

## Beginner Information sheet

You must already know how to ride a bike: this is **not** a learn to ride course. Please read this document carefully.



Upon completion of this course, you should feel comfortable and confident in your ability to ride on pathways around Calgary. You will not learn how to ride on any road in this course.

Beginner courses are held outdoors, so subject to suitable weather. Determination of the appropriateness of the weather will be made by the instructor, no earlier than 36 hours prior to the start time.

Beginner is a single session course covering the following topics:

- Bike and helmet check;
- Starting and stopping;
- Using gears, riding up and down hills;
- Common pathway risks and how to mitigate;
- Passing other pathway users;
- Bike security and theft prevention.

**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.

### *Bicycle:*

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

- you must be able to touch the ground while seated on the bike seat;
- there must be room to raise the seat in order to work towards ideal height;
- a bike with gears is highly recommended;
- e-bikes are acceptable.

You must be able to start, stop and turn your bike, without significant wobbling.

Want to rent a bike, or need help buying a bike of your own? 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.

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The Beginner course is intended as a starting point, for those who have recently learned how to ride or who are very inexperienced. As it is illegal for those over 14 to ride on the sidewalks in Calgary, mastering the pathways will give you literally over 1000km to practice on. In addition to learning essential biking skills to help you navigate pathways, you will learn about parts of your bike, how to check your bike for safe operation, some of the hazards you may face while riding and how to deal with them, and get expert advice to continue to progress even after the course.

The very small class size - maximum of 2! - ensures that you will receive loads of personal attention and individual feedback.

This course takes place entirely in public. We will encounter real pathway users, including the possibility of children, dogs, people with strollers, other cyclists, as well as park users. You will be on bike the entire duration of the course, though we take as many breaks as you need. **Padded bike shorts are highly recommended.** It is also important that you dress for the weather: this is a fair weather course and we will not be out if it's wet, but early season courses may be cool, mid-season courses are likely to be hot, and there is no season without wind, bugs, and unpredictable changes in weather.

If you have any questions, don't hesitate to get in touch!

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