



Cycling Training for the School Community

bike resources & training for Metro Vancouver teachers & school staff



an education program of the Vancouver Area Cycling Coalition

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step 2: Commuter Cycling Training Workshop

Learn to bike to work safely and confidently

This workshop takes you through the most common situations you'll face when you ride your bike in traffic – providing you with tips to make cycle commuting a fun and regular part of your life. This 7½ hour course combines classroom and on-road training. You'll learn to:

- ride safely and confidently in traffic
- check your bike for safety
- adjust your bike to fit you
- ride at night and in the rain
- choose equipment and clothing
- plan the best routes



Commuter Cycling Training Workshops are hosted by the *Vancouver Area Cycling Coalition* – helping new-, novice-, & non-cyclists at your school 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.

date: _____ **time:** _____

location: _____

school contact: _____

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