



## About CAN-BIKE

Designed for the more than 15.4 million Canadians who ride bicycles, Cycling Canada's CAN-BIKE program is a nationally standardized series of courses that develop proficiencies with those learning to ride for the first time, to those learning to ride through local infrastructure and traffic. The teachings are designed for all levels and abilities, from the recreational or commuter cyclists, to the more advanced. Courses are delivered by recognized and nationally certified cycling instructors.

## History

The Canadian Cycling Association introduced the CAN-BIKE program in 1985, created and based on the work from John Forester's Effective Cycling education.

FOLLOW THE

# 2V1

TO MAKE SURE YOUR HELMET FITS **RIGHT!**



# 2

FINGERS ABOVE YOUR EYEBROWS

STRAPS FORM A



UNDER YOUR EARS



# 1

FINGER BETWEEN STRAP AND CHIN

[parachutecanada.org](http://parachutecanada.org)



# can BIKE

## Effective cycling education for all ages

CYCLING  
CYCLISME  
CANADA



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## Courses

### Level 1

#### Cycling FUNDamentals

This 2-3 hour course focuses on basic bike handling skills for children or adults who have little or no experience. This course will cover all the fundamental skills needed to get on the bike and ride comfortably.

### Level 2

#### Rodeo/Cycling Basics

This 3-4 hour course is for individuals who are comfortable on a bicycle that have learned and demonstrated the basic skills, and/or graduated from the Level 1 instruction. The Rodeo is designed to be fun and interactive while learning the FUNDamentals of cycling.

**Note:** No on-road instruction for children in this level. Depending on the adults' ability, brief on-road instruction may be applied.

### Level 3

#### Core Cycling Skills

This course is for individuals who would like to learn traffic handling skills while learning the rules of the road. At the end of the course students should feel comfortable to ride on residential streets. The course will be conducted online and on the bicycle.

### Level 4

#### Advanced Cycling Skills (CB2)

This course is intended for cyclists who have some experience and want to upgrade their abilities. The Level 4 (formerly CB2) course is quickly becoming the standard course for adult cyclists who are taking leadership roles in cycling within their communities. Police, teachers, tour leaders, recreational workers and others are all being trained with the Level 4 course to learn safe and effective cycling.

**Note:** This course is the prerequisite to Level 5. 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, to then be recommended to the Level 5 Instructor Training.

### Level 5

#### Instructor Training

This 12 hour course is for individuals who wish to become certified CAN-BIKE instructors. Students taking this course will have needed to complete all the requirements from Level 4, and be recommended by the instructor to take the Instructor Training. This course will be delivered in the classroom and on the bicycle.



## Program Objectives

### Theory

- Traffic dynamics
- Highway Traffic Act (HTA) Safety equipment
- Bicycle

### OnRoad

- Fundamental Movements
- Handling skills
- Rules of the Road
- Riding on residential streets/bike hike

