



Bike Skills Instructors Wanted!

Would you like to transform lives by sharing your love and knowledge of cycling with people who would like to ride but lack the skills and confidence to do so?

The Greater Victoria Bike to Work Society is looking for dynamic, personable, flexible and confident people to become Bike Skills Instructors. As an instructor you will work with cyclists with a wide range of abilities.

We offer two highly respected courses designed to enable people to cycle in traffic confidently and safely:

- Our one-day **Bike to Work Skills Course** for adults and
- Our new Kids Can-Bike course for grade 7 students (adapted for Victoria)

Here's what participants say about our courses:

"I am much more aware of taking the road safely and not trying to ride the curb when needed. Basically, I felt I learned a lot and it was very beneficial, I would recommend it to everyone! A great course, thanks to all of you for putting it on! More cyclists should take it!"

"It provided me the correct hand signals, on-the-road strategies, what the law says, etc. It's a must-attend for bikers I think. It provides knowledge on road behavior in terms on how to deal with cars and pedestrians as well."

"This course was awesome! I biked from my house, to the top of Mount Tolmie last weekend! I never could have done that without the skills and confidence I gained from this course. Thanks!"

As a Bike Skills instructor, you will:

- Teach 6-12 participants about cycling in a variety of traffic situations
- Review rules of the road, and provide practical information about commuting during the classroom portion of the course
- Respond to participants' questions in a clear and patient manner
- Demonstrate proper helmet fit and check and adjust participants' helmets
- Check all bikes for basic safety requirements
- Demonstrate proper bike handling skills and assess participants' skill levels
- Clearly communicate route for on road portion of the course and debrief each section in a positive and supportive manner
- Confidently lead up to 6 participants on the road through a variety of traffic situations

- Judge when to adapt the cycling skills portion and route to suit the experience level of participants
- Fix any minor mechanical problems, e.g. adjust seats and tighten loose parts

Basic Qualifications:

- Must have comprehensive knowledge of the rights and responsibilities of all road users
- Must be an experienced cyclist – commuter experience an asset
- Must have good communication skills
- Must be proficient with setting up equipment for presentations and using PowerPoint
- Experience teaching adults an asset
- Able to work independently and problem solve quickly
- Positive, outgoing and friendly attitude
- Able to handle unexpected situations calmly and decisively

Instructor Training:

- Must take and pass *Can-Bike 2* with at least 90% on both written and practical* (*Can-Bike 2* Curriculum can be viewed: http://www.canbike.net/cca_pages/cb_cb2.htm)
- After passing the *Can-Bike 2* course, trainees will be required to attend a weekend-long training session on the Bike to Work Skills Course (BTWS).
- Trainees will then be mentored by an experienced BTWS instructor over several (number may vary) public courses and be responsible for teaching a different module(s) each session. Upon demonstrating the ability to teach all modules of the course both in-class and on-road, the trainee can then be qualified as an instructor.

Remuneration:

Lead instructor: responsible for the in-class portion, hands-on skills portion, and taking up to 6 participants on the road. (Full-day) \$225/day

Assistant Instructor: assisting with hands-on skills section and responsible for up to 6 participants on the road portion. (Half-day) \$125/ half day

***Can Bike 2 Course**

The *Can Bike 2* course will be offered in Victoria over 2.5 days: Friday, March 9th (6-9pm), Saturday March 10th & Sunday March 11th (9am-4:30pm on both days).

Please note that the course fee is \$250, however if you successfully become a Bike Skills Instructor, this fee will be reimbursed to you.

Please register at Bike to Work Website: www.biketowork.ca/victoria/workshops.
For more information please contact: marsha@biketowork.ca or 250.920.5775