

SKILL TEST ADJUSTMENTS FOR ADAPTIVE BIKES

In order to facilitate inclusion in the Bike Rodeo for students with adaptive bikes, we recommend the following adjustments for students competing in the Adaptive Bike Division:

Skill Test One: Balancing at Slow Speed

Option 1: Widen the parallel lines from 3 feet to 5 or 6 feet. This will allow the rider to make larger movements (such as zig zags or curves) on the bike while riding at a slow speed.

Option 2: Allow a certain number of foot touches to the ground, or allow the rider to hit the pipes a certain number of times. So instead of 0 foot touches to the ground or 0 times hitting the pipes, allow 3, 4 or 5 foot touches/hitting the pipes.

Skill Test Two: Straight Line Riding

Two possibilities:

1. Expand the pipes
2. Ride next to the outside pipe and use that as the straight line guide

Skill Test Three: Weaving

Remove every other cone

Skill Test Four: Circling

Make lane wider by extending outside cones to accommodate width of adaptive bike

Skill Test Five: U-Turn

Two possibilities:

1. Complete U-Turn on Outside of Cones
2. Increase size of U-Turn track

Skill Test Six: Stop on The Spot Test

NO ADAPTATION NEEDED