



BIKE CLUB



ORIENTATION



MISSION
BUILDING CONFIDENT CYCLISTS
AND GREAT TULSANS
THROUGH COMMUNITY ENGAGEMENT



OVERVIEW



MENTORS ON WHEELS





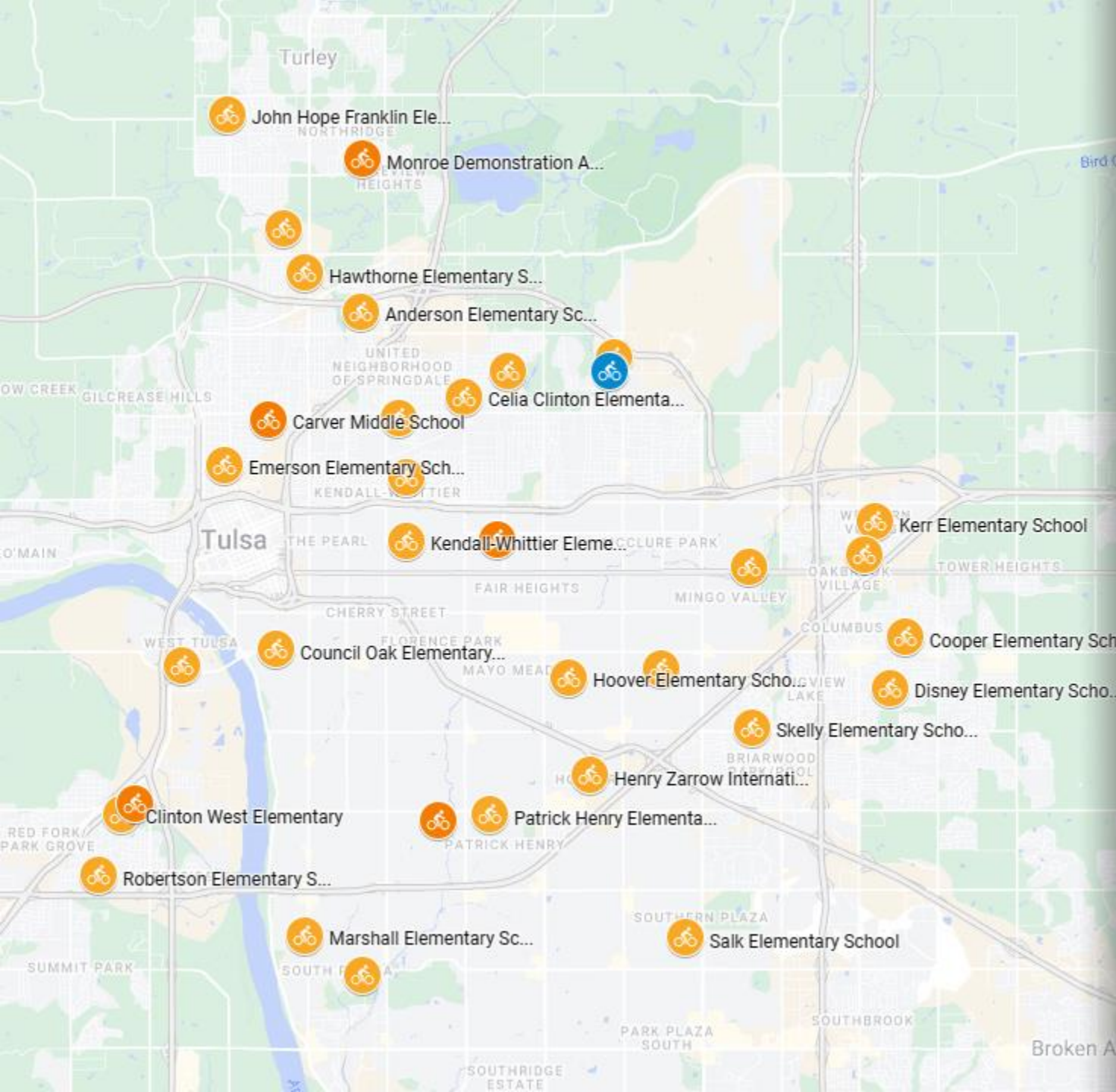
CLUB BENEFITS

- Bike Club teaches bike safety, cycling skills and STEM; along with life lessons – respect, cooperation, teamwork.
- Fills a void in after-school opportunities for students.
- Doubles amount of time students receive for exercise.
- Builds students' confidence, improves communication skills and exposes them to nearby businesses and attractions.
- Supports the A,B,C's – Attendance, Behavior, Coursework.
- **And children who complete the program earn a bicycle and helmet!**

