



# Cycling Training for the School Community

bike resources & training for Metro Vancouver teachers & school staff



an education program of the Vancouver Area Cycling Coalition

[schools@vacc.bc.ca](mailto:schools@vacc.bc.ca) tel: 604-732-1418 [www.vacc.bc.ca/schools](http://www.vacc.bc.ca/schools)

## step 1: Bikers' Breakfast

~ a drop-in Intro Session for new-, novice-, & non-cyclists

- ? ...feeling unsafe or lacking confidence about cycling in traffic
- ? ...not sure about how to prepare for cycling in the rain
- ? ...need advice on safer route options to get to school
- ? ...not yet sure how fun it can be to enjoy your commute

Bikers' Breakfasts are hosted by the *Vancouver Area Cycling Coalition* – helping new-, novice-, & non-cyclists at your school answer questions about bicycle commuting with training and resources to help you gain bike confidence.

**step 1: Bikers' Breakfast** – bike maps & safety manuals, Q&A

**step 2: Commuter Training** – in-class & on-road cycling workshop

**step 3: Bike-Ed Seminar** – activities to bring cycling into your classroom

*You don't have to bike every day to be a healthy, active and green role model.*



coffee, juice,  
snacks & bike  
talk

hear about bike routes  
in your area & take  
home a free bike map



**date:** \_\_\_\_\_ **time:** \_\_\_\_\_

**location:** \_\_\_\_\_

**school contact:** \_\_\_\_\_

Funding for the Cycling Training for the School Community program  
has been provided by TransLink and the City of Vancouver.

