

SPECIALTY COURSES

# RURAL CYCLING SKILLS



2017

## Objective

This course is for individuals who have previously 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 also have the desire to further develop their skill and road safety understanding. This course will review equipment and safety needs, with a practical focus on riding safely and effectively throughout rural 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: 2-3hours

- 1) Pre-Course Preparation, Introductions and Registration
- 2) Safety Review
  - The Bicycle Helmet
  - Brain in a Crash
  - Bicycle Adjustment and Fit
  - Bicycle Inspection- ABC Quick Check
  - Route Planning
- 3) Handling Skills Review (on bike)
  - Straight Line Riding
  - Shoulder Checking
  - Signaling
  - Threshold Braking
  - Gearing
  - Drafting
- 4) Advanced Traffic Dynamics (on bike)
  - Traffic Cycling Principles Review
  - Cyclists Position from the Curb Review
  - Traffic Dynamics- MVPC Review
  - Road Hazards
  - Bicycle Touring
  - Group Riding
  - Railway Tracks
  - 4-Way Intersection
  - Merges and Diverges
  - Trucks
  - Small bridges/Cattle Guards
  - Pavement/Gravel Transition
  - Road Shoulder Hazards
  - Rumble Strips
  - Motorist Overtaking

- 5) 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)
  
- 6) Next Steps
  - Practice tips
  - CAN-BIKE Programs
  
- 7) Recap
  - Questions
  - Debrief