HOW EACH CLUB STARTS

- Principal requested through TPS Athletic Department.
- Fundraising and volunteer recruitment efforts to support launch and sustainment needs.
- Onboarding volunteers, equipment builds/checks.
- Student invitations – Most clubs have 20 students with a 1:4 volunteer ratio; Middle schools slightly less (10-15).
- 20 session ride calendar (Sept-May):
 - Fall: On-campus skill development
 - Spring: Off-campus fieldtrip rides
- Concludes with an all schools 'Bike Club Rally' group ride.





PROGRAMMING NOW OFFERED IN
34 TULSA PUBLIC SCHOOLS!

ELEMENTARY

Anderson
Celia Clinton
Clinton West
Cooper
Council Oak
Disney
Emerson
Eugene Field
Hamilton
Hawthorne
Henry Zarrow
Hoover
John Hope Franklin
Kendall-Whittier
Kerr
Lewis and Clark
Lindbergh
MacArthur
Marshall

McClure
Patrick Henry
Robertson
Salk
Sequoyah
Skelly
Springdale
Unity
Walt Whitman

MIDDLE SCHOOL

Carver MS
Edison MS
Monroe MS
Rogers MS
Webster MS

MECHANICS

Tulsa MET HS

SCHOOL REQUIREMENTS

- **Storage** – The school could securely store the bikes.
- **Faculty involvement** – The school would provide two faculty sponsors for the club, and it would meet weekly.
- **1:4 ratio** – Ensure one adult volunteer (including some “confident” cyclists) for every four students.
- **Training** – The faculty sponsors and volunteers would receive training in how to teach bike safety.
- **Screening & permissions** – Adult volunteers would comply with the school district's background checks and students' parents would complete the appropriate consent forms and health waivers.



GOALS



FOCUSED ON...

1. **SAFETY – ALL Students, Faculty Sponsors and Volunteers MUST WEAR A HELMET AND VEST while riding.**
2. Improving outcomes in the classroom.
3. Creating an outlet for meaningful mentorship opportunities.
4. Spending more 'Device Free' time outdoors.
5. Developing confident cyclists that use their knowledge and bicycle for active (and safe) transportation.

And most of all...



...HAVING FUN!





BIKE CLUB FIRST NINE YEARS

9

YEARS OF BIKE CLUB
ACTIVITIES

2,410

STUDENTS HAVE
PARTICIPATED

23K

HOURS OF ADULTS
WORKING WITH YOUTH

132K

MILES TRAVELED
BY BIKE

14M

CALORIES
BURNED

5.5

DAYS IMPROVED
ATTENDANCE ON AVG

BIKE CLUB

2022-23 DEMOGRAPHICS

475

TPS
STUDENTS

54%

BOYS

46%

GIRLS

GENDER

31%

ENGLISH LANGUAGE
LEARNERS

11%

SPECIAL
EDUCATION

RACE AND ETHNICITY

35%

HISPANIC

23%

BLACK

23%

WHITE

11%

BIRACIAL

6%

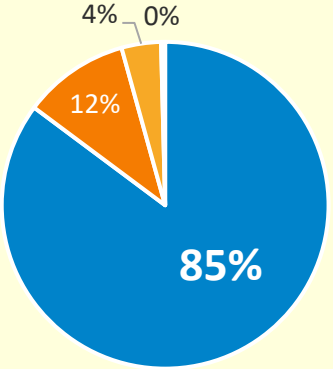
NATIVE

2022-23 SAYO

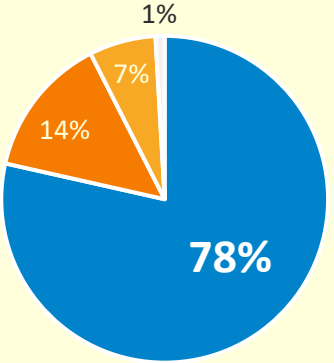
(Survey of Academic and Youth Outcomes)

