

SPECIALIZED

COMMUTER CYCLING SKILLS



CyclingCANADACyclisme

2017

Objective

This course is for individuals who have completed Level 2 or can demonstrate their ability/skills to the instructor at the beginning of class. Students should be comfortable on a bicycle, but have the desire to further development their skills and road safety understanding. The course will review equipment and safety needs, with a practical focus on riding safely and effectively throughout local infrastructure.

*The online e-learning is a requirement to be completed and presented to the instructor prior or before the end of the course.

Total Time: 3-4 hours

- 1) Pre-Course Preparation, Introductions and Registration
- 2) Safety Review
 - Helmet Information and Fit
 - Brain in a Crash
 - Bicycle Adjustment and Fit
 - Bicycle Inspection- ABC Quick Check
 - Rules of the Road
 - Lane positioning and predictability
 - Route Planning
 - Traffic Principles
- 3) Handling Skills (on bike)
 - Shoulder Checks
 - Turning (Signaling)
 - Gearing
 - Intersections (positioning)
 - Cycling Specific Infrastructure
- 4) Concurrent Topics (during Handling Skills)
 - Safety equipment (lights, bells, etc.)
 - Clothing and carrying things
 - Bike parts
 - Bike types and uses
 - Bike security (parking and locking your bike)
- 5) Next Steps
 - Practice tips
 - CAN-BIKE Programs
- 6) Recap
 - Questions
 - Debrief
 - Course evaluation