

LEVEL 2

CYCLING BASICS/RODEO



CyclingCANADACyclisme

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: 4 hours (if needed)

1. Pre Course Preparations, 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. 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)
 - Straight Line Riding
 - Braking
 - Riding with one hand
 - Shoulder Checks
 - Signals
 - Gearing
4. Games
 - Incorporate game(s) during handling skills based on the skill level of the students
5. Basic Traffic Dynamics (in class and on bike)
 - Traffic Cycling Principles
 - Cyclist Position
 - Traffic Dynamics- MVPC
 - Riding on Sidewalks
 - Cycling Specific Infrastructure

6. The Bicycle
 - Choosing a Bike
 - Types of Bicycles
 - Bicycle Security

7. Concurrent Topics (during the handling skills session, review)
 - Safety equipment (lights, bells, etc.)
 - Clothing and carrying things
 - Bike types and uses
 - Bike Parts

8. Next Steps
 - Practice tips
 - Level 3 Core Cycling Skills

9. Recap
 - Questions
 - Debrief
 - Course evaluation