

Bike Club is an after-school club for girls and boys - mostly 5th graders - that meets once weekly, at the end of the school day. There are about 20 students in each club. Volunteer adults teach bike safety and ride with students, including bicycle trips to a variety of destinations that the group can explore – the area high school or middle school, a library or park, a restaurant or snack shop, or just a long ride. The benefits to the kids are many. Bike Club encourages ABCs (Attendance, Behavior and Coursework), teaches a valuable life skill – safely and confidently operating a bicycle, encourages a positive lifestyle, develops teamwork and cooperation during group rides, and builds invaluable relationships with adults – and they have fun doing it! Students who complete Bike Club receive a bike and helmet at the end of the school year.



Bike Club Mission

Develop confident cyclists through community engagement.

Timeline:

- 2014: Emerson
- 2015: Cooper, Jackson, Lee, Remington (now Clinton West), Robertson
- 2016: Eugene Field, Kendall-Whittier, Sequoyah / Hale HS Rolling Rangers Bike Team
- 2017: Gilcrease, MacArthur, Penn, Salk / Webster MS / also schools in Broken Arrow and Pryor
- 2018: Carver MS, Hale MS, Monroe MS and Rogers MS / also schools in Sand Springs, Tahlequah and OKC
- 2019: Kerr, Skelly, Wright, Zarrow and Edison MS

The Bike Club program at Tulsa Public Schools is administered by the physical education department and Humble Sons Bike Company.

Requirements of School:

- Provide sponsors; Sign faculty agreement
- Select students
- One adult for each four students
- Store bikes and equipment
- Insure all student permissions and waivers are signed and returned; conduct volunteer background checks
- Will send faculty and volunteer leaders to Bike Club training before the school year

Each Bike Club Receives:

- Bicycles, Helmets and Safety Vests
- Volunteer Guide
- Bike Club kit with manuals, tools, pump, tubes, drill supplies
- Laminated map of school area
- USA BMX STEM kit that includes 5 additional BMX bikes and curriculum
- Training workshops and volunteer networking

Typical Bike Club Session:

- Immediately after school (approx. 1.5-2 hrs.)
- Students gather – classroom, gym, cafeteria
- Warm Welcome, snacks, prepare for the session’s activity
- Circuit Partner activity (if scheduled)
- Get bikes and helmets, conduct ABC checks
- Drills and ride on campus / ride to selected designation (Fire Stations, Parks, Businesses)
- Return bikes to storage
- Close session and dismiss kids

Circuit Partners:

- Tulsa Police Department Bike Squad
- Quickie Mart BMX team
- The Met (Metropolitan Environmental Trust)
- Tulsa Health Department Nutrition Educators
- Youth Services—Safe Place

Volunteer Resource Center

Tulsa Public Schools

- TPS - Volunteer Application (PDF)
- Student Invitation (PDF)
- Bike Club Waiver and Release (PDF)
- Bike Club End-of-Year Certificate (PDF)

Onboarding & Volunteer Guide

- Bike Club Volunteer Application (PDF)
- Bike Club Volunteer Handbook (PDF)
- Bike Club Overview Sheet (PDF)
- Bike Club Orientation (PDF)
- Bike Club Volunteer Guide v1 (Chapters 1-6) (PDF)

Organizational Resources

- 2019-20 Bike Club Calendar (PDF)
- 2019-20 Circuit Partners Calendar (Coming Soon)
- Attendance Sheet (Excel)
- Weekly Planner (Excel)
- Club Roster Template (PPT)
- GroupMe (Txt'ing App)
- Newsletter Sign-up
- Closed Group Facebook Page
- Instagram Page

Lesson 1 - Fitting Helmet & Bicycle, What to Wear

- NHTSA - Fitting Your Bike Helmet Handout (PDF)
- LAB - Bike Helmets (Video)
- LAB - Fitting and Adjusting Your Bike (Video)
- LAB - What To Wear (Video)
- Game: Band-Aid Tag (PDF)

Lesson 2 - Bicycle Inspection & Bicycle Parts Relay

- BikeTexas - Vehicle Safety Inspection Checklist (PDF)
- LAB - Basic Bike Check (Video)
- Game: "ABC Quick" Check: Jump, Link and Run Activity (PDF)

Lesson 3 - Power Start & Controlled Stop/Braking

- LAB - Starting and Stopping (Video)
- LAB - Quick Stop (PDF)

Lesson 4 - Steering & Control, Straight Line/Shifting Gears

- LAB - Steering (Video)
- LAB - Shifting Gears (Video)
- How Do Bike Gears Work? (Video)
- BikeTexas - Turtle Race Course (PDF)

Lesson 5 - Scanning & Hand Signals

- LAB - Scanning (Video)
- LAB - Signaling (Video)
- LAB - Lane Changing (Video)

Lesson 6 - Rules of the Road

- BikeTexas - Oklahoma Bicycle Law Cards (PDF)
- RoadID - Riding In Traffic

- RoadID - Riding In Traffic (Video)
- LAB - Rules of the Road
- LAB - Traffic Laws (Video)
- LAB - Where Should I Ride (Video)
- Oklahoma Bicycle Society - The Law and Bikes

Lesson 7 - Avoidance Maneuvers & Riding with a Group

- LAB - Avoidance Maneuvers (PDF)
- RCUK - Group Riding Tips
- RoadID - Group Riding Essentials
- RoadID - Group Riding (Video)
- Bicycle Coalition ME - Safety Guidelines for Organized Bike Ride Events (Video)

Lesson 8 - Figure 8 Ride & Decision Making

- Bikeology - Figure 8 Ride (PDF)
- BikeTexas - Decision Making Course (PDF)
- Bicycle Maintenance
- TREK Owner's Manuals
- Bicycling Mag - Fix a Flat Tire in Two Minutes (Video)
- Bicycling Mag - How to Remove and Install Bicycle Wheels (Video)
- Bicycling Mag - How to Troubleshoot a Skipping Derailleur (Video)

Volunteer University

- SESSION 1: EMOTIONS ON TAP
- SESSION 2: BUILDING RELATIONSHIPS WITH YOUTH
- SESSION 3: CHILDHOOD TRAUMA AND ADVERSITY
- SESSION 4: YOUR VOLUNTEER IMPACT

Inside Activates

- It's All About Kids: Inside Recess Activities & Games - Volume 1 (PDF)

Bicycle Maintenance

- TREK Owner's Manuals
- Bicycling Mag - Fix a Flat Tire in Two Minutes (Video)
- Bicycling Mag - How to Remove and Install Bicycle Wheels (Video)
- Bicycling Mag - How to Troubleshoot a Skipping Derailleur (Video)

Other Resources

- Specialized Foundation - Riding for Focus
- LAB - Traffic Skills 101
- Bikeology Curriculum - Part 1 (PDF)
- Bikeology Curriculum - Part 2 (PDF)
- NHTSA - General Bicycle Information
- NHTSA - Kids and Bicycle Safety (PDF)
- BikeTexas - Safe Routes to School Event Handbook (PDF)
- REI - Teaching Your Child to Ride a Bike (Video)
- Cycling Skills - Ontario's Guide to Safe Cycling (PDF)
- RSA - Cycle Safety, Some tips on safer cycling (PDF)