Bicycle Activity
District & State 4-H O-Rama’s – Junior & Senior 4-H'ers
Ag Systems Technology Management

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 five senior winners in each region 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 Regional and State events:
a. Double obstacle test
b. Double zigzag obstacle test
c. City Streets
   i. 4-Way Intersection
   ii. Railroad Crossing
   iii. Scanning
d. Figure eight steering

• 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).

COOPERATIVE EXTENSION SERVICE
University of Arkansas, United States Department of Agriculture and County Governments Cooperating
• 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.

PREPARED BY
Noah Washburn, 4-H Program Director

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.

The Arkansas Cooperative Extension Service offers its programs to all eligible persons regardless of race, color, national origin, religion, gender, age, disability, marital or veteran status, or any other legally protected status, and is an Equal Opportunity Employer.
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

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

* (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

<table>
<thead>
<tr>
<th># of times</th>
<th>Penalty Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Touching foot to ground</td>
<td>____ x 5 ____</td>
</tr>
<tr>
<td>Having either tire touch an obstacle</td>
<td>____ x 2 ____</td>
</tr>
<tr>
<td>Not passing between every pair of obstacles - either or both tires</td>
<td>____ x 5 ____</td>
</tr>
<tr>
<td>Skidding wheel</td>
<td>____ x 10 ____</td>
</tr>
<tr>
<td>Standing up</td>
<td>____ x 5 ____</td>
</tr>
<tr>
<td>Using brake excessively</td>
<td>5 ____</td>
</tr>
<tr>
<td>Expending an excessive amount of energy</td>
<td>3 ____</td>
</tr>
<tr>
<td>Unsafe/disruptive activity</td>
<td>* 20-500 ____</td>
</tr>
</tbody>
</table>

* (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

<table>
<thead>
<tr>
<th># of items</th>
<th>Penalty Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Turning - Lane Change and Intersections</td>
<td></td>
</tr>
<tr>
<td>Gave wrong signal</td>
<td>_____</td>
</tr>
<tr>
<td>Did not check for traffic</td>
<td>_____</td>
</tr>
<tr>
<td>Improper turning technique (left to right lane)</td>
<td>_____</td>
</tr>
<tr>
<td>Lost control of bicycle while turning</td>
<td>_____</td>
</tr>
<tr>
<td>Stopping</td>
<td></td>
</tr>
<tr>
<td>Did not give signal to stop</td>
<td>_____</td>
</tr>
<tr>
<td>Improper signal given</td>
<td>_____</td>
</tr>
<tr>
<td>Did not stop before crosswalk</td>
<td>_____</td>
</tr>
<tr>
<td>Not a full stop/foot on ground</td>
<td>_____</td>
</tr>
<tr>
<td>Did not look Left-Right-Left</td>
<td>_____</td>
</tr>
<tr>
<td>Did not stop</td>
<td>_____</td>
</tr>
</tbody>
</table>

### City Streets Skills – Railroad Crossing

<table>
<thead>
<tr>
<th># of items</th>
<th>Penalty Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Railroad</td>
<td></td>
</tr>
<tr>
<td>Did not scan back left</td>
<td>_____</td>
</tr>
<tr>
<td>Did not signal to stop and walk across, or signal left to cross perpendicularly</td>
<td>_____</td>
</tr>
</tbody>
</table>

### City Streets Skills – Traffic Scanning

<table>
<thead>
<tr>
<th># of items</th>
<th>Penalty Points</th>
</tr>
</thead>
<tbody>
<tr>
<td>Scanning</td>
<td></td>
</tr>
<tr>
<td>Look over wrong shoulder</td>
<td>_____</td>
</tr>
<tr>
<td>Failure to scan</td>
<td>_____</td>
</tr>
<tr>
<td>Identified object incorrectly</td>
<td>_____</td>
</tr>
<tr>
<td>Losing control of bike while scanning</td>
<td>_____</td>
</tr>
</tbody>
</table>
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

<table>
<thead>
<tr>
<th></th>
<th>No. times</th>
<th>Penalty points</th>
</tr>
</thead>
<tbody>
<tr>
<td>1.</td>
<td>Touching foot to ground</td>
<td>_____</td>
</tr>
<tr>
<td>2.</td>
<td>Not using both hands on the handlebars</td>
<td>_____</td>
</tr>
<tr>
<td>3.</td>
<td>Having either tire touch/cross any border line (per 5 foot interval)</td>
<td>_____</td>
</tr>
<tr>
<td>4.</td>
<td>Off course - either or both tires (per 5 foot interval)</td>
<td>_____</td>
</tr>
<tr>
<td>5.</td>
<td>Standing up</td>
<td>_____</td>
</tr>
<tr>
<td>6.</td>
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