

Course Title:

Kids CAN-BIKE Course (Cycle Right)

Course description:

The Kids CAN-BIKE Course (otherwise known as Cycle Right) is the children's module in the CAN-BIKE program of bicycle skills training. It's objective is to teach the essential bicycle handling and traffic skills required for children to become competent and safe drivers on basic two-lane residential streets in their neighbourhoods. At least half of the instruction is on the bike, for the most effective teaching

Instructors:

Nationally certified CAN-BIKE instructors, all experienced cyclists, teach all courses.

Many more instructors are required for future demand. Contact our office or the Saskatchewan Cycling Association for information about becoming an instructor.

Participant requirements:

A bicycle in safe operating condition. Bicycle helmet recommended. A waiver must be signed by a parent before Lesson 1. For ages 9 - 14 (may be introduced at age 8).

Classroom requirements:

Blackboard and chalk, TV/VCR, Overhead projector

For more information/instructor:

Saskatchewan Cycling Association  
2205 Victoria Avenue  
Regina, SK S4P 0S4  
Phone: (306) 780-9200  
Fax: (306) 780-4009  
Warren Lister, Program Director

Borealis Outdoor Adventure  
3120 8th Street East #106-305  
Saskatoon, SK S7H 0W2  
Phone: (306) 343-6399 or 1-800-463-6399  
Darrell Noakes, President



# Kids CAN-BIKE Cycle Right

## Canadian Cycling Association CAN-BIKE Program

### Introduction

The Kids CAN-BIKE Course is a basic cycling course for young beginners age 8 to 13. This course teaches basic bicycle handling skills, basic traffic skills and basic safety maintenance requirements for safe and proper use of bicycles on two-lane, two-way streets. It teaches use of the bicycle both for riding alone and for riding in groups.

The basic goals of the course are

- ◆ to prepare children to ride independently or in groups from home to school or recreational facilities and
- ◆ to prepare children to participate in school or recreational organized cycling activities.

This course constitutes one of the first levels of the Canadian Cycling Association's CAN-BIKE program of cycling education. It is designed for use in school, recreation development and recreational activity organization programs.

Instruction in this course should be given by a certified CAN-BIKE Skills Level I Instructor to a maximum of six students per instructor.

The course is designed to be taught in five sessions of two to three hours in length, with 30 minutes per session being classroom instruction and the rest hands-on practice.

### Course Outline

<b>Day</b>	<b>Classroom</b>	<b>On-Bike</b>
Day 1	Introduction and cycling interests	How a bike works handling skills
Day 2	Student cycling equipment	Group ride right turns
Day 3	Traffic signs	Group ride left turns
Day 4	Intersections	Group ride signals intersections handling skills
Day 5	Written test	Road test/handling skills test

### Options for course scheduling

There are several options for course delivery. It can be given in school as noon classes with after school hand-on sessions, or as one continuous session per day, or as classroom portion one day and riding the next (over a two-week period). It is best to give class and on-bike lessons the same day, however.

The basic principle is to give a lecture session of about 30 minutes and then a hands-on session of up to two hours.

### Participant Requirements

- Each student must bring a bicycle in good working order. All bicycles will be evaluated at the first class. No student will be allowed to ride an unsafe bicycle.
- Each participant must wear a helmet meeting ANSI, CSA, ASTM or Snell standards for bicycle helmets.
- A waiver must be signed by a parent before Lesson 1.

### Instructor References

Forester, John, [Effective Cycling](#)

Beames, Denys and Hlodan, Oksana, [Smart Cycling: Instructor's Manual](#)

Croxford, Ken and Beames, Denys, [Cycle Right: Instructor's Guide](#)