

Course Title:

Canadian Cycling Association CAN-BIKE Skills II Instructor

Course description:

This two-day workshop certifies CAN-BIKE Skills II graduates to become CAN-BIKE Skills II Instructors. Skills II Instructor is the highest level of instructor certification, below National Examiner. The workshop includes riding tests and refreshers, principles of adult education, risk management and other subjects needed to effectively organize all courses in the CAN-BIKE program. After registering, participants receive a topic that they will present on the second day of the workshop. Participants complete a second series of written and on-bike tests following the workshop.

Instructors:

The CAN-BIKE Skills II Instructor workshop is presented by a CAN-BIKE National Examiner.

Participant requirements:

Participants must have previously completed a CAN-BIKE Skills II course, with an 80% or better mark on written exam, handling skills, and road tests. Participants must be an experienced rider with demonstrable competence; and have some teaching experience or training. Each participant will need a bicycle in safe operating condition and a bicycle helmet. A waiver must be signed before riding in the course.

Classroom requirements:

Blackboard and chalk, TV/VCR, Overhead projector

For more information/instructor:

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2205 Victoria Avenue  
Regina, SK S4P 0S4  
Phone: (306) 780-9200  
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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 who have completed Skills II with an 80% or better mark on written exam, handling skills, and road tests. and have expressed an interest in becoming instructors. The main emphasis of the course is on developing skills for teaching all courses in the CAN-BIKE program.

## **Course Aims**

1. To refresh instructor candidates knowledge of key components of the CAN-BIKE program.
2. To provide CAN-BIKE II graduates with the skills and knowledge to teach CAN-BIKE courses to others.
3. To develop cycling leadership qualities.

The course may be delivered in a variety of formats, totalling 16 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 CAN-BIKE II graduates. At the beginning of the course, participants complete a ride, as an opportunity to review traffic cycling skills and emergency handling skills. Content includes a review of the CAN-BIKE program, principles of adult education, risk management and other subjects needed to effectively organize all courses in the CAN-BIKE program. Upon completion of the course, participants are presented with an essay exam and a final road and handling skills test (both are completed following the workshop).

Once certified as a CAN-BIKE Skills II Instructor, participants may teach all courses in the CAN-BIKE program, including the Instructor workshop (but not conduct testing for the workshop).

## **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
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:

CAN-BIKE Skills Program Instructor Kit, Toronto City Cycling Committee  
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.

### **Day 1**

Classroom  
On-bike  
Classroom  
Classroom  
Classroom  
Classroom  
Classroom  
On-bike

### **Class 1**

Introduction, agenda, icebreaker  
Group ride  
Adult education principles  
Adult learning styles  
Risk management  
Traffic theory  
Effective feedback  
Group ride

### **Day 2**

Classroom  
Classroom  
Classroom  
Classroom  
Classroom  
Classroom  
Classroom

### **Class 2**

Icebreaker  
Challenging participants  
Special topic discussion (participants receive their topics before the workshop)  
Instructor responsibilities  
Learning activities  
Wrap-up (distribute essay exams, schedule road tests)

### **Follow-up**

On-bike  
On-bike  
Home or office

Road test (approximately two hours)  
Handling skills test (approximately 30 minutes)  
Essay exam (approximately three hours)