



**ThinkFirst**

St. Anthony Summit Medical Center  
and Mountain Clinics

## Virtual Bike Rodeo Checklist

We want you to be safe on your bike. Watch our videos and do the lessons. When you complete a lesson, check it off the list. Complete them and win a prize. (If you are just learning, do what you can safely.) Prizes are limited, so do them soon. Prizes are first come—first serve.

*Share a picture—tag us @**rwbfire** with a photo of you with your helmet on, learning a new skill, riding with your family, etc. We can't wait to see your pictures. Have a safe summer!*

- Brain Injury Prevention**
- Melon Drop**
- How to Fit your Helmet**
- Chaos Corners**
- Demon Driveway**
- Slalom**
- Crazy Crossroads**
- Dodge-em Drive (road hazards)**
- Rock Dodge**
- Slow Race (Turtle Crawl)**
- Crazy Eights**
- Hand Signals**
- Seeing and Being Seen**
- Who's There?**
- Riding Off Steps or Curbs**
- Panic Stop**



**We don't want to miss you,  
Please call us  
before you come by  
to pick up your prize:**

**970-453-2474**

Prizes can be picked up at:  
Red, White & Blue Fire District  
316 N. Main Street  
Breckenridge, Colorado 80424  
rwbfire.org

***Don't forget to bring your checklist.***

Name: \_\_\_\_\_ Age: \_\_\_\_\_