



Cycling Family StreetWise Cycling Course

As part of Sangster Elementary's participation in the Active and Safe Routes to School program, the Capital Regional District is offering a free Family Cycling course at the school on Saturday April 14 from 9-noon. If you and your family are interested in participating, please register at <https://www.civicinfo.bc.ca/event/2018/CRD-StreetWise> or email kberniaz@crd.bc.ca for more information.

Course Description:

This specialized course is for families with children aged 8-14. Family StreetWise allows parents and children to learn safe cycling skills and experience the joy of cycling alongside each other. The 3-hour course covers concepts such as navigating different intersections, how to make safe turns, communicating with other road users and lane positioning on the road. Participants learn through group activities, on-bike skills practice and a neighbourhood road ride where families put their new skills to practice on quiet city streets.

Learning Outcomes:

8-14 year olds and their parents who complete a Family StreetWise Cycling course will:

- Identify the benefits of cycling for transportation and recreation
- Practice fundamental cycling skills including straight-line riding, turning, braking, shoulder checking, and signaling
- Demonstrate different ways of communicating with other road users and pedestrians
- Learn the rules of the road including concepts like right of way
- Be introduced to a variety of common on-street scenarios and intersections such as busy-road crossing, shared use pathways, and traffic circles.
- Gain experience riding on quiet neighbourhood streets, using available bike infrastructure wherever possible

All courses are taught by a highly trained team of certified cycling instructors from HUB – Your Cycling Connection. When taking course participants on the road a strict ratio of 1:6 instructor-to-participant ratio is maintained to ensure optimum safety and plenty of instructor attention.