



## HUB Cycling

[www.bikehub.ca](http://www.bikehub.ca)

### *Learn2Ride Curriculum Overview*

HUB developed a specialized curriculum in 2014 for the instruction of urban cycling skills to Grades 4 and 5 students in Metro Vancouver schools. To ensure it is current and effective, HUB reviewed leading curricula developed by parallel organizations in Canada and other countries, gained input about the Metro Vancouver context from numerous local cycling instruction experts, and engaged an external reviewer with experience in school-based curriculum delivery. HUB regularly updates this curriculum, incorporating newly developing approaches and resources.

This curriculum overview provides Learn2Ride's course goals and outline, a description of training activities, skills development and learning objectives, and an explanation of HUB's approaches to evaluating course impacts. The full curriculum used by HUB's qualified instructors is available to staff of municipalities and schools. Contact Scout Grey at [Scout@bikehub.ca](mailto:Scout@bikehub.ca) for more information.

#### **Course Schedule**

- o Day 1: In-Class Introduction to Cycling and Helmet Safety – 45 minutes
- o Day 2: Learn2Ride School Ground Cycling Skills Training – 1.5 Hour

#### ***Learn2Ride Participant Course Goals***

- ✓ Understand how bicycles operate and when they are viable for daily transportation
- ✓ Know safe cycling practices
- ✓ Learn basic rules of the road and how to operate a bicycle as a road vehicle
- ✓ Build practical cycling skills
- ✓ Increase bike riding confidence in the urban setting
- ✓ Have fun and experience the joy of riding a bike

#### ***Day 1: In-Class Introduction to Cycling and Helmet Safety***

##### **Day 1 Activities**

- o Welcome and introductions
- o Review Learn2Ride course goals
- o Review use of helmets and other safety equipment
- o ABCs of bike maintenance – Air, Brakes and Chain
- o ABCs of safe cycling – Awareness, Best Behaviour, and Communication
- o Confirm how many students have bikes they can bring to school for on-bike training

##### **Day 1 Learning Objectives**

Participants will:

- ✓ Understand the importance and use of safety equipment: helmets, reflectors and lights, bell, and appropriate clothing.
- ✓ Demonstrate awareness of and respect for other road users on quiet streets and multi-use paths.
- ✓ Know the basic parts of a bicycle and how they operate.
- ✓ Know the meaning of and be able to execute basic hand signals.



## **Day 2: Learn2Ride School Ground On-Bike Cycling Skills Training**

### **Day 2 Activities**

- o Helmet check
- o Bike check
- o Skills Stations – include simulated road-riding situations:
  1. Basic bike control skills while riding in a circle
  2. Straight line riding, breaking, and controlled weaving
  3. Straight line riding with one hand and while shoulder checking and turning
  4. Figure 8 riding – practice giving right of way
  5. Shared use paths
  6. Intersections and stop signs
  7. *Slug Race* for braking and slow speed control
  8. Pull-out station for non-riders

### **Day 2 Learning Objectives**

Participants will:

- ✓ Understand the importance and proper use of helmets
- ✓ Understand the importance of and know how to assess bike readiness
- ✓ Be able to mount, start, stop and dismount their bike independently
- ✓ Be able to ride independently and continuously
- ✓ Be able to ride between two straight lines .5m apart for 10 meters
- ✓ Be able to use the bicycle's brakes for control and to stop
- ✓ Be able to execute left and right turns while maintaining balance and control
- ✓ Be able to look around (i.e. shoulder check) while riding without losing balance or control
- ✓ Be able to execute basic hand signals while riding
- ✓ Understand the proper use of stop signs and basic intersections.

### **Learning Outcomes Evaluation**

For students who have participated in Learn2Ride instruction, where capacities allow HUB can conduct basic hands-up surveys several weeks following instruction to learn about what changes the course has made in their cycling habits. For more in-depth and longitudinal outcomes evaluation, by special arrangement HUB will work with municipalities, school districts, research practicum students, volunteers, and others to conduct observational research to record actual cycling habits and numbers pre- and post- Learn2Ride delivery.