

## Section 4

# Summary & Additional Resources

Thank you very much for taking the time to read this toolkit and for your interest in creating a cycling program in your community. Communities across Canada are embracing cycling; through enhanced cycling infrastructure, installing end-of-trip facilities and amenities, and a focus on respectful road sharing practices. This toolkit, based on the cycling education teachings of CAN-BIKE, will help you offer practical and fun cycling education for cyclists of all ages and abilities in your community.

### Resources:

The following list of resources will help with questions you may have about CAN-BIKE or cycling education.

[www.canbikecanada.ca](http://www.canbikecanada.ca)

[www.ontariocycling.org](http://www.ontariocycling.org)

[www.cyclingcanada.ca](http://www.cyclingcanada.ca)

[www.safecyclingthunderbay.com](http://www.safecyclingthunderbay.com)

[www.phecanada.ca/programs/bicycle-safety-guide-ride](http://www.phecanada.ca/programs/bicycle-safety-guide-ride)

## Interested in making your community more bike-able?

To improve cycling infrastructure in your community check out these publications available in your local library or visit [www.huronhealthunit.ca/activetransportation](http://www.huronhealthunit.ca/activetransportation):

- [Huron County Active Transportation Report: A Call to Action \(2014\)](#)
- [Get a Move On!: A Community Workbook to Create an Active Transportation Plan \(2015\)](#)

# Waiver

Your Organization's Name: \_\_\_\_\_

## CLASS REGISTRATION FORM & RELEASE AND WAIVER OF LIABILITY

Participant's Name: \_\_\_\_\_ Date of birth (Y/M/D): \_\_\_\_\_

Course Date: \_\_\_\_\_

In consideration of being allowed to participate in event, programs, or activities organized, operated, and conducted on \_\_\_\_\_ property, the undersigned acknowledges, appreciates and agrees that:

I, \_\_\_\_\_, am taking legal responsibility for my participation in this event, program, or activity.

I confirm that I am in proper physical, emotional, and psychological condition and health to participate in this event. I am responsible to myself with equipment and am responsible for its safety and good operating condition. I am aware that wearing a CSA, CPSC, or Snell-approved helmet is required whenever I am riding a bicycle in this event.

I understand that my participation in this event may involve risk of injury or damage to property, including but not limited to: abrasions, bruises and cuts to skin and/or flesh, and injuries to bones, muscles, ligaments, tendons, joints, nerves, eyes, ears, teeth and internal organs, including concussion, or even death, resulting from, for example, falls from bicycles or collisions with other cyclist, bicycles, or other objects and fixtures, and I for myself and behalf of my heirs, assigns, personal representatives and next of kin, HEREBY RELEASE AND HOLD HARMLESS [your organization and partner organizations]:

\_\_\_\_\_ and their officers, officials, agents, volunteers and/or employees, other participants, sponsoring agencies, sponsors, advertisers for all claims of injury, disability, death or loss or damage to person or property that might result from my participation at the event.

I understand that I must conform to all instructions of the event instructors and that failure to do so may result in dismissal from the event without compensation.

I HAVE READ AND UNDERSTAND THE ABOVE AND HAVE BEEN PROVIDED OR OBTAINED SUFFICIENT INFORMATION TO MAKE AN INFORMED DECISION ABOUT MY INVOLVEMENT. I RECOGNIZE THAT BY SIGNING THIS DOCUMENT I AM WAIVING CERTAIN LEGAL RIGHTS, INCLUDING THE RIGHT TO SUE. I SIGN THIS DOCUMENT VOLUNTARILY WITHOUT INDUCEMENT.

\_\_\_\_\_  
Participant Signature

\_\_\_\_\_  
Participant Printed Name

\_\_\_\_\_  
Date

\_\_\_\_\_  
Witness Signature

\_\_\_\_\_  
Witness Printed Name

\_\_\_\_\_  
Date

Emergency Contact: \_\_\_\_\_ Phone: \_\_\_\_\_

Important Health Information: \_\_\_\_\_

# Student Progress Tracking Sheet

Name	Helmet Fit	Bike Fit	Cycling Laws	Lane Position	Coasting/ Balance	Straight Line Riding	Pedaling & Gear Selection	Stopping	Steering	Shoulder Checking	Signaling	On-road Residential Street

- ✓ = Pass
- = Needs Improvement

# Bike Rodeo Quiz

Name: \_\_\_\_\_ Age: \_\_\_\_\_

Circle T (true) or F (false) to show which sentences are true or false.

- T    F    It is a good idea to slow down when riding on wet pavement.
- T    F    You only need to wear a helmet if riding on the road.
- T    F    Wearing bright coloured clothing will help drivers see you.
- T    F    It is dangerous to use only the front brake on a bicycle.
- T    F    If you can see the car, the driver can see you.
- T    F    Helmets help prevent head injuries.
- T    F    Cyclists must follow the same rules of the road as drivers.
- T    F    Wearing a helmet when riding your bicycle is the law.
- T    F    Helmets should fit snugly and sit level on the head.
- T    F    Helmet fits properly if it can move forward and back an inch or two.
- T    F    The law says that helmet strap must be done up.
- T    F    Riding on the sidewalk is always safer than riding on the road.
- T    F    Ride one metre from the edge of road or parked cars.
- T    F    Ride in the same direction as traffic.
- T    F    Ride in a straight line and single file.
- T    F    Bicycles don't have to stop for school buses with flashing lights.
- T    F    Bicycles don't have to stop completely at a STOP sign if they see the way is clear.
- T    F    Bicycles must have a working bell or horn.

Check the correct label for each hand signal shown:



\_\_\_ right turn

\_\_\_ left turn

\_\_\_ stop



\_\_\_ right turn

\_\_\_ left turn

\_\_\_ stop

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right turn

left turn

stop



right turn

left turn

stop



# Bike Rodeo!

Learn cycling skills  
the fun and exciting way

Obstacle courses and hands-on training in:

- helmet and bike fitting
- riding in a straight-line
- swerving around objects
- emergency braking • signaling • shoulder checking and more!

*For more information:*



# Congratulations!

You have successfully completed

## BIKE Rodeo

You know what it takes  
to be safe on your bike!

Date

Instructor