

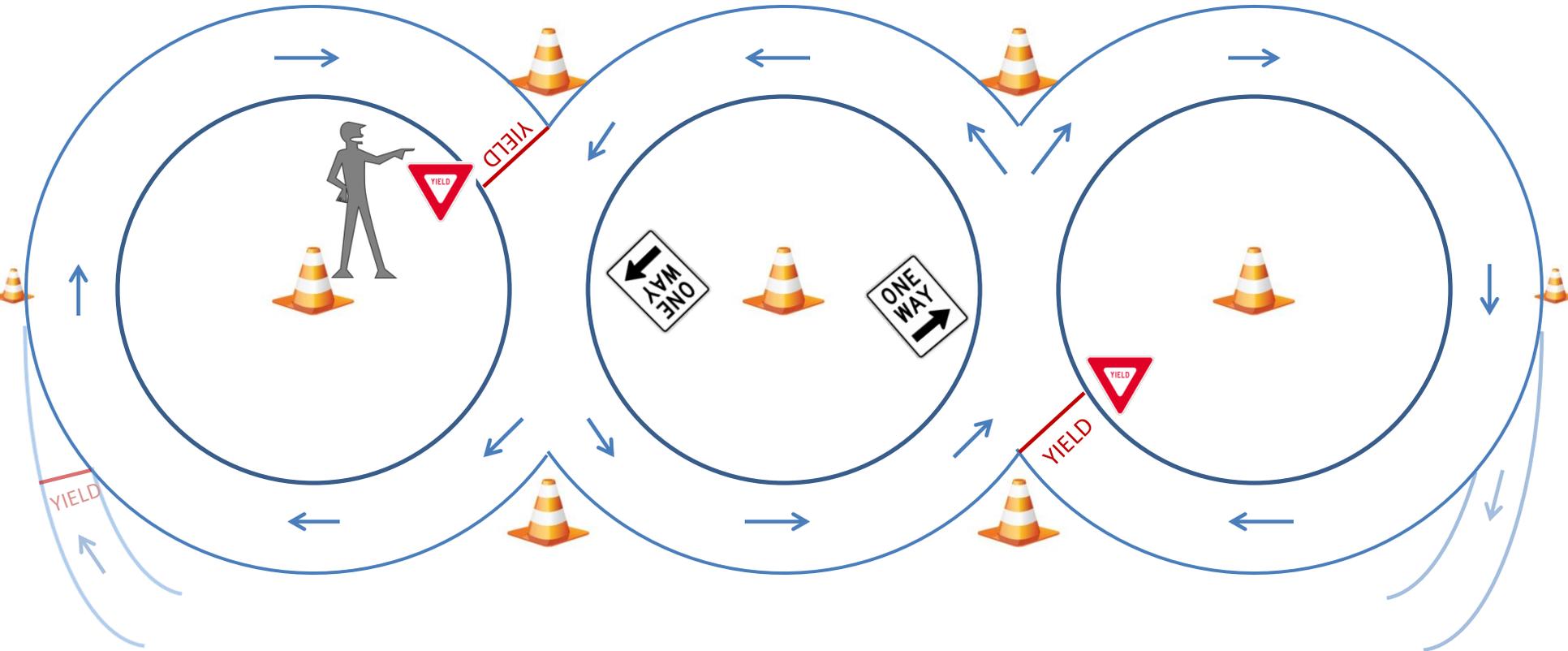
Round-About

The circles overlap, the bikes must not!

At a YIELD sign, you go last.

If there is no other traffic you do not need to stop.

Stay in your lane, no passing.



Setup: Place a traffic cone in the center. Attach a rope to the cone with chalk on the other end to create the inner circle and partial outer. To find the center of the side circles move halfway to the perimeter, then take an extra step away from the center circle. Add signs and arrows. To accommodate large groups add a "bypass" on one or both sides, or limit those on-course.

