



HUB Cycling

www.bikehub.ca

Ride the Road Curriculum Overview

HUB has developed a specialized curriculum for the instruction of urban cycling skills to students Grades 6 and up in Metro Vancouver schools. HUB first created the curriculum in 2010 by reviewing leading curricula developed by parallel organizations in Canada and other countries. With input from numerous local cycling instruction experts, the Metro Vancouver context was added and the curriculum was reviewed by a team composed of staff from various Metro Vancouver secondary schools. To ensure it remains current and effective, HUB has made regular updates as new approaches and resources are developed.

This curriculum overview provides Ride the Road'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 Gray at Scout@bikehub.ca for more information.

Ride the Road Participant Course Goals

Upon completion each student has the following Skills, Awareness, and Confidence:

Skills

- ✓ Demonstrates basic understanding and use of bicycle gears.
- ✓ Can execute low speed turns, emergency stop and fine maneuvers.
- ✓ Can plan a safe and appropriate route to a familiar destination on quiet streets.
- ✓ Can execute a pre-ride mechanical quick check independently.
- ✓ Can execute on-road right and left hand turns, and where needed dismount-and-cross left hand turns, on quiet streets and crossing busy road ways.

Awareness:

- ✓ Understands how to begin and end an on-road journey (enter/exit a roadway).
- ✓ Demonstrates proper positioning on the road (parked cars, intersections).
- ✓ Understands the function of a bike in good working order: tire pressure, chain condition, gears and brakes.
- ✓ Understands the rules of the roads as they pertain to cyclists.
- ✓ Appreciates impact of visibility and weather on riding conditions.
- ✓ Can articulate the principle and practice of sharing the road with other users.
- ✓ Can safely navigate all locally available bicycle infrastructure types.
- ✓ Understands how to secure a bicycle in a public space.
- ✓ Can identify and navigate relevant road features (e.g. traffic circles) and hazards (e.g. loose surfaces) common on quiet streets.

Confidence:

- ✓ Can climb and descend hills of a moderate grade.
- ✓ Can ride safely as part of a group and around other cyclists.



Course Schedule & Activities

Ride the Road is broken down into the following five, 1-hour lessons:

- **Day 1 - *In Class Introduction to Cycling and Helmet Safety***
 - Welcome and Introduction
 - Review Ride the Road Course Goals and Agreements
 - Pre-course Survey
 - Why ride a bike?
 - Intro to rules of the road
 - Review use of helmets
- **Day 2 – *Demystify Your Bike: Keeping Your Bike in Good Working Order***
 - Helmet check
 - How to lock your bike
 - Bike fit
 - ABC's of bike maintenance – Air, Brakes and Chain
- **Day 3 – *School Ground Cycling Skills Training***
 - Skills stations
 1. Gearing
 2. Straight line riding, starting and stopping
 3. Shoulder checking and looking back
 4. One-hand riding and bottle pickup
 5. Signaling
 6. Slalom turns and cornering
 7. Emergency braking
 8. *Slug race* for braking and slow speed control
 9. Foot down derby game for braking, balance and control
- **Day 4 – *Cycling scenario slideshow – In Class***
 - Review rules of the road
 - Explore specific road types and intersections
 - Route planning activity
- **Day 5 – *Neighbourhood Road Ride: Putting it in Practice Outdoors***
 - Road ride!
 - Post-course Survey

Learning Outcomes Evaluation

Each student who participates in Ride the Road is asked to fill out a pre-course survey on Day 1 of the course, and a post-course survey following the road ride on Day 5. The surveys measure the changes the course has made in their cycling habits and skills, confidence levels in different scenarios, knowledge of traffic safety, bike mechanic experience, and their barriers to riding.