



We have to stop meeting like this!



NS RAMBLERS



**Bicycle Nova Scotia**

and

**The Canadian Cycling Association**

are pleased to offer

# CAN-BIKE!

***Bicycle proficiency courses  
for all ages and skill levels.***

(see reverse for details)

## Take CONTROL

## Take CAN-BIKE

**No matter what your style...**

sensible cyclist  
road warrior  
timid in traffic  
terrified of a flat tire

**Why you ride...**

for fun  
for health  
to work  
together

**Or when...**

day or night  
rain and snow  
hot or cold

**CAN-BIKE is for YOU**

## Take CAN-BIKE for

- ↳ more fun
- ↳ more security
- ↳ more kilometers
- ↳ more **confidence**

CAN-BIKE shows you how to prevent spills and increase your safety in traffic

For more information on  
CAN-BIKE please visit  
[www.canbike.net/cca\\_pages](http://www.canbike.net/cca_pages)

## Why CAN-BIKE

- ↳ Discover why the "Most Valuable Person Cycles"
- ↳ Learn the five basic principles that keep you *safe* on the road
- ↳ Practice the eight *skills* that could *save* your life
- ↳ Make other drivers *respect* your place on the road
- ↳ Learn how to avoid getting "doored"
- ↳ Master *techniques* that give you *confidence*, even in rush hour traffic
- ↳ Learn the secrets of riding *comfortably* all day long
- ↳ Find out where the dangers really are – and how to *avoid* them
- ↳ Conquer the fear of fixing your first flat tire
- ↳ Fulfill your lifelong *dream* of taking a cycling vacation
- ↳ Find out how to *avoid* the "right hook" and the "left cross"
- ↳ Learn how to use your gears
- ↳ Learn how to do a *safety* inspection on your bike
- ↳ **Get in 20 hours what most cyclists don't get in 20 years!**

## Bicycle Education and Safety

The Canadian Cycling Association's CAN-BIKE program lets you get more enjoyment from cycling. Courses focus on recreational and utilitarian use of the bicycle rather than competition.

## CAN-BIKE needed more than ever

There are nearly 18 million cyclists in Canada. Every year, another 1.5 million bicycles are sold. There are more cyclists now than ever before in Canada. Most have never learned the skills they need to get the most out of cycling.

*Cycling is fun* - that's why it's so popular. But a lot of people don't ride because they are afraid of crashes or collisions. CAN-BIKE shows you how to stay safe.

## National standards Flexible delivery

CAN-BIKE provides a nationally standardized set of courses that can be taught anywhere, any time -through any organization with an interest in education, safety or health. Nationally certified CAN-BIKE instructors, all experienced cyclists, teach all courses. Instructors and instructor training are available for community.

*Consider a course for your school, service club or community group.*

**For more information about CAN-BIKE courses in Nova Scotia, contact:**

**Bicycle Nova Scotia**  
**staff@bicycle.ns.ca**  
**(902) 425-5454 Ext. 316**  
**www.bicycle.ns.ca**

# Courses

## Children

### Kids CAN-BIKE Festival

Playground based event for children 8 to 13 years of age. The Festival introduces children to key bicycle handling skills necessary for safe riding, as well as correct helmet use, checking bicycles for mechanical problems, and preventing bicycle thefts. Parents and caregivers work with their children to develop safe habits and attitudes.

### Kids CAN-BIKE Course

The Kids CAN-BIKE Course covers the rules of the road, the bicycle's place in traffic, safe equipment, bike handling skills, and on-road instruction in small groups on residential streets. On-road training lets children learn to become safe, responsible, law-abiding drivers of their first vehicles- their bicycles. This 10-hour course is for children 9 to 13 years of age.

## Adult – beginner or novice cyclist

### Adult Learn to Ride 1

A course for adults who cannot ride a bike. You will learn to balance, start, stop and turn. One session, Three hours.

### Adult Learn to Ride 2

A course for adults who are too unsteady to ride on streets. You will learn to balance, start, turn and use your gears with confidence. One session. Three hours.

### Introduction to Cycling Skills

Basic, one-day, hands-on course for beginning cyclists. In-class and on-road instruction help you gain the confidence to ride more often. Includes bicycle care and operation.

## Instructors Workshop

A two-day, 20-hour workshop plus road and handling skills tests. Age 18 and up. CAN-BIKE 2 is a prerequisite.

# Courses

## Adult - Advanced

### CAN-BIKE 1 Course

This is a basic course for cyclists who usually ride on residential streets and bike paths. Learn street survival skills and build confidence for riding recreationally or to work in low traffic neighbourhoods. Includes bicycle care, flat repair, riding techniques, detecting and avoiding hazards, and emergency maneuvers. Ages 15 and older. 15 hours.

### Cycling Freedom for Women

For women, taught by women. Similar to CAN-BIKE 1, but addresses specific concerns such as security at night and riding with children. Ages 15 and up. 15 hours.

### CAN-BIKE 2 Course

This is an advanced course in defensive cycling for commuters and recreational cyclists who already ride in traffic. Covers riding skills, traffic dynamics, flat repair, bicycle safety check, health and fitness, equipment, and emergency maneuvers. Students should have some cycling back ground and recent experience. You do not have to complete CAN-BIKE 1, before taking this course. Ages 16 and older. 18 hours.

### Rural Cycling CAN-BIKE Course

For the rural resident or the cyclist who intends to do a lot of rural riding. Develop skills and build confidence while learning the challenges specific to rural cycling. Ages 16 and up. 20 hours.

## Free Refresher Courses

When you take any adult CAN-BIKE course from us, you are welcome to take the same course again at *no extra charge*. You can take the same course as many times as you like (*new students take preference*). Brush up on your skills between cycling seasons, or enrol a friend in CAN-BIKE and take the course with them. Sorry, but this does not apply to the Kids CAN-BIKE or the Introduction to Cycling Skills course.