

# APPENDIX J

# SPECIALIZED COURSES



**can BIKE**



CyclingCANADACyclisme



# Commuter Cycling Skills Course Outline

## 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

***\*Helmets are required for participation in all CAN-BIKE Courses***