

## Intermediate Course Information sheet

Thank you for your interest in an Intermediate course!  
Note this is \*not\* a learn to ride course, all participants must have mastery of the prerequisite skills listed [here](#).



Safer Cycling Calgary

The objective of this course is to teach cyclists how to safely use a bicycle as a form of transportation (and recreation) using pathways and residential roads. 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](#).

This course is broken into a series of sessions: all sessions must be attended to complete the course. Depending on the course format, these sessions may be done in a single day or over the course of multiple days.

1. Session 1
  - a. Introductions, handouts
  - b. Bike check, bike fit
2. Session 2
  - a. Traffic dynamics, route planning
  - b. Handling skills
3. Session 3
  - a. Residential ride
  - b. Wrap up (may include written quiz)

The Intermediate Adult course is often combined with the Advanced course: this means you will have the opportunity to try handling skills offered in the Advanced course, though you will not be evaluated or expected to master these skills.

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; failure to adequately complete this material on time will result in inadmissibility to the in-person portion of the course, with no possibility of a refund. Topics included in the online learning:

- a. Tools, helmet fit, bike security
- b. Puncture repair
- 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.

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.

The Intermediate course is designed to teach moderately experienced cyclists how to use their bike for transportation as well as recreation. We will explore laws, best practices, basic bike maintenance, and how weather affects cycling; you will learn essential handling skills to take your physical abilities to new levels; theory will be put into practice by riding on pathways and residential roads to build your comfort and confidence; you will also receive expert advice to continue your progress even after the course.

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 the entire duration of the course (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.

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