

Advanced Course Information sheet

Thank you for your interest in the Advanced course!

Note this is **not** a learn to ride course: all participants must have the prerequisite skills listed [here](#).



The objective of this course is to teach cyclists how to safely use a bicycle as a form of transportation (and recreation) on residential and more complex roads, including downtown. Upon completion of the course, you will be given an evaluation indicating what grade of road you have demonstrated your knowledge and abilities to ride on safely. More information on road grading can be downloaded [here](#).

Advanced is broken into a series of sessions: all must be attended to complete the course.

1. Session 1
 - a. Introductions, handouts
 - b. Bike check, bike fit
 - c. Laws review
 - d. Route planning
 - e. Handling skills
2. Session 2
 - a. Residential ride
3. Session 3
 - a. Downtown ride
 - b. Wrap up

The Intermediate Adult course is often combined with the Advanced course: this means that you will progress through the Intermediate material as well as the Advanced material. If you do not demonstrate the necessary knowledge or skill required, you will be asked to stop once the Intermediate course material is complete.

There is a required e-learning component to this course. Each participant will receive notification of registration on the e-learning site. *The online learning must be completed by each participant prior to the first day of the course.* Topics included in the online learning:

- a. Tools, helmet fit, bike security
- b. Puncture repair, minor adjustments
- c. Traffic dynamics, route planning
- d. Effective Cycling video
- e. Crash statistics, laws, rules of the road
- f. Where to ride on the road (theory)

You must provide the following equipment for this course:

- a properly fitting bicycle, in good working condition; and
- a certified bicycle helmet, in good condition and with proper fit.

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Bicycle:

In order to participate in and get the most out of this course:

- a bike with gears is highly recommended;
- e-bikes are acceptable.

If you are unsure if your bike is appropriate for you or in good condition, I recommend taking it to a bike shop for a tune up and asking the technician if it fits you. Your bike fit will also be analyzed as part of the online learning.

You must be able to complete the list of skills shown [here](#) before attending this course.

Want to rent a bike, need help buying a bike of your own, or need help with transporting your bike? Get in touch: we can guide you!

Helmet:

More information on helmets can be found [here](#).

1. Your helmet must be certified for bicycle use, not a winter sports, or skating helmet.
2. Helmet should be less than 5 years old, and have never had an impact with something hard (including falling off a shelf or being dropped onto concrete). If in doubt, get a new helmet. Please do not trust a rental helmet, or one borrowed from someone else because you don't know what it's been through.
3. It should fit your head properly. See the above link for a video on helmet fit.

Religious headwear & helmet use:

Most religious headwear can be accommodated under a regular bike helmet. See the above link for more information on religious headwear & bike helmets.

Though reasonable cycling ability is required for this course, you do not need to be an athlete or fast cyclist: all cycling is done at a slow pace with frequent stops to reinforce concepts. However, you should expect to ride your bike continually for up to 6 hours (note: **padded bike shorts are highly recommended**). This course takes place on real Calgary pathways and roads. We will encounter real pathway users, real motorists, and everything the weather may offer. This course runs rain or shine, so you must dress appropriately and bring everything you will need for changing weather. You must be able to carry your own supplies, whether in a back pack, panniers, basket, etc. On the long day, you will also need to provide your own lunch: we will not have the ability to stop to purchase food. Depending on the course location and your interest in pursuing instructor training, we may wrap up at an ice cream shop; please bring some money if you would like to purchase a treat (this is not included in your course registration fee).

If you have any questions, including whether this course is appropriate for you, if your bike is an appropriate fit, or anything else, don't hesitate to get in touch.

Thank you,
Melissa Malejko
Certified Cycling Instructor
Owner of Safer Cycling Calgary