

Bicycle Programs for Community Associations

The following programs are available for community associations in 2003:

- Basic Bicycle Maintenance and Repair
- Kids CAN-BIKE Course
- Introduction to Cycling Skills
- CAN-BIKE Skills I or Skills II
- Commuter Cycling Skills
- Adult Learn-To-Ride

These programs are geared for casual, recreational or transportation cyclists. Courses are available for children, adults and seniors. There's a course for everyone's ability, from beginner to experienced cyclist. Courses can be delivered in convenient locations, close to home.

Saskatoon has more cyclists per capita than most Canadian cities and twice the Canadian average. These courses can help make cycling more enjoyable and safer.

Course information:

Basic Bicycle Maintenance and Repair. Ages 16 and up; 4 hours. For many people, the thought of having your bicycle break down is enough to keep you off a bicycle all together. This course lets you learn to perform your own repairs and maintenance or to keep your family's bicycles in good repair. In addition to basic routine maintenance tasks, you'll learn how to do your own tune-ups and field repairs such as changing a flat tire. The course is conducted by an experienced bicycle mechanic, complete with mobile repair shop. Get hands-on experience working on your own bike.

Kids CAN-BIKE Course. Ages 9 - 14; 10 hours (5 hours classroom, 5 hours on-bike). The Kids CAN-BIKE Course is the children's module in the CAN-BIKE program of bicycle skills training. It covers essential bicycle handling and traffic skills required for children to become competent and safe cyclists on two-lane residential streets in their neighbourhoods. For best instruction, parents are encouraged to take the course with their children. This course is an ideal follow-up to the two-hour bicycle safety education instruction provided to grade three students by the P.O.W. City Kinsmen Club and SGI.

Introduction to Cycling Skills. Ages 14 and up; 6 hours (3 hours classroom, 3 hours on-bike). Basic hands-on skills development course for beginning cyclists. Its goal is to give new cyclists the encouragement, confidence and motivation to increase their bicycle use and to seek out more advanced cycling instruction. Includes bicycle care and operation, basic traffic and riding skills.

CAN-BIKE Skills I. Ages 14 and up; 16 hours (7 hours classroom, 9 hours on-bike). CAN-BIKE 1 is a basic course for cyclists who usually ride on residential streets or bike paths. You will learn street survival skills and build confidence in low traffic neighbourhoods. You must be able to ride a bike.

CAN-BIKE Skills II. Ages 16 and up (18 and up for instructor candidates); 18 - 22 hours (minimum 9 hours classroom, 9 hours on-bike, with additional instruction for instructor candidates). CAN-BIKE II is an advanced course in defensive cycling for commuters and recreational cyclists who already ride in traffic. This course will improve your skill and confidence in riding in challenging traffic situations. You do not need to take CAN-BIKE I

before taking CAN-BIKE II, but you should be a licenced driver or familiar with the provincial driver's handbook from SGI. The course includes written, handling skills and road tests (Skills I certificate awarded to participants who do not take the tests).

Commuter Cycling Skills. Ages 16 and up; 8 hours (4 hours classroom, 4 hours on-bike). This course is presented in one eight hour day. Traffic problems are presented, then ridden through and discussed. The pace is relaxed with frequent stops to discuss situations. Rides are learning opportunities and a chance to practice skills discussed in classroom. The emphasis is on developing skills and strategies for the road network.

Adult Learn-To-Ride. Ages 16 and up; 6 hours (two 3-hour courses). Adult Learn to Ride 1 is a course for adults who cannot ride a bike. Learn to balance, start, stop and turn. Adult Learn to Ride 2 is a course for adults who are too unsteady to ride on streets. Learn to balance, start, turn and use your gears with confidence.

Organizing courses:

Courses can be organized to suit your schedule: daytime, evenings, weekends. Courses involving on-bike instruction are limited to eight participants per instructor for adult courses; six per instructor for children's courses. For large groups, additional instructors are available, but organizers usually find it more convenient to schedule additional courses with smaller groups. Participants receive highly individualized instruction.

For more information, contact:

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Darrell Noakes has organized CAN-BIKE courses in Saskatoon since 1992. Since 1996, he has helped the P.O.W. City Kinsmen Club and SGI provide bicycle safety instruction in Saskatoon's elementary schools. As a CAN-BIKE National Examiner, he has achieved the highest level of certification available in the CAN-BIKE program.

About CAN-BIKE:

The Canadian Cycling Association's CAN-BIKE program is a series of courses on all aspects of cycling safely and enjoyably on the road. The orientation is toward recreational and utilitarian use of the bicycle rather than toward competition.

The program provides a nationally standardized set of courses that can be taught anywhere, any time - through any organization with an interest in education, safety or health.

Nationally certified CAN-BIKE instructors, all experienced cyclists, teach all courses. Instructors and instructor training are available in major Canadian centres.