



Family Bicycling Workshop

Checklist

> > bring route maps and all class supplies < <

Course Set-Up // 2 hours 8:00–10:00am

- Ride Preview (45 minutes)
- Assign Roles
- Chalk Lanes and Intersection courses

> > bike check for road safety as families arrive < <

Introduction // 30 min 10:00–10:30am

- Have all sign liability waiver
- Introductions – What type of riding do you do?
- Overview of day
- Helmet Check
- Bike Fit
- ABCD Quick Check + laps

Drills // 60 min 10:30–11:30am

- Driveway
- Lanes
 - > Starting and Stopping
 - > One Hand Riding and Signaling
 - > Scanning
 - > Door Zone
- Intersection

Break // 10–15 min 11:30–11:45am

Neighborhood Ride // 30 min 11:45–12:15pm

Wrap-Up // 15 min 12:15–12:30pm

- Bike Blender
- Light Give-Away
- Hand out evaluations

Clean-Up // 30 minutes 12:30–1:00pm



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