

LEVEL 1

FUNDAMENTALS OF CYCLING



CyclingCANADACyclisme

2017

Level 1 Course Outline

Objective

This 2-3 hour course will focus on basic bike handling skills for adults or kids who have never ridden a bike. 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. 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 game(s) during handling skills based on the skill level of the students
5. Concurrent Topics (during the handling skills session)
 - Safety equipment (lights, bells, etc.)
 - Clothing and carrying things
6. Next Steps
 - Practice tips
 - Level 2 Rodeo or Cycling Basics
7. Recap
 - Questions
 - Debrief
 - Course evaluation