230

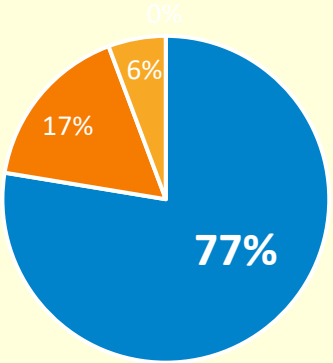
SURVEY RESPONSES



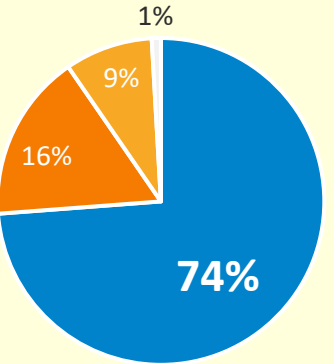
I like coming to this after-school program.



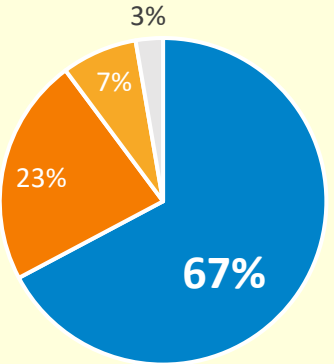
I have fun when I'm at this after-school program.



There is an adult in this program who I can ask for help from.



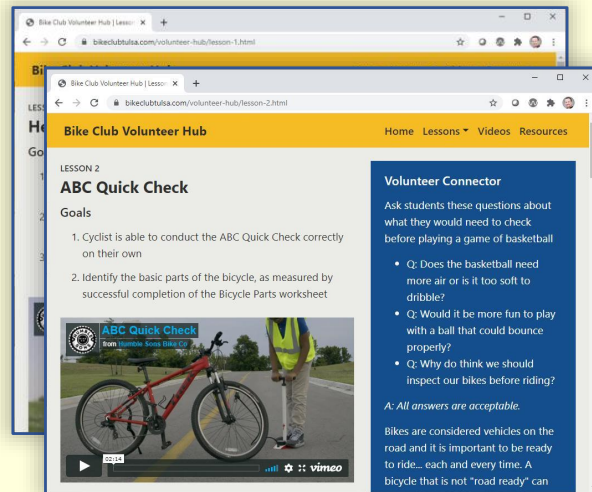
Adults in this after-school program care about what I think.



Coming to this program has helped me learn something new.

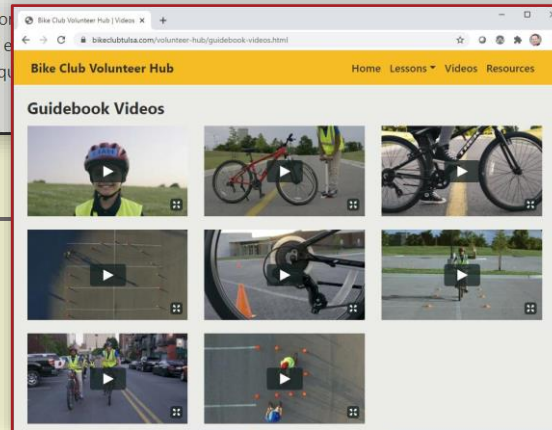
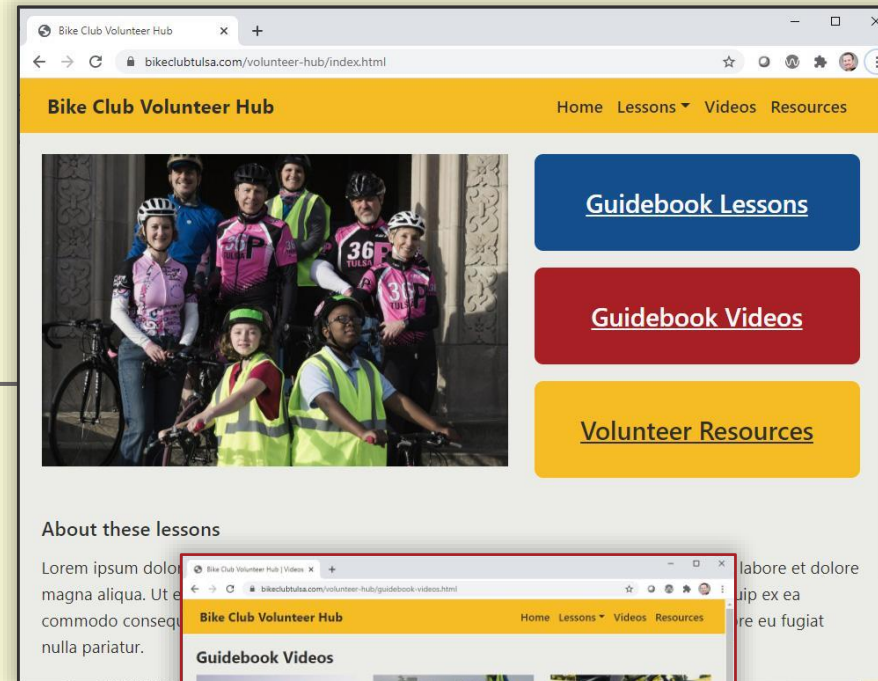
RESOURCES

