

CCA CAN-BIKE Program

Bicycle Touring Skills

Introduction

This course develops cyclists' touring skills in classroom and on-bike environments. The course is designed to meet the needs of the serious bicycle tourist. The casual cyclist will benefit from the material by understanding the larger context of multi-day, self-contained bicycle tours.

Course Aims

Upon completion of the course, participants should be able to:

1. plan and conduct a multi-day, self-contained tour for themselves and a group of friends;
2. develop confidence in their mechanical skills and self-sufficiency;
3. understand and practice the basics of safe traffic cycling practices;
4. understand and practice the basics of group riding;
5. pack and ride a loaded touring bicycle;

Course Scope

The course encompasses classroom and on-bike learning. Classroom components focus on organizational elements of preparing for a bicycle tour, understanding and selecting a touring bicycle, adjusting and maintaining the bicycle, basic roadside repairs, transporting a bicycle, selecting clothing for bicycle touring, choosing touring accessories, packing the bike for touring, nutrition and menu planning, and finding and using resources to assist with planning. On-road components include basic traffic skills, hazard awareness, techniques for riding comfortably for long periods, group riding, and practicing classroom lessons.

The course may be conducted in conjunction with a short overnight tour, providing cyclists with additional practice in applying concepts discussed in the classroom.

The course content is designed for cyclists new to bicycle touring. Participants should be reasonably fit and be regular cyclists. If an overnight tour is involved, participants should be prepared for overnight camping.

Enrollment

5 - 16 participants.

Instructor's Resources

1. Hollingshead, Don, Designing, Organizing and Leading Bicycle Tours. 1993.
2. Hollingshead, Don, Bicycle Touring Skills. Canadian Cycling Association, 1988.
3. CAN-BIKE Skills Program Instructor Kit, Toronto City Cycling Committee (optional).
4. Reference videos:
Effective Cycling, Seidler Productions, Inc., 1992 (41 minutes) (optional).
The Fundamentals of Bicycle Touring, Elliott Bay Film Co., 1994 (60 minutes) (optional).
5. 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.
Sloane, Eugene A., The Complete Book of Bicycling, 4th Edition. Simon & Schuster/Fireside, 1988 (optional).
6. Assistant instructors.

Participants' Basic Resources

Van der Plas, Robert, The Bicycle Touring Manual, 2nd Edition. Bicycle Books, Inc., 1993 (optional).
Hollingshead, Don, Bicycle Touring Skills. Canadian Cycling Association, 1988 (optional).
Handout kit.

Course Outline

The general course outline is presented below. Time allotments and emphasis will vary from course to course depending on the leader and the participants. 20 hours instruction (including 5 hour day tour), plus optional overnight camping tour.

<u>Class 1</u>	<u>The Touring Bicycle</u> Introduction Essentials <ul style="list-style-type: none">the touring bicyclesizing the bicycle to the riderthe quick bike checkroutine maintenancetravelling with a bicycle
<u>Class 2</u>	<u>Riding Technique</u> Riding technique <ul style="list-style-type: none">traffic techniquegroup riding skillshazard awareness Clothing for touring First aid
<u>Workshop 1</u>	<u>Day Tour</u> Individual bike set up Quick bike check Riding techniques Group riding
<u>Class 3</u>	<u>Touring Equipment and Camping</u> Choosing touring accessories Packing <ul style="list-style-type: none">what to bringthe art of packing Camping <ul style="list-style-type: none">skillsequipment Nutrition Security
<u>Class 4</u>	<u>Tour Planning</u> Planning <ul style="list-style-type: none">resourcesprocessexercisemenus Map reading Preparing for overnight trip <ul style="list-style-type: none">form tent/food groups
<u>Workshop 2</u>	<u>Camping Tour</u> (Overnight)