

Bicycle



District & State 4-H O-Rama
Junior & Senior 4-H'ers



OBJECTIVES

Target Life Skills: Personal Safety, Decision Making, Self-discipline

Opportunity will be provided for faculty to share information about college degree programs in Ag Systems Technology Management and related career options.

The bicycle activity is designed to teach 4-H youth safe bicycle habits, provide an opportunity to demonstrate their knowledge of bicycles, and to show their skills in riding a bicycle.

ELIGIBILITY

Each county may enter one (1) junior and one (1) senior 4-H member in the District 4-H O-Rama. The top seven senior winners in each district are eligible to compete at State O-Rama.

ACTIVITY

This event is designed to provide youth enrolled in the 4-H bicycle program with an educational activity. Participants will have an opportunity to demonstrate their knowledge of the bicycle and the rules associated with its operation as well as demonstrate their skills in bicycle riding. Safety will be stressed throughout the contest. The **use of bicycle safety helmets is required** while at any site used for the overall event. Reference for Juniors "Bicycle Skill Tests for District and State Competition", "Bicycle Parts," and 4-H Curriculum Bicycling for Fun BU8334 and Wheels in Motion BU8335. Reference for Seniors "Bicycle Skill Tests for District and State Competition", "Bicycle Parts," and 4-H Curriculum Bicycling for Fun BU8334 and Wheels in Motion BU8335. Additional information can be found in 4-H Curriculum DVD: Don't Get Stuck: Fix It BU8399.

Bicycle Parts

This contest will include (time limits as shown):

- A. Written examination - 20 multiple choice and true-false questions taken from the 4-H curriculum. (15 minutes)
- B. Parts Identification - Identify 10 parts in five minutes (5 minutes)
- C. Skill Riding courses we will choose from for District and State events:
 - a. Double obstacle test (District and County)
 - b. Double zigzag obstacle test- (District and County)
 - ADDITIONAL FOR STATE:**
 - c. City Streets (plus A and B parts)
 - i. 4-Way Intersection
 - ii. Railroad Crossing
 - iii. Scanning
 - d. Figure eight steering (plus A and B parts)

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- Contestants will wear properly fitted Consumer Product Safety Commission (CPSC) or SNELL approved bicycle helmets whenever they are riding a bicycle in the contest area and on the grounds of the event site.
- Contestants are encouraged to bring their own bicycles and helmets for use in this event. The bicycle must properly fit the individual and meet accepted safety standards.
- Bicycles and helmets will be available for loan at the event for contestants unable to provide their own **(You must request a bicycle or helmet at least 3 weeks prior to the event)**.
- The event is designed to be a practical safety demonstration and attempts to simulate actual operating conditions. However, in this event situation, contestants must remain seated while riding in the skill events.

AWARDS

District 4-H O-Rama

Both junior and senior winners will receive a trophy. Ribbons will be given to the 2nd, 3rd, 4th, and 5th place winners in both divisions.

Arkansas 4-H O-Rama

The senior winner will receive a trophy. The 2nd, 3rd, 4th, and 5th place winners will receive ribbons.

JUDGING

Designated judges will preside over the event and their decisions will be final. The points-off system will be used with penalty points given for errors. The winning contestant will be the one with the lowest total score.

REVISED BY

Jesse Bocksnick-Arkansas 4-H Outdoor Skills Coordinator, and Priscella Thomas-Scott- 4-H Event Coordinator

Note: Work done in connection with district and state competition in the Bicycle Activity should be reported in 4-H Record Books under Bicycle. When appropriate, this work may be reported in Record Books under related areas such as leadership, achievement, and safety.

BICYCLE WRITTEN TEST

Incorrect _____ x 5 = _____ Penalty Points

Name: _____

Junior _____ Senior _____

County _____ District _____

Multiple Choice: Write the letter of the correct answer to the right of the question number

1. _____
2. _____
3. _____
4. _____
5. _____
6. _____
7. _____
8. _____
9. _____
10. _____
11. _____
12. _____
13. _____
14. _____
15. _____

True or False: Circle the answer that best describes the statement.

16. TRUE or FALSE
17. TRUE or FALSE
18. TRUE or FALSE
19. TRUE or FALSE
20. TRUE or FALSE

BICYCLE PARTS IDENTIFICATION

Incorrect _____ x 5 = _____ Penalty Points

Name: _____

Junior _____ Senior _____

County _____ District _____

Instructions All Contestants: Write the tag number on the line to the left of the most correct name for each part.