VOLUNTEER HUB

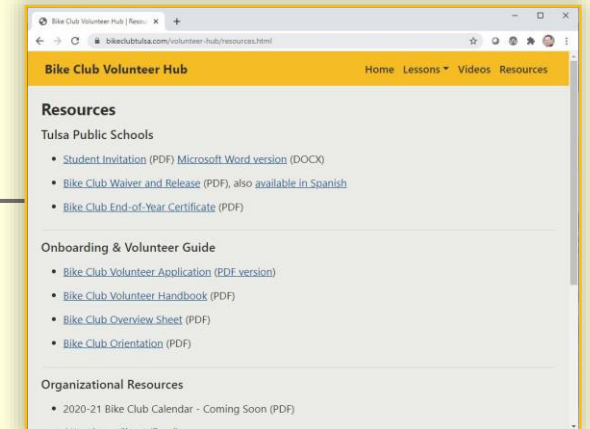


Guidebook Lessons (8)

- Virtual Scripts
- Activities



Guidebook Videos

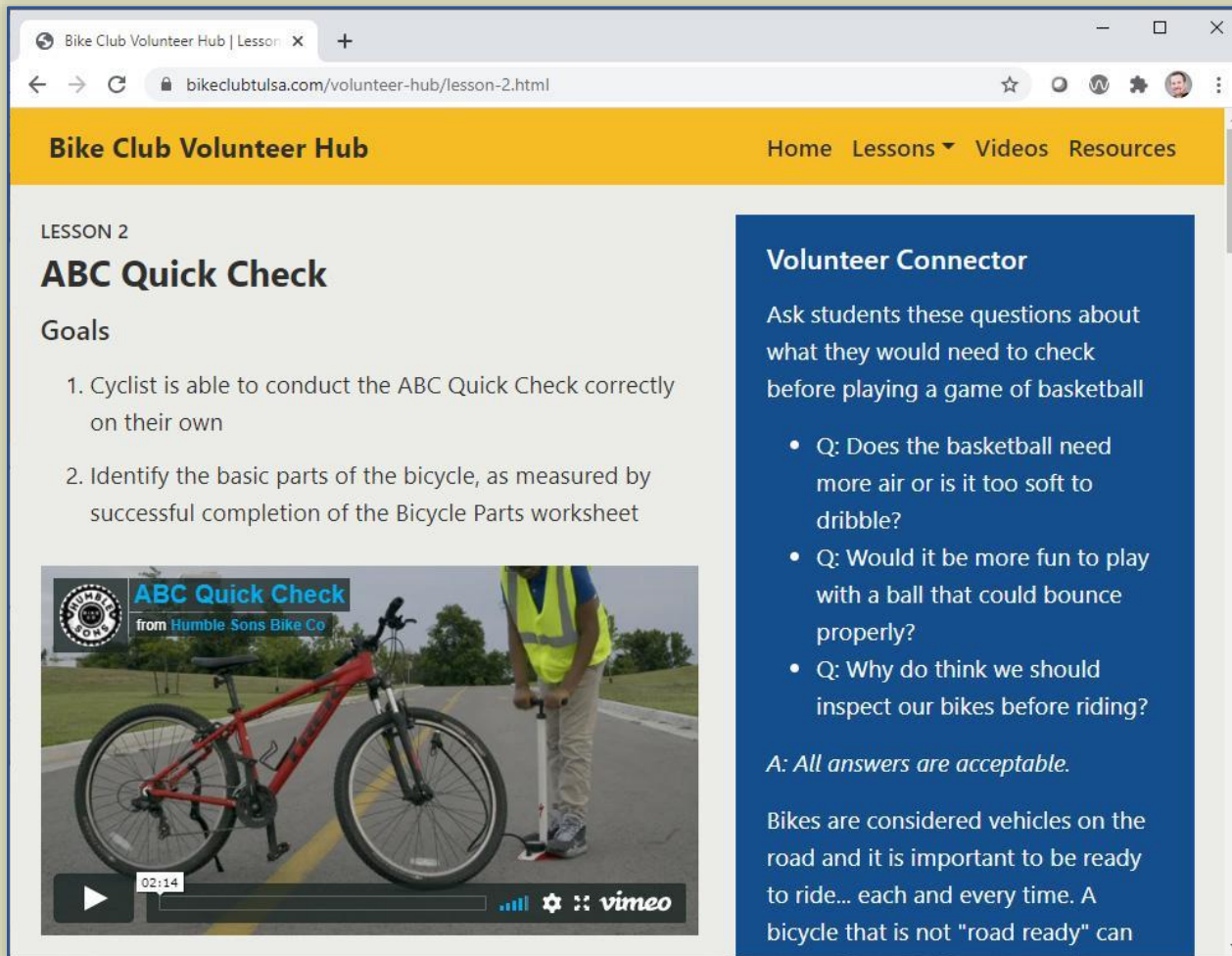


Volunteer Resources

- Forms & Waivers
- Volunteer Handbook
- Attendance Sheets

bikeclubtulsa.com/volunteer-hub

GUIDEBOOK LESSONS



The screenshot shows a web browser window with the URL bikeclubtulsa.com/volunteer-hub/lesson-2.html. The page has a yellow header with the text "Bike Club Volunteer Hub" and navigation links: "Home", "Lessons", "Videos", and "Resources". The main content area is titled "LESSON 2" and "ABC Quick Check". Below this, under the heading "Goals", are two numbered items: "1. Cyclist is able to conduct the ABC Quick Check correctly on their own" and "2. Identify the basic parts of the bicycle, as measured by successful completion of the Bicycle Parts worksheet". A video player is embedded, showing a person in a yellow safety vest working on a red bicycle. The video title is "ABC Quick Check from Humble Sons Bike Co" and the duration is 02:14. To the right of the video player is a blue sidebar titled "Volunteer Connector" containing a paragraph of text and a list of three questions. At the bottom of the sidebar, it says "A: All answers are acceptable." and "Bikes are considered vehicles on the road and it is important to be ready to ride... each and every time. A bicycle that is not 'road ready' can".

Bike Club Volunteer Hub Home Lessons Videos Resources

LESSON 2

ABC Quick Check

Goals

1. Cyclist is able to conduct the ABC Quick Check correctly on their own
2. Identify the basic parts of the bicycle, as measured by successful completion of the Bicycle Parts worksheet

Volunteer Connector

Ask students these questions about what they would need to check before playing a game of basketball

- Q: Does the basketball need more air or is it too soft to dribble?
- Q: Would it be more fun to play with a ball that could bounce properly?
- Q: Why do think we should inspect our bikes before riding?

A: All answers are acceptable.

Bikes are considered vehicles on the road and it is important to be ready to ride... each and every time. A bicycle that is not "road ready" can

Each Guidebook Lesson Includes:

- Lesson Video
- Course Diagrams
- Volunteer Tips
- Step By Step Instructions
- Related Resources
- Mobile-Friendly

Great for sharing among volunteers before club ride days!

