

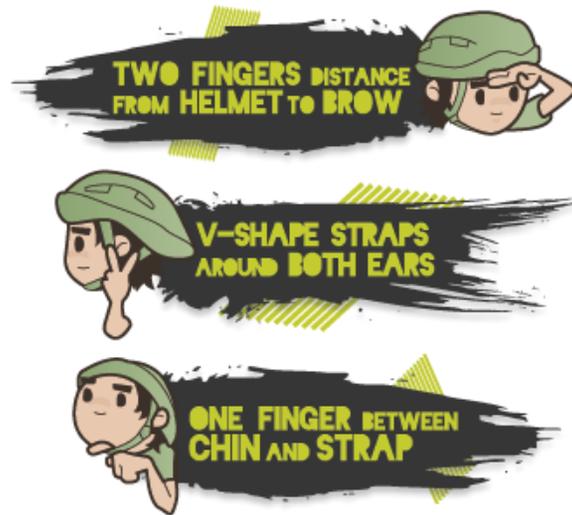
Who we are

The Cycling Canada's CAN-BIKE program is a series of courses on all aspects of cycling safely and enjoyably on the road. Course delivery and administration takes place through CAN-BIKE Delivery Agents, such as provincial and territorial cycling associations, regional instructor committees, community associations, municipal departments, service groups and the efforts of individual instructors.

Cycling Canada Cyclisme

Cycling Canada Cyclisme is the internationally recognized body responsible for the organization and promotion of cycling in Canada. Cycling Canada is the umbrella organization for provincial and territorial cycling federations or associations, who promote cycling for all bicycle users.

Cycling Canada develops and supports the CAN-BIKE program through the Education Steering Committee and Education Standards Sub-Committee. These national bodies ensure that there are standardized materials and certificates, maintain records on all instructors and CAN-BIKE 2 graduates, and distribute an instructor newsletter.



www.parachutecanada.org



CyclingCANADACyclisme

Cycling Canada Cyclisme

Suite 203, 2197 Riverside Dr.
Ottawa, ON
Canada K1H 7X3
Phone: (613) 248-1353
Email: canbike@cyclingcanada.ca

CAN-BIKE

Effective Cycling Education



www.canbikecanada.ca

Be Visible, Be Predictable, Be Aware



Program Overview

Designed for the more than 14 million Canadians who ride bicycles, Cycling Canada's CAN-BIKE program is a series of courses that develop proficiencies in cycling on the road with traffic for recreation or commuting. The CAN-BIKE program is a nationally standardized set of courses that are taught through a variety of local agencies, including bike clubs, community associations and colleges.

History of CAN-BIKE

The Canadian Cycling Association introduced the CAN-BIKE program in 1985, with the publication of *Bicycling II Course Instructors' Guide*, by Daniel Egan, Chair of the CCA Education Committee. However, the CCA had been developing empirically based cycling education programs for some time. *Cycling Freedom for Women*, by Barbara Bernhardt, was introduced in 1983. Earlier, a group of instructors in British Columbia had travelled to Seattle to certify as Effective Cycling instructors under the supervision of John Forster. Upon their return to Canada, those instructors developed a distinctively Canadian version of the program, later to become known as CAN-BIKE.

Kids CAN-BIKE

The Kids CAN-BIKE course is taught in a variety of formats, but the same material is taught in each course. The material taught is appropriate to the ability and needs of each student.

Adult Learn to Ride 1&2 Introduction to Cycling Skills CAN-BIKE 1 Cycling Freedom for Women

CAN-BIKE 2: Canada's premier traffic cycling survival course! Covers bicycle care, repairs, riding techniques, detecting and avoiding hazards, and practising emergency manoeuvres. Combination of classroom and on-bike instruction helps you cycle with greater skill and confidence and more safely in traffic. Essential skills for the recreational or commuting cyclist.

Instructor Workshop: This intensive two-day workshop certifies CAN-BIKE 2 graduates to become instructors. 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.

"When we communicate politely and clearly, drive assertively, and act dependably, motorists treat us with respect."



Course outline

Classroom:

- Traffic dynamics – rules of the road, entering the street, driveways, straight riding, position from the curb, riding beside parked cars, intersections, signs and signal lights, right and left turns, streetcar/railway tracks, walk at crossovers, sidewalk riding, bike trails, fun quiz.
- Picking your route – choosing a safe route and planning.

Outdoors/Indoors:

- Safety equipment – helmets, reasons to wear helmets, helmet fit, additional equipment.
- Bicycle – how bikes work, equipment (visible/audible/clothing), bike fit, ABCD Bike Check, bike security, bike parts, bike maintenance and care.

On Road:

- Group riding – cycling technique, group riding etiquette.
- Handling skills – getting on and off the bike, straight line riding, shoulder check, signalling, quick stop, rock dodge, slalom, gearing, turning.
- Riding on residential streets/bike hike – yield before entering the street, driveways, position from curb, parked cars, intersections, stops (two-way and all-way), right of way, pedestrians, right turns, left turns, T-intersection, pedestrian style turns, traffic lights, crossing tracks, crosswalks, right turn only lane, bridges and underpasses.