- | | |
|------------------------------|--------------------------------|
| _____ Allen wrench | _____ Freewheel |
| _____ Axle | _____ Freewheel remover |
| _____ Axle nut | _____ Front fork |
| _____ Bead | _____ Front reflector |
| _____ Bearings | _____ Handlebar |
| _____ Bearing, cone | _____ Handlebar stem |
| _____ Bearing, race | _____ Headlamp |
| _____ Bell | _____ Head tube |
| _____ Bottom bracket | _____ Headset |
| _____ Brake arm | _____ Hub |
| _____ Brake cable | _____ Jockey/idler pulleys |
| _____ Brake caliper | _____ Mirror |
| _____ Brake lever | _____ Pedal |
| _____ Brake pad | _____ Pivot bolt |
| _____ Cable | _____ Presta valve |
| _____ Cable housing | _____ Pump |
| _____ Cable end | _____ Quick release lever |
| _____ Cassette | _____ Rear forks |
| _____ Chain | _____ Rear reflector |
| _____ Chain ring | _____ Rim |
| _____ Chain stays | _____ Schrader valve |
| _____ Chain tool | _____ Seat |
| _____ Chain whip | _____ Seat post clamp assembly |
| _____ Cone wrench | _____ Seat stay |
| _____ Crank arm | _____ Seat tube |
| _____ Crank set | _____ Shifting lever |
| _____ Crescent wrench | _____ Spoke |
| _____ Derailleur, front | _____ Spoke wrench |
| _____ Derailleur, rear | _____ Tire |
| _____ Down tube | _____ Tire levers |
| _____ Dust cap | _____ Tire gauge |
| _____ Fender | _____ Top tube |
| _____ Fender support bracket | _____ Valve core |
| _____ Ferrule | _____ Valve stem cap |
| _____ Fixed cup wrench | _____ Wheel |

TEST #1: DOUBLE OBSTACLE TEST

Total # of Penalty Points _____

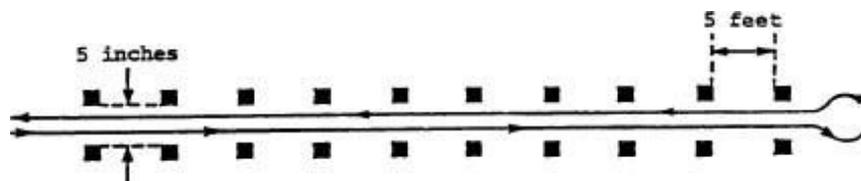
Name: _____

County _____ District _____

PURPOSE

To determine the rider's ability to gauge limited space on a straight line.

DIAGRAM



PROCEDURE

From a riding start, the rider maneuvers slowly between the pairs of obstacles without either tire touching any obstacle. When the rider has gone the entire distance, he or she turns and repeats the performance in the opposite direction.

SCORING

	# of times		Penalty Points
1. Touching foot to ground	_____	x 5	_____
2. Having either tire touch an obstacle	_____	x 2	_____
3. Not passing between every pair of obstacles – either or both tires	_____	x 5	_____
4. Skidding wheel	_____	x 10	_____
5. Standing up	_____	x 5	_____
6. Using brake excessive		5	_____
7. Expending an excessive amount of energy		3	_____
8. Unsafe/disruptive activity		* 20-500	_____

* (Examples: failure to follow instructions; riding, not walking bike; failure to use helmet) At judge's discretion, consultation with event coordinator/superintendent required.

TEST #2: DOUBLE ZIGZAG OBSTACLE TEST

Total # of Penalty Points _____

Name: _____

County _____ District _____

PURPOSE

To test the rider's ability to gauge limited space on a zigzag line.

DIAGRAM



PROCEDURE

From a riding start, the cyclist zigzags at a slow rate of speed between the pairs of obstacles without either tire touching an obstacle. When the rider has traveled the entire distance, he or she turns and repeats the performance in the opposite direction.

SCORING

	# of times	Penalty Points
1. Touching foot to ground	x 5	_____
2. Having either tire touch an obstacle	x 2	_____
3. Not passing between every pair of obstacles - either or both tires	_____	x 5 _____
4. Skidding wheel	x 10	_____
5. Standing up	x 5	_____
6. Using brake excessively	5	_____
7. Expending an excessive amount of energy	3	_____
8. Unsafe/disruptive activity	* 20-500	_____

* (Examples: failure to follow instructions; riding, not walking bike; failure to use helmet) At judge's discretion, consultation with event coordinator/superintendent required.

