



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 tel: 604-732-1418 www.vacc.bc.ca/schools

step 3: **Bike-Ed Seminar**

~ an afternoon seminar covering activities and resources to integrate bike smarts and active transportation ideas into your classroom and your school

Bike-Ed Seminars are hosted by the *Vancouver Area Cycling Coalition* – helping new-, novice-, & non-cyclists at your school answer questions about bicycle-related curriculum 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.

date: _____ **time:** _____

location: _____

school contact: _____

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