

LEVEL 4

ADVANCED CYCLING SKILLS



CyclingCANADACyclisme

# Level 4 Course Outline

## Objective

This advanced course is designed for cyclists who have some experience and want to increase their abilities and their knowledge of how to ride effectively through all forms of infrastructure. Formerly known as the CB2 course, this is also the standard course for adult cyclists taking leadership roles within their communities. Police, teachers, tour leaders, recreational workers and others are all being taught this course to learn and practice safe and effective cycling.

\* Students should have completed Level 3 prior to registering for this course, or demonstrated their ability/skills to the instructor ahead of time. An online requirement must be completed ahead of time and presented to the instructor.

\*\*This course is also the prerequisite to the Level 5- Instructor Training course. The individual must inform the instructor of their intent on the first day and will then be required to complete and pass both the written and practical tests at the end of Level 4 to be recommended to Level 5.

## Total Time: 12 hours

1. Pre Course Preparations, Introductions and Registration
2. Safety Review (before getting on bike)
  - Helmet Information and Fit
  - Brain in a Crash
  - Bicycle Adjustment and Fit
  - Basic Bicycle Inspection- ABC Quick Check
3. Safe and Effective Cycling Review
  - Crashes and Collisions
4. Advanced Traffic Dynamics
  - Traffic Cycling Principles
  - Where do you Ride?
  - Traffic Dynamics- MVPC
  - Advanced Traffic Dynamics
  - 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
- Bike Lanes
- Cyclists: in front, behind, NOT BESIDE
- Stay BEHIND turning vehicles
- Left Turns on Arterial Roads
- Merges and Diverges

#### 5. Games

- Incorporate games (each level games get more challenging, base them on the Bicycle Skills they have done).

#### 6. The Bicycle (Advanced)

- Choosing a Bike (Review)
- Types of Bicycles (Review)
- Bicycle Security (Review)
- On-Road Toolkit

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

- Bicycle safety equipment (lights, bells, etc.)
- Clothing and carrying things
- Bicycle types and uses
- Bicycle Anatomy

#### 8. Next Steps

- Practice tips
- Level 5 Instructor Training

#### 9. Recap

- Questions
- Debrief
- Course Evaluation