

SPECIALIZED

RURAL CYCLING SKILLS



can BIKE



CyclingCANADACyclisme

2017

Rural Cycling Skills Course Outline

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: 2-3 hours

1. Pre-Course Preparation, Introductions and Registration
2. Safety Review (classroom or before getting on bike)
 - Helmet Information and Fit
 - Brain in a Crash
 - Bicycle Adjustment and Fit
 - Bicycle Inspection- ABC Quick Check
 - Route Planning
3. Handling Skills Review (on bike, including rest break)
 - Straight Line Riding
 - Shoulder Checking
 - Signaling
 - Threshold Braking
 - Gearing
 - Drafting
4. Advanced Traffic Dynamics (on bike, including rest break)
 - 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 session)
- 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