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