



Third Grade Bike Rodeo Orientation

What is a Bike Rodeo?

- A hands-on experiential safety training impacting the mental health and wellness of more than half of PAUSD students biking to school by 8th grade and a right-of-passage, 3rd Grade school year highlight for more than 30 years.
- The third and final-hands, experiential educational unit of the the **3rd Grade Bicycle Life Skills Curriculum**.



What is the 3rd Grade Bicycle Life Skills Curriculum?



Lesson 1 (Classroom) (30 min.)

- Helmet safety
- Rules of the road
- Reading the street: pavement markings, signs, signals



Lesson 2 (SRTS Educator)

(Taught by a Stanford Injury Prevention Educator)

- Bike fit and ABC Quick Check
- Riding on streets
- Avoiding common dangers



Lesson 3 (On-Blacktop Rodeo)

- On school blacktop
- Culmination of two lessons

This curriculum helps students learn important skills for sharing the road safely and avoid the most common car-bike crashes.

Essential bicycle safety education is referenced in [PAUSD's Safe Routes to School District Policy](#), in six [California Health Education Standards](#) and in [43 Health Education Framework Standards](#)

What is Safe Routes to School?



A program and community partnership that helps reduce risk to students en route to and from school and encourages families to choose healthy, active, sustainable alternatives to driving solo.

- Supports Safety and Independence
- Supports Mental Health and Fitness
- Reduced Traffic Congestion
- Builds Community Connections
- [Palo Alto Safe Routes to School Information](#)
- [Palo Alto PTA Safe Routes to School Information](#)
- [Safe Routes To School National Partnership](#)
- [Transportation Equity Statistics](#)

The Bike Rodeo generates local SRTS engagement among more than 2,267 partners/year

What is a Bike Rodeo? A Community Building Event

162 Active Stakeholders, 2,105 parents/students

City Council/Board of Education Support for Palo Alto PAUSD/PTA/City Safe Routes to School Partnership Programs & Policies (12)

City Manager's Office
Office of Transportation
Chief Transportation Official
Transportation Planning
Manager (3)

PAUSD District Office
Academic Services
Transportation
Equity and Student Affairs
Support Staff
PAUSD Principals
(20)

City of Palo Alto Bike Rodeo
Program Manager (1)

**City SRTS Bike Rodeo
Support Staff (2)**

**Bike Rodeo Community
Partners and Volunteers**
Metropolitan Transportation
Commission (1)
Stanford Injury Prevention (2)
Ecology Action (5)
Palo Alto Police Dept. (3)
Palo Alto Fire Dept. (1)
Stanford Public Safety(2)
Live In Peace Bike Shop/Bicycle
Solutions (3)
Bay Area BikeMobile (1)
Office of Transportation (3)
Community Volunteers (4)

**Bike Rodeo Parent
Coordinators (12-24)**

Bike Rodeo Parent
Volunteers (15-20/school)

**Bike Rodeo Lead
Educators (12)**

Third Grade Educators
(24-36)

Third Grade Parents
(~1400)

Third Grade Students
(705)

School Staff

Secretaries (12)
Custodians (12-24)
Family Engagement
Specialists (5)



What to Expect When Planning

What to Expect When Planning the Bike Rodeo

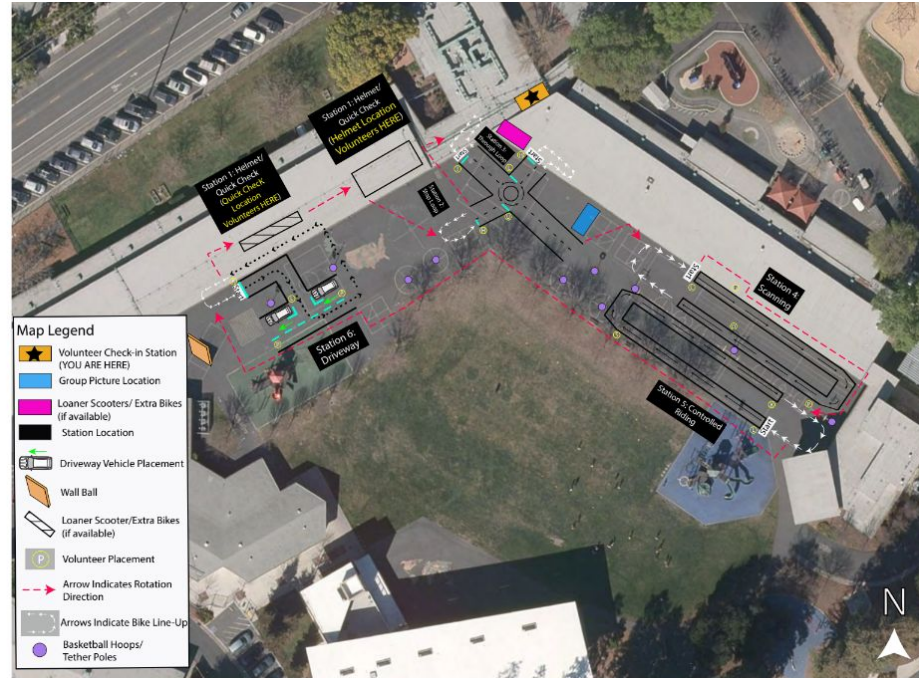
As you can see from our large list of partners, the Bike Rodeo requires significant planning and partnership.

