



**Cub Scouts Pack 813**  
**Bike Rodeo**  
**Friday January 19 @ 4:30pm**  
**Dubai Hills Park ([Location Link](#))**



## **Agenda**

- Pack Gathering ... bring your bike & helmet!
- Bike Safety Talk
- Bike Maintenance Van will be available on-site for free support
- Bike Skills Stations
- Bike Ride around the Park
- Hangout, snacks and disperse

## **Bike Safety Tips**

**Wear a Helmet:** Always wear a properly fitted helmet to protect the head in case of a fall.

**Check the Bike:** Regularly check the bike's tires, brakes & chains to ensure everything is in working order.

**Practice Riding Skills:** Regularly practice riding skills like balancing, steering & braking in safe, traffic-free area.

**Stay Alert:** Encourage kids to stay alert and watch out for cars, pedestrians, and other obstacles.

**Avoid Distractions:** Staying focused on the path is crucial for safety. Eyes ahead of where you're going.

**Learn the 'Stop, Look, and Listen' Rule:** Teach kids to stop at all driveways and intersections, look for traffic and pedestrians, and listen for approaching vehicles.

**Ride on Designated Paths:** Encourage to ride on designated bike paths or trails when available.

**Follow Traffic Rules:** Learn to obey all traffic signs and signals & understand the rules of the road.

**Maintain a Safe Distance:** Keep a safe distance from cyclists, pedestrians & vehicles to prevent collisions.

**Keep Both Hands on Handlebars:** Except when signaling, keep both hands on handlebars for good control.

## **Bike Skills Stations**

### **Zig-Zag Course**

Create a course using chalk, tape or paint to create a zig-zag path between 30 and 50 feet long with four or five 90-degree turns along the way. The edges should be about three feet apart. Have the Scouts traverse the course.

### **Figure Eight**

Lay out a figure eight path i.e., two thirty-foot circles that barely touch each other. Have each Scout ride the figure eight two times.

### **Stop on a Dime**

Create a single straight line, about twenty-five feet long. One end is the start, the other end is the finish line, which you should mark clearly with a bold line at the end. Have the Scouts begin at the start line, and ride toward the finish, aiming to stop pedaling and apply their brakes so that their front wheel ends up squarely on the main finish line.

### **Balance Beam**

Draw two lines about twenty-five feet long, six inches wide. This will give you a path six inches wide that your riders should follow. Have each Scout ride the course without touching the lines.

### **Paper Boy**

Lay the targets out one after another in a course, and have the kids ride the "route" trying to throw a newspaper from the bike in each target.