

**LEVEL 2**

**CYCLING BASICS/RODEO**



CyclingCANADACyclisme

# Level 2 Course Outline

## Objective

This course is for individuals who are comfortable on a bicycle, which have learned and demonstrated the basic skills, and/or graduated from the Level 1 instruction.

The Bike Rodeo is designed to be fun and interactive while learning the fundamentals of cycling.

\*There is no on-road instruction for kids in this level.

\*\*Depending on the adults' ability, brief on-road instruction may be applied on quiet residential streets.

## Total Time: 4 hours (if needed)

1. Pre-Course Preparations, Introductions and Registration
  - Instruction can be taught one-on-one or up to three (3) participants.
  - Bike Rodeo instruction can be taught within large groups (schools, recreation centres, etc.)
2. Safety (before getting on bike)
  - Helmet Information and Fit
  - Brain in a Crash
  - Bicycle Adjustment and Fit
  - Basic Bicycle Inspection- ABC Quick Check
3. Handling Skills (on bike, including rest break)
  - Straight Line Riding
  - Braking
  - Riding with one hand
  - Shoulder Checks
  - Signals
  - Gearing
4. Games
  - Incorporate game(s) during handling skills based on the skill level of the students
5. Basic Traffic Dynamics
  - Traffic Cycling Principles
  - Cyclist Position
  - Traffic Dynamics- MVPC
  - Riding on Sidewalks
  - Cycling Specific Infrastructure

## 6. The Bicycle

- Choosing a Bike
- Types of Bicycles
- Bicycle Security

## 7. Concurrent Topics (during the handling skills session, review)

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

## 8. Next Steps

- Practice tips
- Level 3 Core Cycling Skills

## 9. Recap

- Questions
- Debrief
- Course evaluation