VOLUNTEER HANDBOOK

- Outline of Bike Club Program
- Volunteer Commitment
- Policies
- Communication
- Additional Programming
- Humble Sons Bike Company Contacts
- Volunteer Applications



bikeclubtulsa.com/handbook



BIKE CLUB "KITS"



MOUNTAIN BIKES

About the equipment you'll have available at your school:

Youth Bikes – 24" 8-Speed

- Simple Shimano 8-speed shifting
- Light frames, knobby tires, kickstands

Adult Bikes

- 27" and 29" (13.5, 15.5, 17.5)
- Quick release seat post lever
- Front suspension



PRO TIP: WATCH OUT FOR THESE ITEMS

- 1. SHIFTERS** – Students treating the gear shifters like a motorcycle throttle and twisting through multiple gears without pedaling. This will stretch out cables and cause the bike not to shift properly.
- 2. FRONT BRAKES/CABLES** – Upgraded equipment means better stopping power. You may want to consider taping up the left (front) brake until students complete their controlled braking lesson.
- 3. SEAT POST CLAMP** – When fitting bicycles, be sure not to raise the seat post taller than the maximum height. This is unsafe and could result in injury or damage to the bicycles frame.



CALENDAR



RIDE CALENDAR *(TUESDAY EXAMPLE)*

FALL 2023

September

- 9/11 – Kick-Off Volunteer Cookout
- 9/26 – Lesson 1 (FIRST DAY)

October

- 10/3 – Lesson 2
- 10/10 – Lesson 3
- 10/24 – Lesson 4
- 10/31 – Review/Assessment

November

- 11/7 – Lesson 5
- 11/14 – Lesson 6
- 11/28 – Lesson 7

December

- 12/5 – Lesson 8
- 12/12 – Review/Assessment

SPRING 2024

February

- 2/27 – Review/Assessment

March

- 3/5 – Field Trip Ride
- 3/12 – Field Trip Ride
- 3/26 – Field Trip Ride

April

- 4/2 – Field Trip Ride
- 4/9 – Field Trip Ride
- 4/16 – Field Trip Ride
- 4/23 – Field Trip Ride
- 4/30 – Field Trip Ride

May

- 5/1 – BIKE CLUB RALLY (WED)
- 5/8 – Bike Give-A-Way (LAST DAY)*
- 5/27 – Volunteer Cookout & Recognition



[View Full 2023-24
TPS School Calendar](#)

STAYING ORGANIZED

5 TIPS FOR SAYING ORGANIZED

1. **Elect a team communications leader** (this person does NOT need to physically ATTEND each week) to send out a weekly reminder (email and/or txt) the day before Bike Club that includes the lesson/drill/ride and volunteers attending. If possible, follow-up with a recap summary so that the follow weeks volunteers will be up to date.
 - [Use a spreadsheet](#) (Excel) to list weekly activities (lessons, circuit partners, destinations, miles traveled, etc.)
2. **Delegate volunteers to...** collect weekly attendance, get out/return equipment, handle snacks, plan field trip rides, perform maintenance checks, etc.
3. **Learn each others' names and assign bikes**
 - Create a student and volunteer picture/name poster (powerpoint) to help volunteers and students remember names; email to volunteers and place in Bike Club room at school. Write students name on tape and place them on front and back of helmet.
 - Assign each student a numbered bike or use tape to put student's name on bike.
4. **Be prepared**
 - Create a contact info card – BOTH Teacher and one Lead Volunteer should have this card on hand.
5. **Communicate with your *Teacher!***

RESOURCE CENTER TEMPLATES

Forms/Templates:

- ✓ [TPS - Volunteer Application](#)
- ✓ [Student Invitation](#)
- ✓ [Bike Club Waiver and Release](#)
- ✓ [Bike Club End-of-Year Certificate](#)
- ✓ [Weekly Planner / Attendance Sheet](#)

