

Bicycle Education Courses

Our instructors are certified by the *University of Florida's Florida Traffic and Bicycle Safety Education Program (FTBSEP)* and League of American Bicyclists (LAB). We offer the following courses and services at low- or no cost:

- **Teacher training** (Meets Florida's Sunshine State Standards and CEU eligibility standards)
- **Community instructor training** (to enable law enforcement, camp staff, etc., to conduct clinics)
- **Bicycle & pedestrian safety education for adults and elder adults**

Adult Bike Ed

For the returning cyclist or anyone who want to feel confident on their bikes. Less advanced than LAB's Road I and II but similar to those courses in that it's a combination of classroom instruction and on-bike skill enhancement. Course is tailored to audience in both time and content.

- **League of American Bicyclists (LAB) courses** (*fee-based, usually around \$25*):

Road I

This basic 9-hour course is perfect as a primer for those cyclists who wish to gain a full understanding of how to safely operate a bicycle in a variety of situations. The 9 hour class includes learning how to perform a bicycle safety check, fixing a flat, interactive discussion, on-bike skills practice and student manual. Students will gain confidence knowing that they are riding legally and safely. Crash avoidance techniques and crash types will be discussed. Recommended for adults and children above 14.

Road II

For more advanced students with an understanding of vehicular cycling principles, this 12 hour course includes fitness and physiology, training for longer rides, advanced mechanics, paceline skills, advanced traffic negotiation, foul weather riding and night riding. Student manuals included with each class.

Commuting

For adult cyclists who wish to explore the possibility of commuting to work or school by bike. This three hour follow-up to Road I covers topics including route selection, bicycle choice, dealing with cargo and clothing, bike parking, lighting, reflection, and foul weather riding. Included with the class are handouts and student materials.