Safe Cycling Classes

Bike-Walk Alliance of New Hampshire

New Hampshire’s statewide bicycling & walking advocacy organization
Why Safe Cycling Classes?

To learn how to decrease bicyclist’s risk of:

• Negative interactions with other road users
• Mishaps, injuries or worse that do not involve interaction with other road users (ex: pot holes, grates, etc.)
Why Safe Cycling Classes?

✓ Gain knowledge & instruction on:
  - Laws
  - Safety techniques
  - Infrastructure
  - Bike control skills
  - Crash avoidance skills

✓ Increase confidence
Classes can be online or in-person, in-class or on-the-bike, or combo that instruct people how to ride bicycles safely.
Become an Instructor?

• LAB’s “League Cycling Instructor” (LCI) Program
  – Take & pass “Traffic Skills 101” ($)
  – Take “LCI Seminar” = 2-3 day ($$$)
So you want to become a League Cycling Instructor?

League Cycling Instructors (LCIs) are certified to teach the League’s Smart Cycling curriculum to help people feel more secure riding a bike; to create a mindset that bikes should be treated as a vehicle, and to ensure cyclists know how to ride safely and legally. Once certified as an LCI, you’re able to teach our curriculum and are covered by an insurance policy that insures you while teaching a class. This infographic helps explain the requirements and expectations. For more information visit bikeleague.org/ridesmart or email education@bikeleague.org.

BECOME A MEMBER

To become an LCI, you must pass an on-bike and written exam. These mandatory tests are administered by LCIs and are part of the Smart Cycling course. Find an instructor or class in your area by using the Connect Locally search on our website: bikeleague.org.

PASS THE EXAM

To become an LCI, you must first pass an on-bike and written exam. These mandatory tests are administered by LCIs and are part of the Smart Cycling course. Find an instructor or class in your area by using the Connect Locally search on our website: bikeleague.org.

PREPARE FOR THE SEMINAR

After your registration, you will be sent an email from the League with study materials and an open-book assessment. Prior to the seminar, you’ll turn in your assessment answer to your Seminar Coach. The exam will give you additional assignments, both group and individual, before the seminar. Set aside time; some are surprised by the workload!

WHAT TO BRING TO YOUR SEMINAR:

- Bike & Helmet
- Water & Lunch/Snacks

CHOOSE A SEMINAR THAT’S CONVENIENT FOR YOU

When choosing a Seminar, please factor in your schedule and location. Plan on attending a Seminar when you have plenty of availability and consistent access to the Internet. To complete the seminar, you will be required to: 1) attend all parts of the Seminar, and 2) be in contact with your LCI Coach before the Seminar.

BETTER MINDFUL OF REGISTRATION AND CANCELLATION GUIDELINES

Registration closes 7 days before the start of a Seminar — or when registration reaches the capacity of 25 students. The League cannot guarantee registration; seats are +one, first-served. To cancel your must notify the League in advance to be eligible for a refund. A full refund will be provided for any Seminar that is canceled due to low enrollment.

For more information visit bikeleague.org/ridesmart or email education@bikeleague.org.

Paula Bedard, Bike-Walk Alliance of New Hampshire Safe Cycling Classes – NH Complete Streets Conference 10-19-2018
<table>
<thead>
<tr>
<th>Topic</th>
<th>Always</th>
<th>Sometimes</th>
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</thead>
<tbody>
<tr>
<td>Helmets</td>
<td>✓</td>
<td></td>
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<tr>
<td>How to control your bike (breaking, shifting, steering, balance)</td>
<td>✓</td>
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<tr>
<td>Riding in traffic techniques (lane positioning, taking the lane, sharing the road, etc)</td>
<td>✓</td>
<td></td>
</tr>
<tr>
<td>Bicycling laws</td>
<td>✓</td>
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<tr>
<td>Bike maintenance</td>
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<td>✓</td>
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<tr>
<td>Group riding skills\etiquette</td>
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<td>✓</td>
</tr>
<tr>
<td>Types of bikes</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Clothing (gloves, padded cycling shorts, etc.)</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Equipment (lights, horns, bells etc)</td>
<td></td>
<td>✓</td>
</tr>
<tr>
<td>Nutrition</td>
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</tbody>
</table>
Basic Categories

• Kids
• Adults
• In-class (no on-the-bike)
• On-the-bike or on-road
• Online
Class Types

• Kids
  – BWANH-DOT SRTS Program: “Youth Bike & Walk Safety” sessions
  – Customized One-offs
  – Community Bike Rodeos
Class Types

• Adult Cycling Classes
  – “Traffic Skills 101” ~8 hours
  – “CyclingSavvy” – variety!
  – “Confidence in Traffic” ~2 hours
  – “Bike Commuting 101” ~1 hour
• Typically “Learn-at-Lunch”
NH DOT Partnership via “Safe Routes to School” (SRTS) Grant Funding

- 10 certified instructors in NH
- ~33 schools (annually)
- ~3,500 students (annually)
- Targets 3rd through 5th graders
- Free to schools!
✓ ~2-3 hours to train instructors
✓ “Train-the-Trainer” program available!
LAB “Traffic Skills 101” Class

• Comprised of:
  – a ~4-hour online class (free)
  – a ~3-hour in-person class (fee)
  – Written test

• Passing TS101 = “LCI” prerequisite
LAB “Traffic Skills 101” Online

http://www.bikeed.org/default.aspx

Free!

