

LEVEL 4

ADVANCED CYCLING SKILLS



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2017



CyclingCANADACyclisme

Level 4 Course Outline

Objective

This advanced course is designed for cyclists who have some experience and want to increase their abilities and their knowledge of how to ride effectively through all forms of infrastructure. Formally known as the CB2 course, this is also the standard course for adult cyclists taking leadership roles within their communities. Police, teachers, tour leaders, recreational workers and others are all being taught this course to learn and practice safe and effective cycling.

* Students should have completed Level 3 prior to registering for this course, or demonstrated their ability/skills to the instructor on the first day of class. An online requirement must be completed ahead of time and presented to the instructor.

** This course is also the prerequisite to the Level 5-Instructor Training course. The individual must inform the instructor of their intent on the first day, and will then be required to complete and pass both the written and practical tests at the end of Level 4, to be recommended to Level 5.

Total Time: 12 hours

- 1) Pre Course Preparation and Set up, Introductions and Registration
- 2) Technical Safety Review (classroom or before getting on bike)
 - Helmet Information and Fit or Bicycle Helmet
 - Brain in a Crash
 - Bicycle Adjustment and Fit
 - Basic Bicycle Inspection- ABC Quick Check
- 3) Safe and Effective Cycling Review
 - Crashes and Collisions
- 4) Advanced Traffic Dynamics (in class and on road)
 - Traffic Cycling Principles
 - Where Do You Ride?
 - Traffic Dynamics- MVPC
 - Advanced Traffic Dynamics
 - Lane Width and Positioning
 - Parked Cars
 - Intersections and Positioning
 - Destination Positioning
 - Right Turn Only Lanes



- Turning Left as a Vehicle
- Lane Changes
- Railway and Streetcar Tracks
- School Buses/Trucks
- Bike Lanes
- Cyclists: in front, behind, NOT BESIDE
- Stay BEHIND turning vehicles
- Left Turns on Arterial Roads
- Merges and Diverges

5) Games

- Incorporate some sort of games (each level games get more challenging, base them on the Bike Skills they have done) and go over crashes and collisions.

6) The Bicycle (advanced)

- Choosing a Bike review
- Types of Bicycles review
- Bicycle Security review
- On-Road Toolkit

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

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

8) Next Steps

- Practice tips
- Level 5 IWS

9) Recap

- Questions
- Debrief
- Course evaluation