TEST #3: CITY STREETS

Total # of Penalty Points _____

Name: _____

County _____ District _____

City Streets Skills – 4-Way Intersection	# of items	Penalty Points
Turning - Lane Change and Intersections		
• Gave wrong signal	_____	x 5 _____
• Did not check for traffic	_____	x 10 _____
• Improper turning technique (left to right lane)	_____	x 5 _____
• Lost control of bicycle while turning	_____	x 10 _____
Stopping		
• Did not give signal to stop	_____	x 5 _____
• Improper signal given	_____	x 5 _____
• Did not stop before crosswalk	_____	x 5 _____
• Not a full stop/foot on ground	_____	x 10 _____
• Did not look Left-Right-Left	_____	x 10 _____
• Did not stop	_____	x 25 _____

City Streets Skills – Railroad Crossing	# of items	Penalty Points
Railroad		
• Did not scan back left	_____	x 5 _____
• Did not signal to stop and walk across, or signal left to cross perpendicularly	_____	x 10 _____

City Streets Skills – Traffic Scanning	# of items	Penalty Points
Scanning		
• Look over wrong shoulder	_____	x 5 _____
• Failure to scan	_____	x 10 _____
• Identified object incorrectly	_____	x 5 _____
• Losing control of bike while scanning	_____	x 10 _____

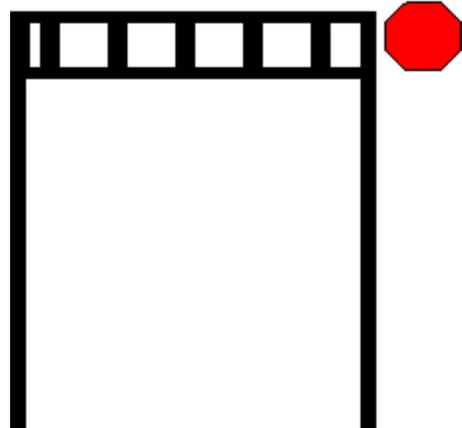
CITY STREETS SKILLS– TEST #3 INSTRUCTIONS FOR SCORING AND TEACHING

The following activities will be included in the City Streets Skills Test. Instructions are given below for both teaching the activity and for scoring the activity. Although only the driving lane will be drawn for the contestants, the course will simulate two-way roads and proper turns from intersections. Note the illustrated examples given below and the instructions for each. Bicyclists are bicycle drivers who must obey vehicle traffic laws.

4- Way Intersection

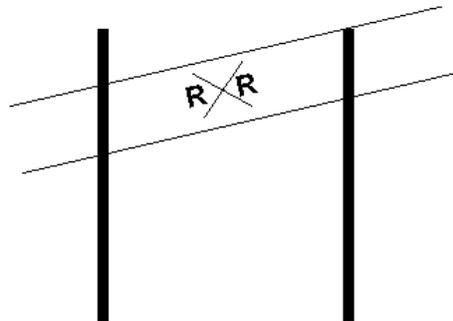
1. The bicyclist must scan back and look for traffic.
2. The bicyclist signals a stop.
3. The bicyclist must position themselves in the proper area for a right or left turn.
4. Stop with both feet on the ground
5. Get your pedal in the ready position
6. Look left, then right, then left again (also look for pedestrians)
7. Signal the turn
8. Make the turn

(The diagram shows no turn. Riders will be asked to make a left turn, a right turn, or a straight path)



Railroad Tracks

1. The bicyclist also should look behind (scan), prior to crossing the tracks, to ensure the bicyclist does not weave in front of a motor vehicle while crossing.
2. Approaching the tracks, the bicyclist should give the slowing down (left arm bent down at elbow) signal.
3. Two ways of crossing a railroad track are: 1. dismount bike and walk across tracks, or 2. slow down and ride bike across tracks at a 90-degree angle to the rails. Proper signals must be given for moving in the lane to position oneself for riding across the tracks.
4. The bicyclist must look both directions (scan) for a train prior to crossing the railroad track.



Scanning Exercise

The bicyclist is expected to scan to the rear while riding to look for traffic and in preparation for making a turn. In the scanning event, the bicyclist should identify the number of hands the judge has raised to indicate scanning was done. The bicyclist should look over the left shoulder.

TEST #4: FIGURE EIGHT STEERING

Total # of Penalty Points _____

Name: _____

County _____ District _____

PURPOSE

To evaluate the rider's ability in steering and balance.

DIAGRAM



PROCEDURE

The rider takes a moving start with both hands on the handlebars and makes *three* complete figure eights.

SCORING

	<u>No.</u> <u>times</u>		<u>Penalty</u> <u>points</u>
1. Touching foot to ground	_____	x 5	_____
2. Not using both hands on the handlebars	_____	x 5	_____
3. Having either tire touch/cross any border line (per 5 foot interval)	_____	x 2	_____
4. Off course - either or both tires (per 5 foot interval)	_____	x 3	_____
5. Standing up	_____	x 5	_____
6. Using brake excessively		5	_____
7. Expending an excessive amount of energy		3	_____
8. Unsafe/disruptive activity		* 20-500	_____

* (Examples: failure to follow instructions; riding, not walking bike; failure to use helmet) At judge's discretion, consultation with event coordinator/superintendent required.