

LEVEL 2

CYCLING BASICS/ BIKE RODEO



2017



Level 2 Course Outline

Objective

This course is for individuals who are comfortable on a bicycle, which have learned and demonstrated the basic skills, and/or graduated from the Level 1 instruction.

The Bike Rodeo is designed to be fun and interactive while learning the fundamentals of cycling.

*There is no on-road instruction for kids in this level.

**Depending on the adults' ability, brief on-road instruction may be applied on quiet residential streets.

Total Time: Up to 4 hours (if needed)

- 1) Pre Course Preparations and Set up, Introductions and Registration
 - Cycling Basics instruction can be taught one-on-one, or up to three (3) participants
 - Bike Rodeo instruction can be taught within large groups (schools, recreation centres, etc.)

- 2) Technical Safety (classroom or 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)
 - Straight Line Riding
 - Braking
 - Riding with one hand
 - Shoulder Checks
 - Signals
 - Gearing

- 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) Traffic Dynamics

- Traffic Cycling Principles
- Where Do You Ride?
- Traffic Dynamics- MVPC
- Riding on Sidewalks

7) Concurrent Topics (during the bike skills session, review)

- Bicycle safety equipment (lights, bells, etc.)
- Clothing and carrying things
- Bicycle types and uses
- Bike parts

8) The Bicycle

- Choosing a Bicycle
- Types of Bicycles
- Bicycle Security

9) Next Steps

- Practice tips
- Level 3 Core, CB1, Kid's CB, Women's

10) Recap

- Questions
- Debrief
- Course evaluation