The benefits of this event outweigh the challenges. Palo Alto kids are better prepared to bike safely because of this event and all the incredible work of the City of Palo Alto and Safe Routes do.

It's a great learning opportunity, and the kids (and grown-ups!) always have lots of fun. We count on our many partners to help make this a wonderful event. Trained partners assist you every step of the way.

What to Expect When Planning the Bike Rodeo

At each station, students learn and practice safety skills, including hand signaling, moving with traffic, intersection crossing, and proper bike and helmet fitting. Each school's map provides station locations.



What to Expect When Planning the Bike Rodeo

- ~ 17 Volunteers needed per school. Safe Routes to School staff may provide extra volunteers.
- Volunteers are guided throughout the planning process, with resources such as:
 - Station Guides
 - Do's and Don'ts Handout
 - Email Templates

El Carmelo Bike Rodeo Signup Form - Volunteers, please arrive 10-15 minutes early
Friday, September 29: 8:25-10:00 a.m.

Please sign up for one of the available slots below. Walk-on volunteers are welcome. If possible, please arrive 10-15 minutes early. All volunteers practice going through their station once. Thank you for being a part of this memorable third grade ride!

Leadership Team

Available Slot	Description	# Volunteer Slots Available
Parked Cars	Ideally filled by the Rodeo Parent Coordinator and/or school staff. Two (actual) cars need to be parked on the school blacktop 20 minutes prior to student arrival. Drivers will park cars in the designated Driveway Station location on your school Rodeo Map . With staff help, drivers remove cars during or after recess. Cars cannot be removed until recess.	2
Controlled Riding Station Leader - Basic bicycle operating experience or classroom teacher preferred	Help arriving students line up their bikes on the start arrow (1 arrow per student). Teach students to stop, look left-right-left and signal a right turn. Station Instructions/Demonstration Video LINK	1
Controlled Riding Station - Key Volunteer (Bike and Helmet Needed)	Arrange a practice run prior to student arrival. Demonstrate directions by riding through the course. Station Instructions/Demonstration Video LINK	1
Controlled Riding Station Stop Sign Helper	Reinforce stopping, looking left-right-left, then signaling before proceeding with a right turn at the stop sign. After the first rotation, add sponges at the indicated locations on the course setup map. Station Instructions/Demonstration Video LINK	1
Driveway Station Leader Alternate/Quick Check Station Helper	Serve as Station Leader if Palo Alto Police Department/Stanford Public Safety staff are unavailable. If staff are available, assist with Quick Check Station. Station Instructions/Demonstration Video LINK	1

Palo Verde Third Grade Rodeo Course Map



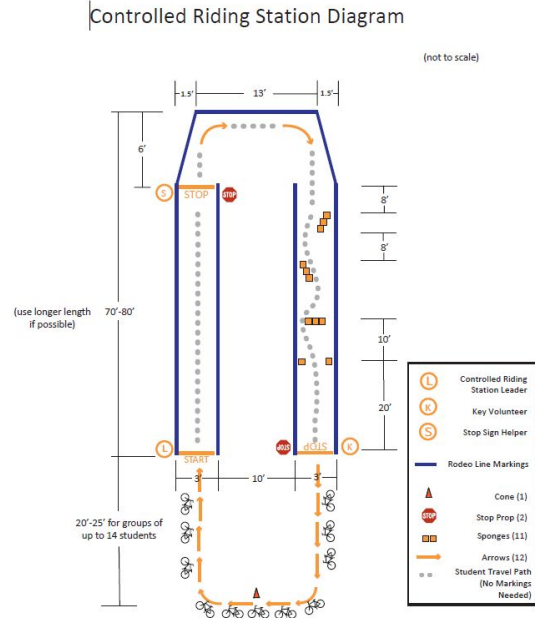


Bike Rodeo Event Day

Station Overview

Station Name	Station Description	Station Leader
Controlled Riding	Students practice braking properly to a stop, riding around obstacles without swerving, and communicating with other road users via hand signals.	Parent with Basic Cycling Experience
Scanning Station	Students learn to scan behind for traffic over their left shoulder to determine whether traffic is approaching.	Professional Safe Routes Educator
Intersection Stop and Through Loop (2)	Students practice basic yielding and right of way rules. Students make decisions about when it is safe to enter a traffic circle.	Professional Safe Routes Educators
Driveway Yielding	Students practice yielding to cross traffic when exiting a driveway.	Palo Alto Police Department Community Service Officers
Helmet/Quick Check Station*	Students learn to check if their helmets fit properly. Bikes are checked for safety. *Note these stations are separate for schools with 7 stations.	Professional Safe Routes Educator Quick Check Station: Dedicated Quick Check Community Volunteer (Professional Mechanics for larger schools)

