

Blackburn Hamlet 2018 Bike Rodeo for Kids in Grades 2, 3, 4 and 5

DATE: Saturday, April 28 (Rain Date Saturday, May 5) at Good Shepherd Catholic School, 101 Bearbrook Road.

NOTE: Parking space will be limited at the school so plan to make use of the Hamlet's pathways and sidewalks to get to the school with your kids.

REGISTRATION: Parents may register their kids On Line at the Blackburn Community Association website www.blackburnhamlet.ca

Kids from others schools in the area and in grade 2, 3, 4 or 5 are welcome to attend.

Each session will be open to all kids who have at least some bike riding ability. Please indicate your child's preferred session and alternate session when you register. We would like a reasonable balance of kids at each session.

SCHEDULE: We are planning for 3 sessions, each session will be approximately 2 hours long.

9:30AM Session 1

11:15AM Session 2

1:00PM Session 3

VOLUNTEERS: We will need 12-15 volunteers from 9AM to 3:00PM to assist CAN Bike certified instructors in the set-up, instructing at the stations and clean-up. Volunteers will be instructed on their duties at the assigned station.

QUESTIONS: please send an e-mail to jbalint@rogers.com or call John Balint at 613-824-6940 if you have any questions about the Bike Rodeo or volunteering.

BILINGUAL INSTRUCTION: We will endeavour to provide bilingual capability at each session.

BIKE RODEO STATIONS: We are planning for 6 stations plus a CHECK IN table where signed waivers will be received. At check in kids will be assigned to groups of 10-12 based on an assessment of their bike skill (beginner, comfortable on a bike, experienced).

The bikes must be in good mechanical condition. There will be no bike mechanic. Kids must have an approved bike helmet that fits and should be wearing sturdy shoes that cover the toes.

The skills covered at each station below may be changed but this will give you an idea of what we are planning to cover:

- Helmets -including proper fit, use, regulations
- Bike check at start of a ride the ABCs (Air, Brake, Chain, seat) quick check
- Rules of the Road- Using roads signs to have children stop, yield
- Shoulder check, one hand riding, riding hand signals, stop and go hand signals
- Obstacle course-featuring stop and go, straight line riding and zigzagging around 1/2 tennis balls
- Riding on the Pathways
- Balance Game Slow race or time trials
- Review Tips, Q&A, participation certificate, post rodeo drink