

Course Title:

Canadian Cycling Association CAN-BIKE Bicycling Skills II

Course description:

Canada's premier traffic cycling survival course! Covers bicycle care, repairs, riding techniques, detecting and avoiding hazards, and emergency manoeuvres. Combination of classroom and on-bike instruction helps you cycle better and more safely in traffic. Essential skills for the recreational or commuting cyclist. 21 hours including optional day tour; 18 hours without.

Instructors:

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

Participant requirements:

A bicycle in safe operating condition. Bicycle helmet. Participants should feel comfortable riding their bicycles on city streets before enrolling. A waiver must be signed before riding in the course.

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  
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Darrell Noakes, President



# **CAN-BIKE Skills II course**

## **Introduction**

This course is for experienced riders (such as those who regularly ride to work, for recreation or with a cycling club) or for cyclists who have completed Skills I or Introduction to Cycling Skills. The main emphasis of the course is on developing riding skills and traffic proficiency.

## **Course Aims**

1. To help people enjoy cycling more.
2. To develop traffic cycling proficiency and judgment that increases cyclists' safety in traffic.
4. To increase students' knowledge about cycling, bicycle equipment, health and fitness, and cycling consumerism.
5. To develop cycling leadership qualities.

The course may be delivered in a variety of formats, totalling 18 hours of instruction (22 hours for instructor candidates). The course involves six hours of classroom instruction and a minimum of 12 hours on-bike.

## **Course Scope**

Course content is advanced, designed for experienced cyclists. Cyclists who have completed a Skills I or Introduction to Cycling Skills course may attend if they are able to demonstrate bicycle competency. Content covers riding skills; traffic cycling proficiency; bicycle maintenance; health and fitness (including nutrition); equipment; consumerism. Maintenance topics acquaint students with the most common mechanical problems, demonstrate basic maintenance and repair and reinforce the idea that bicycle maintenance is within the capabilities of most cyclists (it is not a bicycle maintenance or mechanics course). Upon completion of the course, participants should feel confident to ride regularly and safely for utilitarian and recreational purposes, including touring and commuting on multi-lane expressways. They will also have information on organized cycling activities in their area and be encouraged to pursue cycling leadership opportunities.

Skills II is the prerequisite for all CAN-BIKE instructor level courses, including CAN-BIKE Instructor, Kids CAN-BIKE Instructor and Kids CAN-BIKE Instructor Trainer..

## **Enrollment**

1. Classroom segments: 5 - 16 participants.
2. Road segments: 3 - 6 per instructor.

## Instructor's Resources

1. Bicycling II Course: Instructor's Guide, plus handouts.
2. CAN-BIKE Skills Program Instructor Kit, Toronto City Cycling Committee (optional)
3. Reference videos:  
Effective Cycling, Seidler Productions, Inc., 1992 (41 minutes)  
The Fundamentals of Bicycle Touring, Elliott Bay Film Co., 1994 (60 minutes) (optional)
4. Texts:  
Forester, John, Effective Cycling, 6th Edition. The MIT Press, 1993  
Van der Plas, Robert, The Bicycle Touring Manual, 2nd Edition. Bicycle Books, Inc., 1993 (optional)  
Sloane, Eugene A., The Complete Book of Bicycling, 4th Edition. Simon & Schuster/Fireside, 1988 (optional)
5. Assistant instructors

## Participants' Basic Resources

### Text books:

Forester, John, Effective Cycling, 6th Edition. The MIT Press, 1993 (optional)  
Van der Plas, Robert, The Bicycle Touring Manual, 2nd Edition. Bicycle Books, Inc., 1993 (optional)

Handout kit: a collection of information pieces on topics such as buying a bicycle, bicycle inspection, gearing, hazards, and cycling in traffic.

No student can be allowed to do the on-bike portions of this course (or any CAN-BIKE course) on an obviously unsafe bicycle - defective brakes, steering, headsets or loose assembly of seat or handlebars - as the safety of the entire group is at risk as well as the safety of that student. Participants must sign a student registration and liability waiver before participating in the program.

## **Course Outline**

This course may be presented in a variety of formats, ranging from six three-hour evening sessions for public courses to two nine-hour sessions for police, EMT personnel and highly experienced cyclists. An outline for a popular two weekend course is presented below. Time allotments and emphasis will vary from course to course depending on the leader and the participants. Skills II courses for instructor-candidates are 22 hours.

### **Week 1**

#### **Friday evening**

6:00 p.m. - 9:00 p.m. Classroom

#### **Class 1**

Registration, introduction to CAN-BIKE programs  
Course description, course expectations  
Principles of traffic flow, traffic law, where to ride on the roadway  
Basic tool kit  
Bicycle inspection  
Reading Assignments

#### **Saturday**

9:00 a.m. - 9:45 a.m. On-road

#### **Class 2**

Cycling style  
Group ride  
Handling skills  
Arterials and highways  
Arterials and highways

9:45 a.m. - 11:15 a.m. On-bike

11:15 a.m. - 12:00 p.m. On-road

12:00 p.m. - 1:00 p.m. LUNCH

1:00 p.m. - 4:00 p.m. On-road

### **Week 2**

#### **Friday evening**

6:00 p.m. - 8:15 p.m. Classroom  
On-bike  
Classroom  
8:15 p.m. - 9:00 p.m. Classroom

#### **Class 3**

Cycling crashes, collisions and injuries  
Puncture repair (may be done in classroom)  
Riding conditions, Physiology, Straight road hazards  
Video: Effective Cycling

#### **Saturday**

9:00 a.m. - 10:30 a.m. On-bike  
On-road  
10:30 a.m. - 12:00 p.m. On-road  
On-bike  
12:00 p.m. - 1:00 p.m. LUNCH  
1:00 p.m. - 1:30 p.m. On-bike  
1:30 p.m. - 2:00 p.m. On-bike  
2:00 p.m. - 3:00 p.m. On-road  
3:00 p.m. - 3:45 p.m. Classroom  
3:45 p.m. - 4:00 p.m. Classroom

#### **Class 4**

Advanced handling skills, Emergency manoeuvres  
Advanced handling skills, Merges, diverges  
Advanced on-road, Multi-lanes, heavy traffic  
Bike handling skills review  
Bike handling skills review (continued if necessary)  
EXAMS  
Handling skills exam  
Road exam  
Written Exam  
Evaluation and Wrap-up