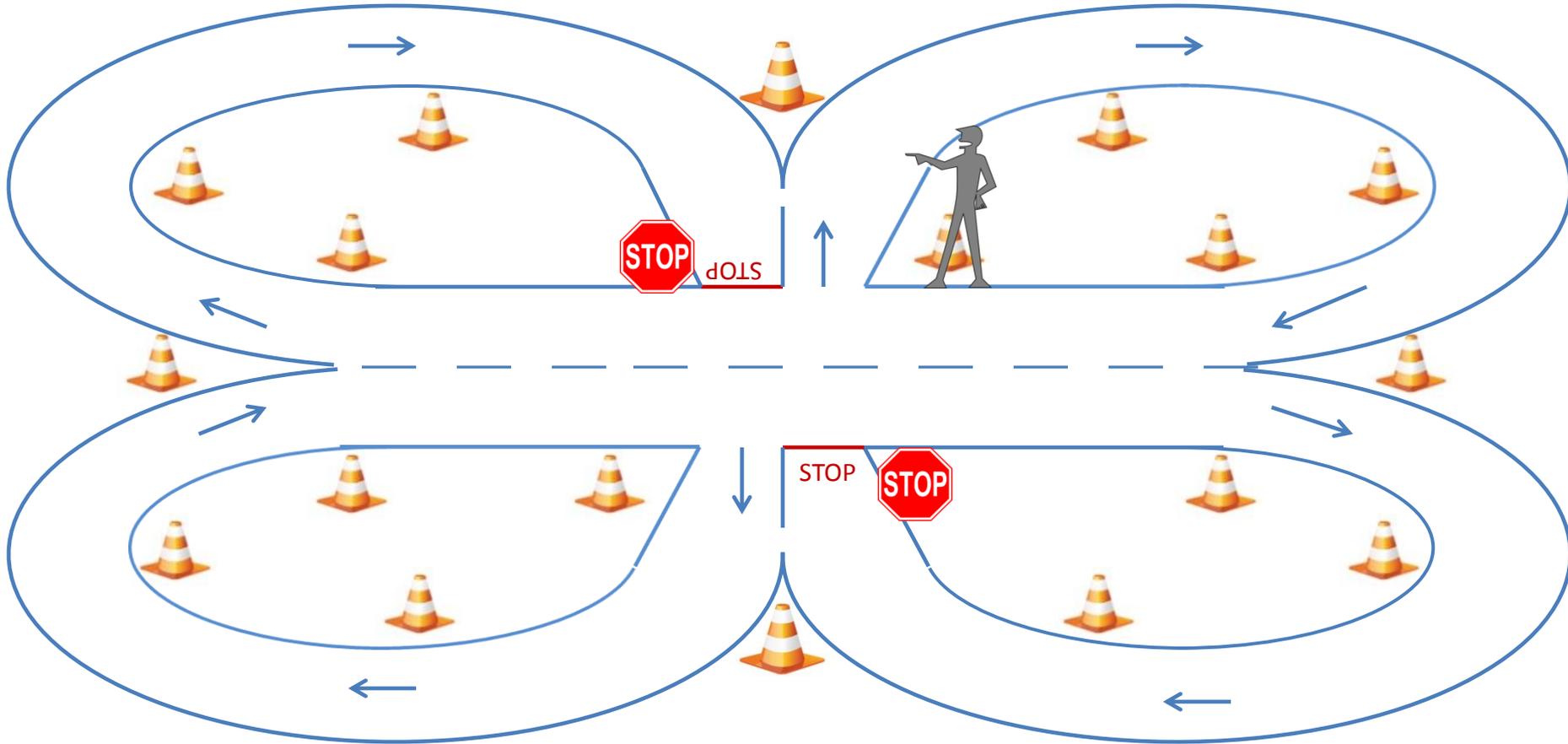
Cross Traffic

Stop for cross traffic!

At a STOP sign, you must do 2 things. First you must stop, second you must wait your turn.

Look Left-Right-Left before crossing the street. You may turn or proceed straight.

Turn signals are required by law. Simply point to where you want to go.



Setup: Create a 4-way intersection in the center.

Stripe the center lane wide enough for 2-way traffic, maximizing the available length.

Loop sides lanes to center. Add STOP, arrows and center line.

