

CAN-BIKE Level 4 Program

Designed for the more than 14 million Canadians who ride bicycles, the Canadian Cycling Association's CAN-BIKE program is the only accredited course of its kind. The program is a series of courses on all aspects of cycling safely and enjoyably on the road. The course is oriented toward recreational and utilitarian cycling.

CAN-BIKE Instructors are nationally certified highly skilled cyclists and instructors who are knowledgeable about the Highway Traffic Act and teach cycling skills such as anticipating traffic dynamics, recognizing road hazards, and collision-avoidance techniques.

Course Objective:

This advanced course is designed for cyclists who have some experience and want to increase their abilities and their knowledge of how to ride effectively through all forms of infrastructure. This is also the standard course for adult cyclists taking leadership roles within their communities. An online requirement must be completed ahead of time and presented to the instructor.

This course is also the prerequisite to the Level 5- Instructor Training course. The individual must inform the instructor of their intent on the first day and will then be required to complete and pass both the written and practical tests at the end of Level 4.

Requirements:

- An appropriately sized working safe bike.
- This is an advanced course designed for commuters, and recreational cyclists who already ride in traffic.
- Attendance for the full course is mandatory
- Max student to instructor ratio is 6:1 – ***we will have a minimum of 2 instructors***
- Red back light or reflector and bell
- Certified helmet
- Closed toe shoes (no sandals)
- Toe clips are NOT recommended
- Clothing suited to riding in weather conditions
- Snacks and lunch or lunch money each day
- Water bottle, sunscreen
- Completed waiver forms.

Timing:

The course takes 2 full days and will be run on a weekend however dates will be flexible depending on attendees.

If you would like to participate, please reply arthurhornibrook@outlook.com by **May 26**. Once we establish participants we will survey for suitable dates. (Best dates for instructors are June 17-18 or June 24-25).

Cost:

The course fee is **\$40** for KCC members and **\$60** for non-members, payable on day one of instruction. This covers CAN BIKE fees including insurance and helps offset instructors' costs.

To learn more please visit [Courses | CAN-BIKE \(canbikecanada.ca\)](https://canbikecanada.ca).

Thank you, Art Hornibrook