Sponsored by City of Houston, TX
**Traffic Skills 101 Course Introduction**

**Next Step: Registration**

If you are interested in taking this free bicycle safety course, please [register](#) with the site. It’s free and it’s necessary to continue.

We estimate the online course will take approximately 4 hours to complete. You will be able to complete individual modules and return at a later time. After you complete the online course, you will be able to participate in a **5-hour hands-on and on-road component** of the course.

This special component for on-line participants is conducted by League Certified Instructors. These hands on and on-road instructions are held throughout the country, [schedules and classes are posted on this website](#). We strongly encourage you to join others in participating in the hands on and on-road component of Traffic Skills 101 and complete your training. Location of on-road experiences include quiet residential streets, minor arterials, multi-lane low- and moderate-speed arterials with posted speeds no greater than 35 mph, protected (Left Turn Only lane and/or Left Turn signal phase) and unprotected left turns, and narrow and wide roadways.
In-Person LAB “Traffic Skills 101”

✓ 3-4 hours
✓ On-the-bike skills & instruction
✓ Testing through traffic scenarios
✓ Written test to pass
✓ Passing TS101 = LCI pre-requisite
In-Person LAB “Traffic Skills 101”

Paula Bedard, Bike-Walk Alliance of New Hampshire

Safe Cycling Classes – NH Complete Streets Conference
10-19-2018
“CyclingSavvy” Online

**In-Person Courses:**
- Individual Sessions – $45
- Full Course – $95

**Online Courses**
- Basic – $45
- Mastery – $65
- Lifetime Access – $100

“Learned how to negotiate very complex traffic situations. I never thought I’d be able to, and I did.”

Judith Gintz, Port Orange, FL

Paula Bedard, Bike-Walk
Alliance of New Hampshire
“CyclingSavvy” In-Person Classes

In-Person Courses:
- Individual Sessions – $45
- Full Course – $95

Find a Class

Online Courses
- Basic – $45
- Mastery – $65
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Sign Up

Compare Courses

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“CyclingSavvy” In-Person Classes

CyclingSavvy
EMPOWERMENT FOR UNLIMITED TRAVEL

Find a Class

New Hampshire

New Hampshire

Boston, MA

Northern New England
Quick Lessons
Knowing this could save your life.

What Cyclists Need To Know About Trucks

Critical Areas:
- Truck Turning Radius
- Truck Driver Blind Spots
- Truck Driver Focus Area
- Truck Mowing Screen
What Cyclists Need to Know About Trucks
“CyclingSavvy” Online Videos
“CyclingSavvy” Online Interactive Animation

Lane control can become awkward in wide lanes. There is an expectation among motorists and police that the bicyclist should share the lane. But lane control may be necessary to reduce risk.

Lane Width: 15ft
“Confidence in Traffic” Class

- Typically ~2-hours
- 5-6 miles ride through various traffic scenarios
- Teach lane-positioning basics
- How to use bike infrastructure, etc
LAB “Bike Friendly Driver” Class

• Typically ~1.5-hours
• Target audience = motor vehicle drivers, especially commercial and or large vehicle drivers
• Can be taught in-person or via live webinar
• No on-the-bike component
• Short written test, certificate
LAB “Bike Friendly Driver” Class

- Originally developed by City of Fort Collins, Colorado ~ 2016
- Adopted, distributed by LAB 2018
LAB “Bike Friendly Driver” Class

Jamie Gaskill-Fox Leads Bicycle Friendly Driver Workshop

BICYCLE FRIENDLY DRIVER TRAINING

The League is helping keep all road users safe by offering the Bicycle Friendly Driver training. This is the League’s newest addition to the Smart Cycling program. Created by the City of Fort Collins, the training aims to educate motorized vehicle drivers about how and why bicyclists travel the roadways in the ways they do with the objective of developing a shared understanding for all users.

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Alliance of New Hampshire 
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What Else?

• Special Needs
  • Northeast Passage > Cycling
  • www.IcanShine.org
• Bike-on ➔ http://bike-on.com/handcycles
• Special Needs
  • [www.IcanShine.org](http://www.IcanShine.org)
"iCan Bike" – Groton, MA

**iCan Bike - Groton, MA**

We understand that the vast majority of people with disabilities never have the experience of independently riding a conventional two-wheel bicycle during their lifetime. Research shows that over 80% of people with Autism and 90% of people with Down syndrome never experience this thrill. Defying these odds is why we exist!

**Testimonials**

"My 8 year old son Elijah learned to ride this summer at Boone Grove High School. He absolutely LOVED bike camp and is now a completely independent rider! Thank you from the bottom of my heart to all those worked and volunteered to make iCan Shine Bike Camp a huge success for my son!"

Paula Bedard, Bike-Walk Alliance of New Hampshire

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10-19-2018
“iCan Bike” – Groton, MA

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Alliance of New Hampshire

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Great Resources!

• NH Bike Safety Brochure

Great Resources!

- LAB
  Smart Cycling “Quick Guide”

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<th>Quantity</th>
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<tr>
<td>1-5</td>
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<tr>
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<td>1,000-2,499</td>
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<tr>
<td>2,500-7,999</td>
<td>$0.88</td>
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<tr>
<td>8,000+</td>
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We can offer co-branded quick guides with your organizational or corporate logo on the guide; contact education@bikeleague.org for pricing. Minimum order for co-branded guides is 2,500.
Bike Rodeos!
Contact Us

info@bwanh.org