School	Faculty Sponsor Info	Regional Support	Meeting Day/Time	Attendance Sheet	Date	Number of Youth	Number of Volunteers	Lesson Completed	Ride Time and/or Mileage	Date	Number of Youth	Number of Volunteers
Anderson	Bethany Morgan	Mike Wozniak	Tuesdays 2:45-4:00	ANDERSON	9/19/23	10	2	1	15 min(rain)			
Celia Clinton	Bere Jenny	Mike Wozniak	Thursdays 3:00-4:30	CELIA CLINTON	9/21/23							
Clinton West	Sheryl Clark	Lance Miller	Tuesdays 2:45-4:15	CLINTON WEST	9/19/23	18	2	1	10 minutes			
Cooper	Brittany Rutherford	Jonah Panther	Tuesdays 2:45-4:15	COOPER	9/19/23							
Council Oak		Jonah Panther		COUNCIL OAK	9/27/23							
Disney	Chris Hart	Adam Vanderburg	Friday 2:45-4:00	DISNEY								
Emerson		Mike Wozniak		EMERSON								
Eugene Field	Nicole Morgan	Lance Miller	Tuesdays 2:45-4:30	EUGENE FIELD	9/26/2023							
Hamilton	Emma Harris	Jonah Panther	Wednesday 2:45-4:15	HAMILTON	9/13/2023	9	2	1	orientation	9/20/23	11	3
Hawthorne	Alana Pastula	Lance Miller	Fridays 3:00-4:30	HAWTHORNE	9/22/2023							
Henry Zarrow		Adam Vanderburg		HENRY ZARROW								
Hoover	Kathy Williams	Lance Miller	Thursdays 2:45-4:15	HOOVER	9/21/2023	17	3	1	10 minutes			
John Hope Franklin		Mike Wozniak		JOHN HOPE FRANKLIN								
Kendall-Whittier		Jonah Panther		KENDALL-WHITTIER	9/22/23							

WAYS TO STAY CONNECTED



Instagram

[instagram.com/bikeclubtulsa](https://www.instagram.com/bikeclubtulsa)



GroupMe

[GroupMe.com](https://www.groupme.com)



Email Newsletters

bikeclubtulsa.com/newsletter



Facebook (Closed) Group

facebook.com/groups/bikeclubtulsa



LinkedIn

linkedin.com/company/bikeclubtulsa

Facebook Public Page

facebook.com/bikeclubtulsa

WORKING WITH YOUTH

TYPES OF BIKE CLUB KIDS

1. **DESERVE IT** – They have earned it!
2. **NEED IT** – They are deprived of it.

Most of the kids that will be chosen to participate live in poverty.

- Situational poverty – Sudden crisis
- Generational poverty – 2 or more generations
- Absolute poverty – Scarcity of necessities
- Relative poverty – Insufficient income to meet standard needs
- Urban poverty – Chronic, acute stressors (violence, crowd)
- Rural poverty – Less access to services, quality education



YOU CAN MAKE A DIFFERENCE!

*There's good **N.E.W.S.***

- **Nutrition** – If dragged down by poor nutrition, students may not be functioning at their best.
- **Exercise** – Is the solution to psychological stress.
- **Water** – Children with attention and memory problems are often dehydrated.
- **Sleep** – Affects the mood and attitude.

Most are deprived of the necessities listed above and they all trigger behaviors.

