

First Time (learn to ride) Information sheet

This course is designed to teach people aged 14 or older how to ride a bike: for those who have never ridden or have not ridden in a long time.



Upon completion of this course, you may be able to ride a bike. While there is no guarantee that you will be successful, over 300 adults have learned how to ride during this course.

First Time 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.

First Time is a single session course covering the following topics:

- Bike and helmet check;
- How to balance and steer;
- Pedaling (if ready);
- Purpose and operation of gears;
- Starting and stopping;
- 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 (at least the balls of the feet);
- road bikes (curled handlebars) are not recommended; e-bikes are not acceptable.

Want to rent a bike, need help buying a bike of your own, or don't know how to transport a 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.

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The First Time course is designed to introduce people to riding a bike for the first time, or re-introduce people to riding who previously rode a bike but are not able to balance currently. In addition to being introduced to the basics of how to ride a bike, you will learn about parts of your bike, how to check your bike for safe operation, and get expert advice to continue to progress even after the course. More than 77% of adults who have attended this course have been able to ride at the end, proving that the techniques used work.

Small class sizes - maximum of 4 - ensures that you will receive lots of personal attention and individual feedback. Every participant in attendance is also a First Timer: there is absolutely nothing to be embarrassed about! Participants in this course range in age from 14 to elderly: it's never too late to try to ride a bike. Falls are rare in this course, but are always possible with any physical activity. Those with health concerns or who are at higher risk of injury should speak with a doctor to confirm their ability to participate.

This course takes place in an outdoor paved rink or rarely, a parking lot or school yard. You will be on bike most of the course duration, though you can 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