

CAN-BIKE



We have to stop meeting like this!

Canadian Cycling Association
Bicycle proficiency courses for adults

- **Introduction to Cycling Skills**
- **CAN-BIKE Skills I Course**
- **CAN-BIKE Skills II Course**
- **Bicycle Touring Skills I & II**

Unchain



BOREALIS
OUTDOOR
ADVENTURE
INC

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Take Control Take CAN-BIKE

No matter what your style...

- sensible cyclist
- road warrior
- timid in traffic
- terrified of a flat tire

Why you ride...

- for fun
- for health
- to work
- together

Or when...

- day or night
- rain and snow
- hot or cold

☞ **CAN-BIKE is for you** ☞

Take CAN-BIKE for

- ☞ more fun
- ☞ more confidence
- ☞ more miles
- ☞ more security

CAN-BIKE shows you how to prevent spills
and increase your safety in traffic

Why CAN-BIKE

- ☞ Discover why the "Most Valuable Person Cycles"
- ☞ Learn the *five basic principles* that keep you safe on the road
- ☞ Practice the *eight skills* that could save your life
- ☞ Make other drivers *respect your place on the road*
- ☞ Learn how to *avoid getting "doored"*
- ☞ Master *techniques* that give you confidence, even in rush hour traffic
- ☞ Learn the *secrets of riding* comfortably all day long
- ☞ Find out where the dangers *really* are - and how to avoid them
- ☞ Conquer the fear of *fixing your first flat tire*
- ☞ Fulfill your lifelong dream of *taking a cycling vacation*
- ☞ Get in 20 hours or less *what most cyclists don't get in 20 years!*

Call the CAN-BIKE Hotline

1 - 8 8 8 - C A N - B I K E
1 - 8 8 8 - 2 2 6 - 2 4 5 3

Bicycle education and safety

The Canadian Cycling Association's CAN-BIKE program lets you get more enjoyment from cycling. Courses focus on recreational and utilitarian use of the bicycle rather than competition.

CAN-BIKE needed more than ever

There are nearly 18 million cyclists in Canada. Every year, another 1.5 million bicycles are sold. There are more cyclists now than ever before in Canada. Most have never learned the skills they need to get the most out of cycling.

Cycling is fun - that's why it's so popular. But a lot of people don't ride because they are afraid of crashes or collisions. CAN-BIKE shows you how to stay safe.

National standards, flexible delivery

CAN-BIKE 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.

Consider a course for your school, service club or community group

For more information about CAN-BIKE courses, contact:

Borealis Outdoor Adventure, Saskatoon:
(306) 343-6399

(Canada and USA Toll-Free: 1-800-463-6399)

or

The Saskatchewan Cycling Association, Regina:
(306) 780-9299

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Courses

Kids CAN-BIKE

The Kids CAN-BIKE Festival

Playground based event for children 8 to 13 years of age. The Festival introduces key bike handling skills to children who are beginning to ride independently. For children 7 and younger, the Festival provides the Young Riders Centre - where children participate with their parents or care givers to develop good cycling habits.

The Kids CAN-BIKE Course

The Kids CAN-BIKE Course covers the rules of the road, the bicycle's place in traffic, safe equipment, bike handling skills, and on-road instruction in small groups on residential streets. On-road training lets children learn to become safe, responsible, law-abiding drivers of their first vehicles - their bicycles. This 10-hour course is for children 9 to 13 years of age.

Adult - beginner or novice cyclist

Adult Learn To Ride 1

A course for adults who cannot ride a bike. You will learn to balance, start, stop and turn. One session, 3 hours.

Adult Learn to Ride 2

A course for adults who are too unsteady to ride on streets. You will learn to balance, start, turn and use your gears with confidence. One session, three hours.

Introduction to Cycling Skills

Basic, one-day, hands-on course for beginning cyclists. In-class and on-road instruction help you gain the confidence to ride more often. Includes bicycle care and operation, basic traffic and riding skills. Ages 14 and older (10 and older when accompanied by parent). 6 hours.

Instructor Courses

Kids CAN-BIKE Instructor Seminar

Four-hour seminar. Ages 18 and up.

Skills II Instructor Workshop

Two-day, 20-hour workshop plus road and handling skills tests. Ages 18 and up.

Courses

Adult - Advanced

CAN-BIKE Skills I

This is a basic course for cyclists who usually ride on residential streets and bike paths. Learn street survival skills and build confidence for riding recreationally or to work in low traffic neighbourhoods. Includes bicycle care, minor repairs, riding techniques, detecting and avoiding hazards, and emergency maneuvers. Ages 15 and older. 15 hours.

CAN-BIKE Skills II

This is an advanced course in defensive cycling for commuters and recreational cyclists who already ride in traffic. Covers riding skills, traffic cycling proficiency, bicycle maintenance, health and fitness, equipment, and bicycle consumerism. Students should have some cycling background and recent experience; if not licensed motorist, student should read and understand provincial driver's manual in advance. You do not have to complete CAN-BIKE Skills I before taking this course. Ages 16 and older. 18 hours (22 hours for instructor candidates)

Bicycle Touring I & II

Introductory courses for the bicycle tourist. Touring I & II build on Bicycling Skills II, providing additional skills necessary for planning and conducting a loaded tour. Course covers bicycle basics, traffic and group riding skills, equipment selection and tour planning, and includes a short day tour. Ages 16 and up. Six sessions, comprising four classes and two workshops (including 5-hour tour), totalling 20 hours.

Designing, Organizing and Leading Bicycle Tours

This course is for leaders who are planning and conducting tours or for people planning common adventure tours (no official leader) with friends. This is an ideal program for those needing a starting point for supervising youth on a bicycle tour. This is classroom course with advanced content to help experienced cyclists develop leadership skills. For this reason, cyclists should have demonstrated their cycling ability by completing a Skills II course before leading any tour. Ages 16 and older. 18 hours.

Free Refresher Courses

When you take any regular CAN-BIKE course from us, you are welcome to take the same course again at no charge. You can take the same course as many times as you want. Brush up on your skills between cycling seasons, or enroll a friend in CAN-BIKE and take the course with them. Sorry, but this offer does not apply to CAN-BIKE Instructor refresher workshops.