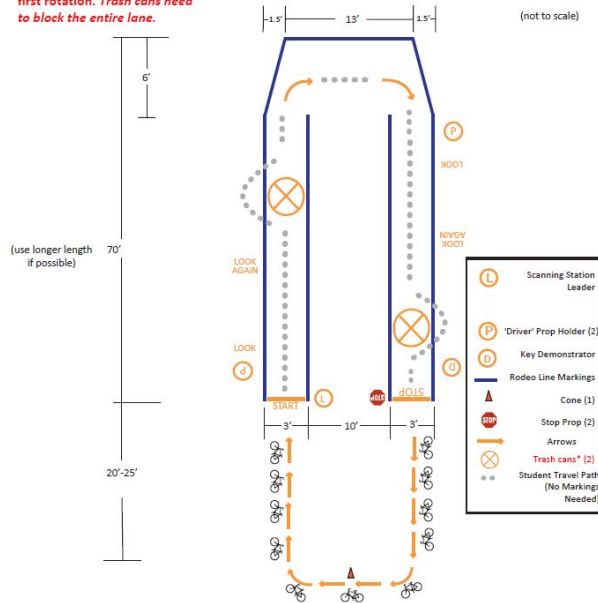
Station Snapshots: Controlled Riding



Station Snapshots: Scanning

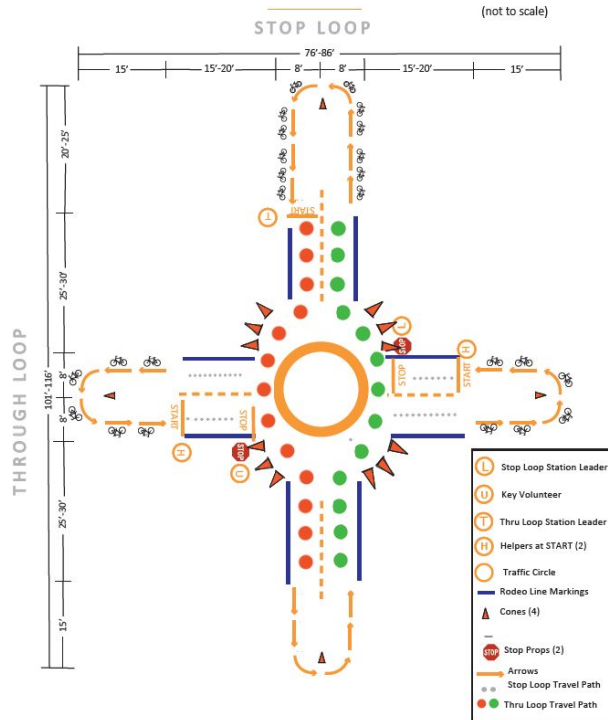
*Trash cans are placed AFTER students have finished the first rotation. Trash cans need to block the entire lane.

Scanning Station Diagram

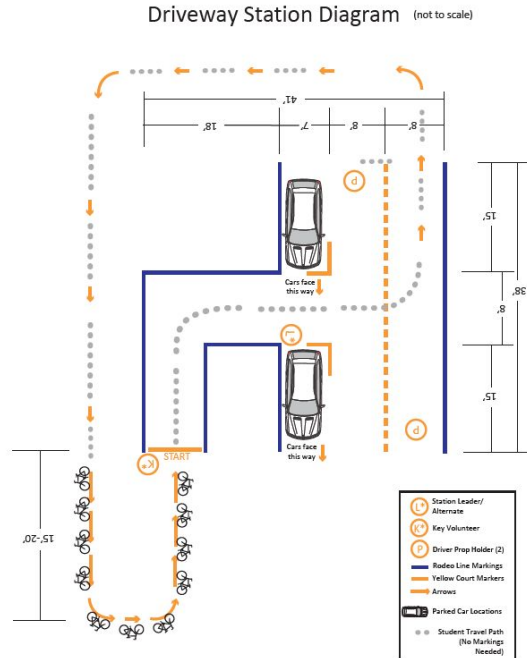


Station Snapshots: Intersection/Traffic Circle Stop/Through Loop

Intersection Station Diagram



Station Snapshot: Driveway Yielding



Station Snapshot: Helmet/Quick Check



Volunteer Check-In

Bike Rodeo Volunteer Check-In

- (1) Please check off your name
- (2) Please pick up your name tag
- (3) Label any loaner bikes, scooters or helmets, tape and marker provided
- (4) Grab some coffee!
- (5) Meet your team at your station
- (6) Have a FUN Rodeo!!

If you are not on the list, find Dori Moss
We welcome all volunteers!!



Thanks for hitching your wagon to the Bike Rodeo!



SafeRoutes@PaloAlto.gov