

LEVEL 5

INSTRUCTOR TRAINING



2017



Level 5 Course Outline

Objective

This 24 hour course is for individuals who wish to become certified CAN-BIKE instructors, who are passionate towards cycling education and the desire to provide CAN-BIKE instruction to others in their region. Students taking this course will have needed to have completed all the requirements from Level 4, and be recommended by the Level 4 instructor to take the Instructor Training. This course will be delivered in the classroom and on the bicycle.

Total Time: 24 hours

1. Pre Course Preparation, Introductions and Registration
 - Participants are to verify with the instructor, which level of status they wish to hold
 - Instructor- can deliver level 1 thru 4 courses
 - Participants are to come to class on the first day with a practical skill and a theory based topic which they will be asked to teach to the class.
2. Review (classroom or before getting on bike)
 - Safety
 - Safe and Effective Cycling
 - Advanced Traffic Dynamics
 - Concurrent Topics
3. Instruction
 - Teach-directed Learning vs Self-directed Learning
 - Principles of Learning
 - Learning Styles
 - Presentation Skills
 - Quick Tips
 - Observations
 - Understanding your audience
 - Appraisal
 - Providing Feedback
4. Bicycle (Advanced skills review)
 - Handling Skills
5. Exams
 - Written
 - Practical
6. Next Steps
 - What to expect after becoming certified

7. Recap

- Questions
- Debrief
- Course evaluation

Level 5 Safety Review

Notes

- Demonstrate with helmet and bike; students should become familiar with and check their helmets and bikes.

Helmet Information and Fit

- Why wear a helmet – contrary to popular belief most bicycle incidents are from falls not collisions.
- How a helmet works, the outer shell spreads; foam liner absorbs (egg/brain in helmet)
- Helmets are only good for one fall – replace after 5 years
- Always wear your helmet, stress importance especially to kid's
- Safety equipment is basic injury prevention and bicycle helmets are the place to start. Bicycle helmets cannot prevent incidents from happening but they can make a huge contribution to a cyclist's safety in the event of an incident. 80 to 85% of bicycle-related deaths are due to head injury
- Most of Canada has bicycle helmet laws, refer to your province or territory for updated information

**Refer to the Bike Helmet Legislation Chart in Appendix E*

- Distribute helmet-specific brochure

**Refer to Helmet Fit in Appendix C*

Bicycle Adjustment and Fit

- Means proper position on bike; easy to control; comfortable, safe ride
- Make sure children understand the importance of a well-fitting and well-adjusted bike
- If a bike can't be adjusted for a student, sharing yours or another student's bike may be an alternative for the class; student should be clear about suitability of their bike

**Refer Bicycle Adjustment and Fit, Basic Bicycle Inspection and ABC Quick Check in Appendix C*

Level 5 Handling Skills Review (In Class & On Road)

Topics:

- Coast and Balance
- Pedal and Steer
- Go and Stop
- Straight Line Riding
- Shoulder Checks
- Riding with one hand
- Signals
- Gearing
- Threshold Braking
- Rock Dodge
- Slalom
- Quick Turn
- Figure 8

Pre-Ride Check:

- Shoe laces tucked in
- Toe clips off pedals
- No loose clothing or straps
- Bike in easiest gear
- Level ground

**Refer to Handling Skills in Appendix D*

**Refer to Games in Appendix I*

Level 5 Advanced Traffic Dynamics (In Class & On Road)

Notes

- This is the main part of the course. Take a break during this section; allow students to rest, drink water, have a snack and digest what they have learned. Let them feel good about their accomplishments. Learning is at an individual rate.
- The next section, Concurrent Topics should be interwoven as breakout sessions during this practical Bike Skills section.
- The instructor may help student with forward motion.
- The instructor should not jeopardize her or his own health, well-being or safety by bearing weight of student on bike.

**Refer to Risk Management in Appendix B*

Topics:

- Traffic Cycling Principles Review
- Cyclist Position from the Curb Review
- Traffic Dynamics- MVPC Review
- 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
- Cyclists: in front, behind, NOT BESIDE
- Stay BEHIND turning vehicles
- Bicycle Lanes
- Cycling Specific Infrastructure
- Left Turns on Arterial Roads
- Mergers and Diverges
- Left Turn Only Lane
- Multiple Street Car Tracks
- 4-Way Intersection
- Turn Lanes

**Refer to Traffic Dynamics in Appendix F*

Level 5 Concurrent Topics

(During Handling Skills session)

Notes

- This section should be interwoven as breakout sessions during the preceding practical Handling Skills section.

Topics:

- Bike Safety Equipment
- Clothing and Carrying Things
- Bike Types and Uses
- Bike Parts

**Refer to Safety Equipment in Appendix C*

Level 5 Next Steps

Practice tips

- “practice makes perfect”
- Make tips particular, positive and achievable
- As applicable, repeat individual feedback and learning strategies given throughout course

Level 5 Recap

Questions

- Student questions

Debrief

- As reviewing accomplishments, ensure students feel good about what they've accomplished
- Ensure any required Incident Forms are completed
- Congratulate rider on their success
- Distribute certificate or cards (report)

Course evaluation

- Students complete CAN-BIKE Student Course Evaluation

Post Course Steps: Co-Instruct

- Notify administrator how course went: how students learned, any special situations, complete and hand in paperwork
- Follow reporting procedure for all incidents