’s guide :*“Continuous Flow” Bicycle Skills Course The “continuous flow” rodeo course design is simpler and more fun than the traditional stop-and-go “skills station” model, and it requires far fewer volunteers to monitor. After getting their helmets and bikes checked, the kids enter into the continuous flow traffic course and get to do what they want—as long as they follow the Rules of*



## Seacoast Area Bicycle Riders -2024

*the Road! The course design incorporates most of the skill exercises of the traditional courses (and additional stations can be set up outside the course) while letting kids actually have some fun riding around together. Kids love these courses!! The course is drawn on pavement with powdered limestone, which is the same material used to mark athletic fields. It is a natural, non-hazardous temporary marking material which will wash off in the rain. Further marked with cones, arrows, etc. Course consists of a perimeter loop with "streets" leading to a central intersection, with two way traffic and signage. Additional one way streets and curvy routes will offer more bike handling practice. Cones will be used to offer additional demarcation of course. Sponges and half tennis balls can be used to create "obstacles" for bike drivers to avoid. This kind of skills course is can be administered with a minimum of volunteers who need to know nothing about bicycles, but who do need to know the Rules of the Road. As the course essentially sets up a model "road system" for the kids to ride on, volunteers are principally involved with traffic management and rule enforcement (eg. Ride on the Right, Stop at stop signs!). The squiggly parts teach bike handling, and the traffic areas teach rules of the road. The typical course can accommodate up to 10+ kids simultaneously, as the kids ride around and practice their driving skills. It is a good idea to set a 10 minute limit if the event is very busy.*



### Crossing Guards/Greeters:

Little Harbor Elementary School: One crossing guard will be by the bike rodeo (school basketball court/playground area) to help folks go from the school parking lot to the course. Another crossing guard will be needed at the intersection of South St and Clough Dr for the mini loop rides (every 20-30 min). Please see a board member to get your high viz vest before your shift. Other Elementary Schools: crossing guards or greeters may be needed.