Section 4

Summary & Additional Resources

Thank you very much for taking the time to read this toolkit and for your interest in creating a cycling program in your community. Communities across Canada are embracing cycling; through enhanced cycling infrastructure, installing end-of-trip facilities and amenities, and a focus on respectful road sharing practices. This toolkit, based on the cycling education teachings of CAN-BIKE, will help you offer practical and fun cycling education for cyclists of all ages and abilities in your community.

Resources:

The following list of resources will help with questions you may have about CAN-BIKE or cycling education. www.canbikecanada.ca www.ontariocycling.org www.cyclingcanada.ca www.safecyclingthunderbay.com www.phecanada.ca/programs/bicycle-safety-guide-ride

Interested in making your community more bike-able?

To improve cycling infrastructure in your community check out these publications available in your local library or visit www.huronhealthunit.ca/activetransportation:

- Huron County Active Transportation Report: A Call to Action (2014)
- Get a Move On!: A Community Workbook to Create an Active Transportation Plan (2015)

Waiver

Your Organization's Name:		_
CLASS REGISTRATION FOR	RM & RELEASE AND WAIVER OF LIABILITY	
Participant's Name:	Date of birth (Y/M/D):
Course Date:		
•	ved to participate in event, programs, or activitie property, the undersigned acknowledges,	
appreciates and agrees that:		
I,	, am taking legal responsibili	ty for my participation in this event, pro-
gram, or activity.		
responsible to myself with equ wearing a CSA, CPSC, or Sne I understand that my participa to: abrasions, bruises and cut eyes, ears, teeth and internal cycles or collisions with other	hysical, emotional, and psychological condition upment and am responsible for its safety and ge ell-approved helmet is required whenever I am re- tition in this event may involve risk of injury or da s to skin and/or flesh, and injuries to bones, mu organs, including concussion, or even death, re- cyclist, bicycles, or other objects and fixtures, a tives and next of kin, HEREBY RELEASE AND	ood operating condition. I am aware that riding a bicycle in this event. amage to property, including but not limited scles, ligaments, tendons, joints, nerves, esulting from, for example, falls from bi- nd I for myself and behalf of my heirs,
advertisers for all claims of inj participation at the event. I understand that I must confo al from the event without com I HAVE READ AND UNDERS MATION TO MAKE AN INFOR	TAND THE ABOVE AND HAVE BEEN PROVID RMED DECISION ABOUT MY INVOLVEMENT. CERTAIN LEGAL RIGHTS, INCLUDING THE R	n or property that might result from my d that failure to do so may result in dismiss- ED OR OBTAINED SUFFICIENT INFOR- I RECOGNIZE THAT BY SIGNING THIS
Participant Signature	Participant Printed Name	Date
Witness Signature	Witness Printed Name	Date
Emergency Contact:	Phone:	
Important Health Information:		

Sheet
Tracking
Progress
Student

Name	Helmet Fit	Bike Fit	Helmet Bike Cycling Fit Fit Laws	Lane Position	Coasting/ Balance	Straight Line Riding	Pedaling & Gear Selection	Stopping	Steering	Shoulder Checking	Signaling	On-road Residen- tial Street

Y = Pass= Needs Improvement

Host a Bike Rodeo - 24

Bike Rodeo Quiz

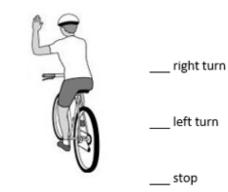
Name:

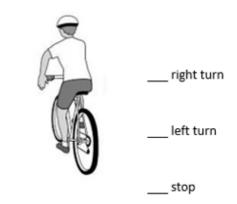
Age:

Circle T (true) or F (false) to show which sentences are true or false.

Т	F	It is a good idea to slow down when riding on wet pavement.
Т	F	You only need to wear a helmet if riding on the road.
Т	F	Wearing bright coloured clothing will help drivers see you.
Т	F	It is dangerous to use only the front brake on a bicycle.
Т	F	If you can see the car, the driver can see you.
Т	F	Helmets help prevent head injuries.
Т	F	Cyclists must follow the same rules of the road as drivers.
Т	F	Wearing a helmet when riding your bicycle is the law.
Т	F	Helmets should fit snugly and sit level on the head.
Т	F	Helmet fits properly if it can move forward and back an inch or two.
Т	F	The law says that helmet strap must be done up.
Т	F	Riding on the sidewalk is always safer than riding on the road.
Т	F	Ride one metre from the edge of road or parked cars.
Т	F	Ride in the same direction as traffic.
Т	F	Ride in a straight line and single file.
Т	F	Bicycles don't have to stop for school buses with flashing lights.
Т	F	Bicycles don't have to stop completely at a STOP sign if they see the way is clear.
Т	F	Bicycles must have a working bell or horn.

Check the correct label for each hand signal shown:





Bike Rodeo Quiz

Name:

_ Age:

Circle T (true) or F (false) to show which sentences are true or false.

	F	It is a good idea to slow down when riding on wet pavement.
Т	F	You only need to wear a helmet if riding on the road.
	F	Wearing bright coloured clothing will help drivers see you.
T	F	It is dangerous to use only the front brake on a bicycle.
Т	F	If you can see the car, the driver can see you.
\bigcirc	F	Helmets help prevent head injuries.
T	F	Cyclists must follow the same rules of the road as drivers.
	F	Wearing a helmet when riding your bicycle is the law.
	F	Helmets should fit snugly and sit level on the head.
Т	F	Helmet fits properly if it can move forward and back an inch or two.
	F	The law says that helmet strap must be done up.
Т	F	Riding on the sidewalk is always safer than riding on the road.
	F	Ride one metre from the edge of road or parked cars.
	F	Ride in the same direction as traffic.
\bigcirc	F	Ride in a straight line and single file.
Т	E	Bicycles don't have to stop for school buses with flashing lights.
Т	F	Bicycles don't have to stop completely at a STOP sign if they see the way is clear.
T	F	Bicycles must have a working bell or horn.

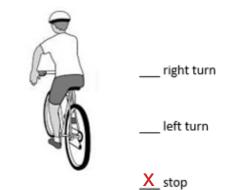
Check the correct label for each hand signal shown:



X right turn

___ left turn

_ stop



Bike Rodeo!

Learn cycling skills the fun and exciting way

Obstacle courses and hands-on training in:

- helmet and bike fitting
- riding in a straight-line
- swerving around objects
- emergency braking signaling shoulder checking and more!

For more information:

ations Successions

ou have successfully completed **BIKE Rodeo**

You know what it takes to be safe on your bike!

Instructor

Date