# 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