

Novice Information sheet

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



The Novice course is an introduction to safe bike handling skills and using a bike for transportation through a residential area. Upon completion of this course, participants should be comfortable with some basic handling skills: children under age 14 may be comfortable riding on sidewalks while those 14 or older may be introduced to riding on very quiet residential roads .

This course is not intended to provide a complete education on cycling in residential areas: all participants should go on to attend an Intermediate course (when age and/or skill is appropriate).

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

- Bike and helmet check
- Handling skills
- Bike security
- Community ride (if skills are appropriate)

Each participant 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:

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

Each participant 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, or need help with transporting bike(s)? Get in touch: we can guide you!

Helmet:

Children are required by law to wear a helmet while bicycling: **children who do not have an appropriate helmet will not be allowed to participate in on-bike activities.** No refund or transfer will be available. More information on helmets can be found [here](#).

1. The 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 the head properly. See the above link for a video on helmet fit.

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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.

We evaluate every participant's cycling ability and may not allow participants to join the community ride if skills are inadequate. The community ride is a very basic introduction to using a bike for transportation: children under age 14 will learn how to ride on the sidewalk and may briefly ride on Grade 1 or Grade 2 roads. Those 14 or older may be introduced to riding on Grade 1 or Grade 2 roads. More information on road grades can be downloaded [here](#).

This course may be a fair-weather course or may run rain-or-shine. If the course is expected to run no matter the weather, participants should dress appropriately for changing weather.

If you have any questions, including whether this course is appropriate for you/your child, if a 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