

Prep:

**Course Supplies** (Cones, caution tape, chalk, chalk sticks, sign in, tabling supplies)

**Smoothie Supplies** (Bike, blender, rag, orange juice, frozen fruit, bananas) Contact info for point person (make sure it isn't an office #) Contacts for FCW team

**Set Up:** Check in with contact/point person, agree on boundaries for FCW Check in with FCW Team: sign up for roles, signage, table setup, snack/trash setup, bike check/tools area, chalk lanes make many lanes ideally ½ as many people as you have, chalk intersection, ride route(s)

## **BEB Family Cycling Workshop**

**15 minutes before class to 15 minutes past start sign: Sign In and Bike Check LEAD\_\_\_\_\_**

- Have participants sign in and put on a name tag
- Give every bike ABCQcheck + sticker when completed

**00:15-00:30: Welcome + Introductions LEAD\_\_\_\_\_**

- Lead introduces self and team introduces selves
- Who is Bike East Bay and what do we do? Offer membership options and share where the funding for this program comes from, remind to sign in
- Each Participant shares name and personal fact (lead choice; where they ride, why they are here, fun fact)
- Lead covers the basics of the day: this class is hosted by Bike East Bay, the schedule and flow of the workshop, where bathrooms and water is, vest and smoothies
- Lead covers basics take homes from today: Predictability and Visibility, “Can others tell where I am going”and, “Can others see me?”
- Split into family pods and go with your instructor

**00:30-00:40: Helmets/ABCD Q check\_\_\_\_\_**

- Pod Lead covers how to properly fit a helmet (eyes, ears, mouth)
- Lead covers how to check your bike using ABCQ check

**00:40-01:10 Lane Drills LEAD\_\_\_\_\_**

- Remind them to take small steps towards these skills. If you move on, make sure to give less experienced riders the previous skill practice a few more times.
- Pedal Power Position
- Redlight/Greenlight, using brakes, not feet
- Bike Skill #1: Ride your bike in a straight line.
- Bike Skill #2: Ride your bike in a straight line with one hand on your hip (or just slightly off your handle bars)

**00:40-01:00 Intersection Intro. LEAD\_\_\_\_\_**

- Right of way: Who goes first?
- Non Verbal Communication: Eye Contact, Hand Signals, teach little ones to wait until they get the Wave Through
- Note: Ask parents to help navigate each intersection (usually 2 or 3), encourage the parents to ask the student who goes first and if it feels safe to go forward (instead of telling them when it is time to go)
- Using Cross Walk
  - Make Eye Contact

<ul style="list-style-type: none"> <li>● Bike Skill #3: Ride your bike in a straight line, with one hand on your hip and while looking over your left shoulder</li> <li>● Bike Skill #4: Ride your bike in a straight line, with one hand on your hip and while looking over your left shoulder and use proper hand signal</li> <li>● If time: Slow Race</li> </ul>	<ul style="list-style-type: none"> <li>○ Use hand signals to ask drivers to stop</li> <li>○ When is it the most safe to cross?</li> <li>○ Bikers can wear helmets, car drivers can hold helmet as steering wheel</li> </ul> <p><b>01:00-01:10 Warm Up Laps LEAD _____</b></p> <ul style="list-style-type: none"> <li>● Lead instructs group on how to properly ride in a group: in a single file line with space for an additional bike between each rider.</li> <li>● mechanicals, adjustments, turning, stopping, signals, spacing, communication</li> <li>● 2-3 laps depending on size of course, this will show you who needs more attention</li> </ul>
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**01:10-01:40 Switch the two groups from above**

**Optional (if there is enough time) 01:40-01:50 Chaos Box/Parent Q&A**

- Round 1 for all
- Round 2 for all except those who have questions, usually parents, (option to hand out kid skill lists)
- Ask parents if they have any questions

**01:50-01:55 Water and Snack Break LEAD \_\_\_\_\_**

- Prepare for the Family Ride: restroom, \_\_\_\_\_ water, snack, sun block, layers
- Instructors collect equipment from black top
- Optional teeter totter time
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**01:55-02:25 Family Ride LEAD \_\_\_\_\_**

**Sweep \_\_\_\_\_**

- Pre ride 1-3 possible routes and use the previous 2 hours to determine which was is the best for the group.
- Remind everyone to ride in a straight (predictable) line, with enough space for 1 bicycle (awareness) in front of them
- Explain what to expect on course. Re-emphasize, distance from door zones, riding from the sidewalk to the roadway, keeping a straight line without making jerky or sudden movements, riding no closer than a 2 bike lengths from the person in front, walking bikes in crosswalks, etc. Always have a sweep, even if it's a parent volunteer. Parents should not leave kids alone at blacktop. It's the leader's discretion if unattended kids can participate in drills. Unattended kids may not participate on the ride.
- Remind everyone to practice hand signals (communication), and to stop at signs (predictability) independently of the person in front of them.

**02:25-02:30 Bike smoothies and goodbye LEAD \_\_\_\_\_**

- Return to start. Give thanks. Sign in, join BEB. Vests and Smoothies. Questions?
- Instructor debrief, pack and clean up.

**02:30 Good bye and thank you!**

