

LEVEL 1

FUNDAMENTALS OF CYCLING



can BIKE[®]

2017



CyclingCANADA.Cyclisme

Level 1 Course Outline

Objective

This 2-3 hour course will focus on basic bike handling skills, for all ages and who have never ridden a bicycle. This course will cover all the information and fundamental skills needed to get on the bike and ride comfortably.

Total Time: 2 – 3 hours

- 1) Pre-course Preparation, Introductions and Registration
 - Instruction can be taught one-on-one, or up to three (3) participants
- 2) Technical Safety (before getting on bike)
 - Helmet Information and Fit
 - Brain in a Crash
 - Bicycle Adjustment and Fit
 - Basic Bicycle Inspection- ABC Quick Check
- 3) Handling Skills (on bike, including rest break)
 - Coast and balance
 - Pedal and steer
 - Go and Stop
- 4) Games
 - Incorporate games (each level games get more challenging, base them on the Handling Skills they have done)
- 5) Safe and Effective Cycling
 - Crashes and Collisions
- 6) Concurrent Topics (during the handling skills session)
 - Safety equipment (lights, bells, etc.)
 - Clothing and carrying things
- 7) Next Steps
 - Practice tips
 - Level 2, Rodeo, or Basic Skills
- 8) Recap
 - Questions
 - Debrief
 - Course evaluation