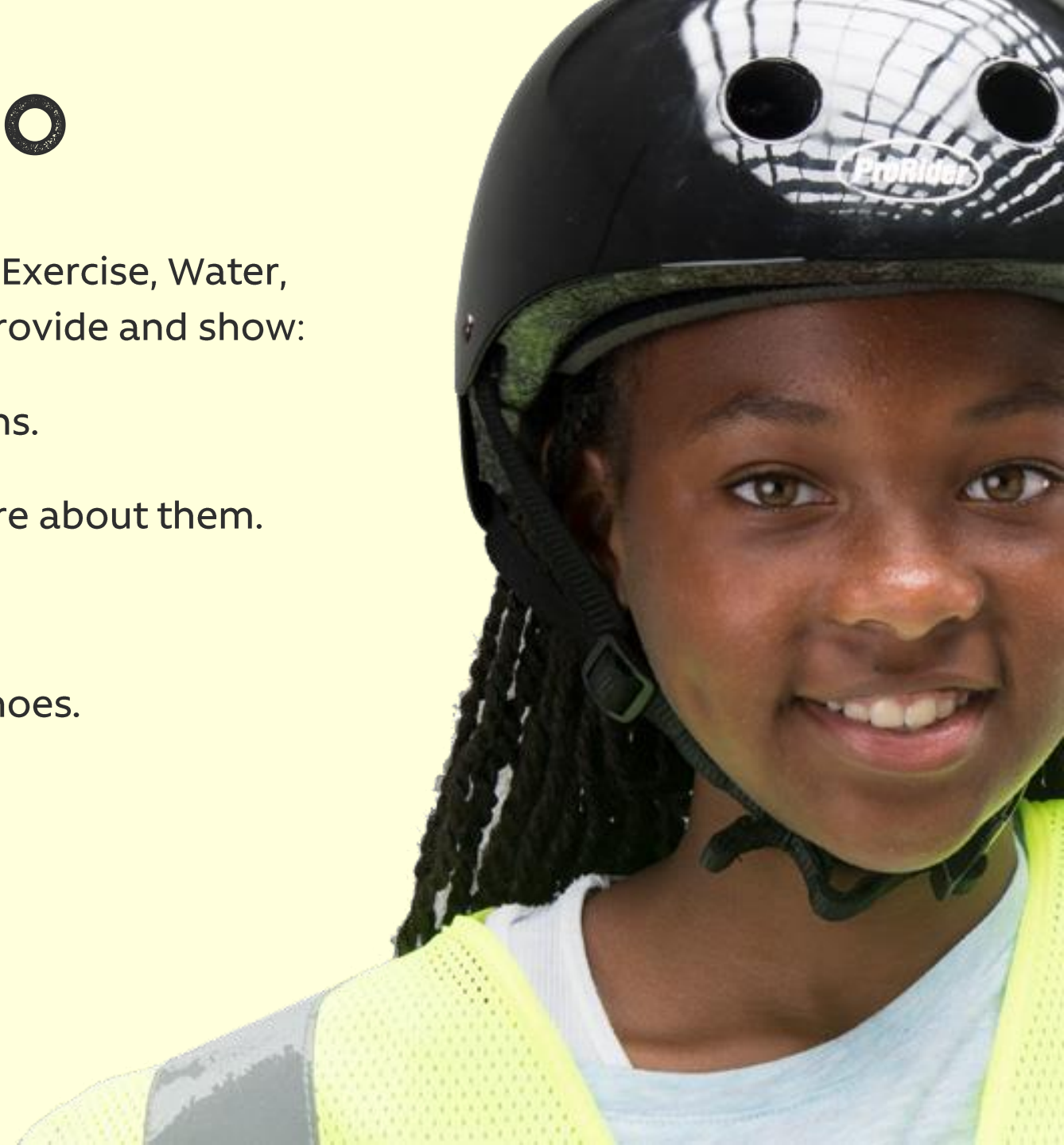
Emotionally Healthy children need reliable primary caregivers who provides consistent and unconditional love, guidance, and support.

Also need safe, predictable, and stable environments.

THINGS YOU CAN DO

Not only can you provide them with Nutrition, Exercise, Water, and encourage more Sleep, but you can also provide and show:

1. **Consistency** – Show up and set expectations.
2. **Conversation** – Talk to them and learn more about them.
3. **Support** – Teach and give advice.
4. **Relate/Empathy** – Place yourself in their shoes.



WHY VOLUNTEER?



CHANGE A LIFE...

Mentoring provides an opportunity to help young people attain developmental assets needed to better deal with life's challenges.

- **Active learning** – Young people need opportunities outside of school to learn and develop new skills and interests.
- **Health and wellness** – Young people need outlets that promote active and healthy lifestyles. Bike Club plants a seed for health choices that will grow well beyond club activities.
- **Encouragement** – Young people need the positive influence of peers and adults who encourage them to be and do their best.
- **Support** – Young people need to be surrounded by individuals who love, care for, appreciate and accept them.
- **Social** – Young people need to develop the skills to interact effectively with others, to make difficult decisions and choices, and to cope with new situations.

CHANGE YOUR LIFE...

- **Gain confidence** – Volunteering can help you gain confidence by giving you the chance to try something new and build a real sense of achievement.
- **Make a difference** – Volunteering can have a real and valuable positive affect on people, communities and society in general.
- **Meet people** – Volunteering can help you meet different kinds of people and make new friends.
- **Be part of a community** – Volunteering can help you feel part of something outside your friends and family.
- **Learn new skills** – Volunteering can help you learn new skills, gain experience and sometimes even qualifications.
- **Take on a challenge** – Through volunteering you can challenge yourself to try something different, achieve personal goals, practice using your skills and discover hidden talents.



VISIT US ONLINE AT
Bikeclubtulsa.com

info@bikeclubtulsa.com