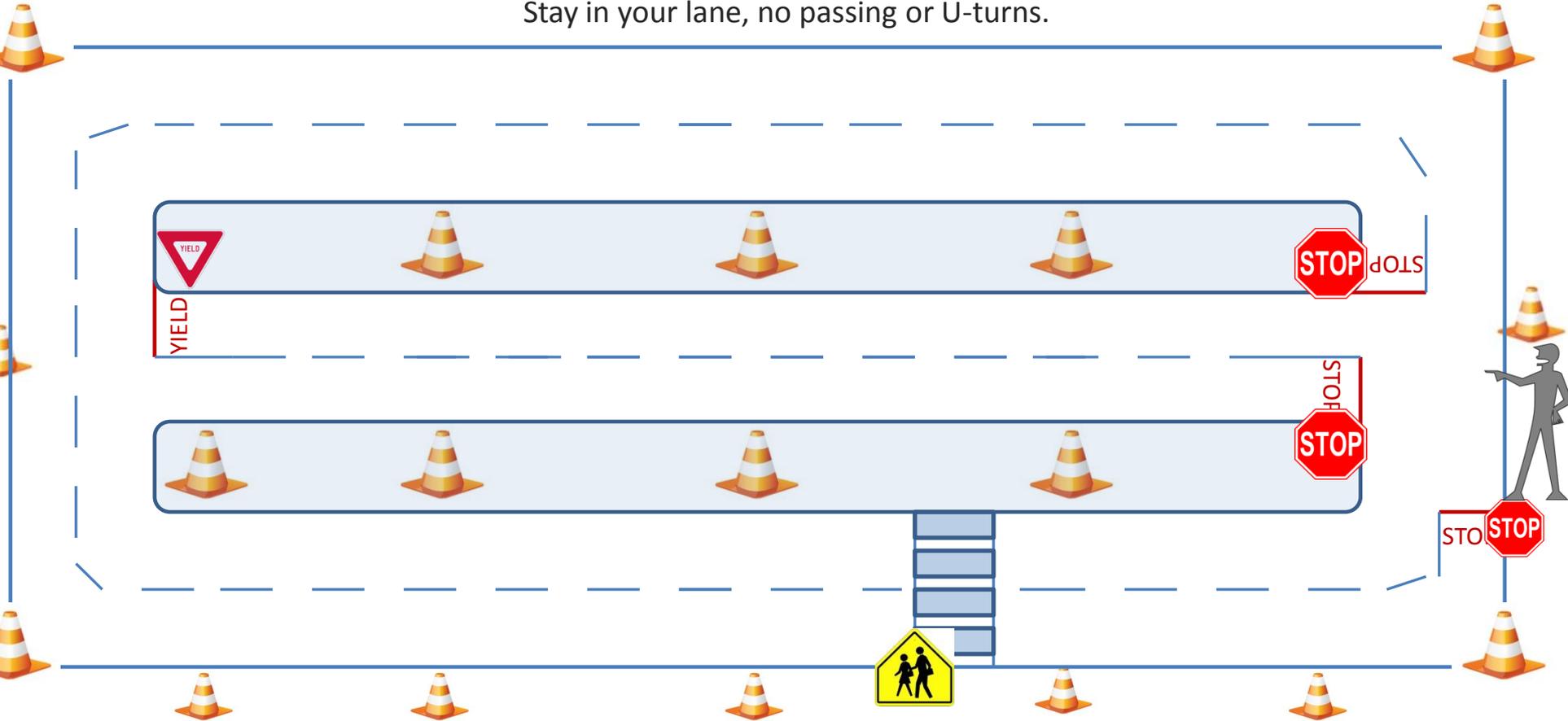
Rules of the Road

Bike riders must follow the same rules as car drivers!

Stay on the right side of the road. Signal all turns. Stop for people in the crosswalk.

At the STOP sign stop and wait your turn. First to stop is first to go.

Stay in your lane, no passing or U-turns.



Setup: To mark the corners of the interior rectangles, measure in enough room for a 2-way lane from the 4 exterior corners. Create a center lane wide enough for 2-way traffic.

Mark the two interior rectangles. Add signs, markings, center dashed line, and optional crosswalk.

