

LEVEL 2

CYCLING BASICS/RODEO



CyclingCANADACyclisme

Level 2 Course Outline

Objective

This course is for individuals who are comfortable on a bicycle, who 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

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