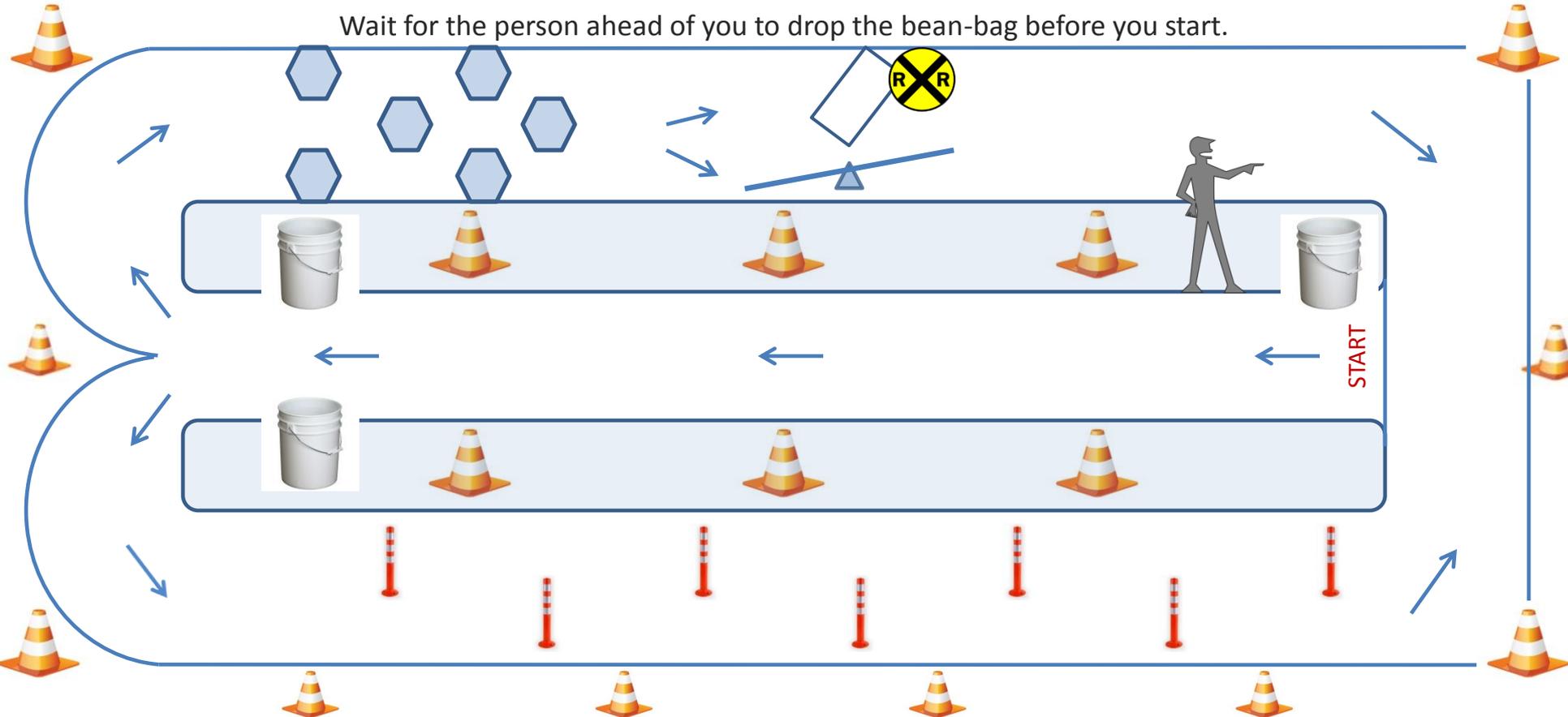
Obstacle Course

Drop a bean-bag, then go between or over the obstacles!

Drop (not throw) the bean-bag. Like a turn signal, extend arm and turn in that direction.

Slalom between the poles or tackle the obstacles. Look where you want to go.

Wait for the person ahead of you to drop the bean-bag before you start.



Setup: Create a center lane and return lanes on both sides.

Setup obstacles: rubber "bumps", teeter-totter and railroad crossing. Slalom on the other return.

Mark the two interior rectangles. Add signs, markings, and a center dashed line.

Setup & Instructor Notes

- Single lane width = 2.5 – 3 feet.
- Place cones away from path of travel, outside the lanes.
- Avoid and/or mark poles and other playground hazards.
- Fit helmets and pump tires as students arrive.
- Discipline: Identify 5 positive behaviors for every 1 negative.
 - Do not tolerate reckless riding.
 - 1. Verbal warning, fix behavior or they will be removed.
 - 2. Removed from activity for 1 minute, last chance to fix behavior.
 - 3. Send them to me.
- If distracted (mechanical problem, etc.) then temporarily stop the activity.
- Have Fun, feel free to ask questions or give input!