

# Cinderella Syllabus

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- Class 1 - Orientation (part of)
  - Helmets (specific points)
  - Pre-ride Bike Check
  - Vehicular Cycling Introduction
  - "Ride Right"
- Class 2 - Any Ride, Streets or Paths
  - Looking Ahead
  - Riding with Others
  - Yielding - Stops and Starts
  - Drill: Riding one-handed
- Class 3 - Small Streets
  - Lane Positioning
  - Changing Lanes
  - Drill: Scanning (Looking Behind)
- Class 4 - Large Roads
  - Intersection Positioning
  - Merges
  - Drill: Rock Dodge
- Class 5 - Intermediate Group Riding
  - Drafting
  - Etiquette
  - Drill: Pacelining
- Class 6 - Braking
  - Ready Position
  - Braking
  - Drill: Emergency Stop
- Class 7 - Climbing & Descending
  - Climbing
  - Descending
  - Summary: 10 Commandments of Cycling
- Class 8 - Rural Roads
  - Narrow Roads
  - High-speed Traffic
  - Sharing the Road
  - Things to bring
- First Rainy Day
  - Tire Changing
- If need another day,
  - Hold a refresher Rodeo anytime after Class 5 to check the skills.

# Helmets

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- Never ride without, no matter how short the trip.
  - 75% of deaths are head injuries - 75% of disabilities too.
  - Helmets can reduce serious head injuries 85%
- Buying
  - Approved Helmets
    - Snell, ANSI, CSPC
  - Use the smallest size that fits. Don't use helmet pads to make a big helmet fit.
  - In general, the more vents the better, and higher cost!
- After a crash or impact that affects your helmet, replace it immediately
  - Dented or cracked. May be hidden under plastic shell.
  - Deterioration: Best info I've heard is 5 years; 2-3 years if you ride a lot.
- Fit - improper fit can render helmet useless
  - Helmet goes on top of the head, not tipped back. Two fingers between eyebrows and front of helmet is good.
  - Front & back straps should join just under each ear.
  - Strap should be snug with mouth completely open.
  - Check straps periodically

# Pre-Ride: "ABC Quick Check"

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- A is for Air
  - Inflate tires to rated pressure.
  - Use a pressure gauge to insure proper pressure.
  - Check for damage to tire tread and sidewall.
- B is for Brakes
  - Visually inspect Pads
    - Wear: replace is less than  $\frac{1}{8}$ " left
    - adjustment: they do not rub tire or dive into spokes
  - Squeeze Brake Levers (hard!). Should have at least 1" between bar and lever when applied
    - Adjust as brake pads wear.
    - Quick releases?
- C is for Cranks, Chain, and Cassette
  - Check that your crank arms and pedals don't wobble.
  - Inspect drivetrain: chain, chainrings, and cassette.
- Quick is for Quick Releases
  - Hubs: Quick release should engage at 90° and point back.
  - Brakes: if not checked under "B".
- Check is for a short Check Ride.
  - Take a quick ride to check if derailleurs and brakes are working properly
  - Look for loose or broken parts; tighten, replace or fix them
  - Pay extra attention to your bike during the first few miles.

# Vehicular Cycling - What is it?

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- You already know how to drive a car. If you apply what is called *Good Defensive Driving* habits to your bicycling, you already understand most of what you need to ride safely.
- For the purpose of maneuvering on roads safely, don't think of it as riding a bike. Think of it as operating a slow-moving vehicle, with all the rights *and responsibilities*.
- Your bicycle is a vehicle under the law in all 50 states.
- Following the rules of the road minimizes conflict on the roadway. When other users can predict where you are going, they can react in a positive and safe way.
  - Doesn't slow you down - just as it doesn't slow you down in your car. You'll get where you're going.

# Vehicular Cycling - Why?

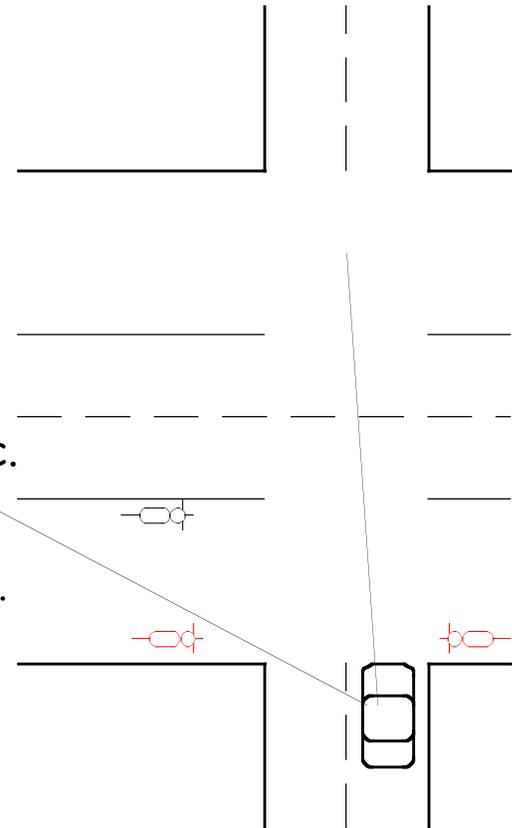
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- Safety - Riding in a predictable manner communicates your intended actions to other road users around you.
  - Examples: Scanning, signaling, riding straight, obeying traffic controls
  - Defensiveness gives you another layer of safety, but you also need to be deliberate.
- Conspicuity (operating like a vehicle is conspicuous)
  - Most crashes are because the vehicle just didn't see you.
    - Motorists have developed habits about where they look
    - They aren't looking for cyclists "doing weird things."
  - Take advantage of the habits motorists DO have.
    - Be where they are looking
    - Behave like the rest of traffic so you don't surprise them.
  - Add bright colors, reflectors, and lights if necessary to make it easy to catch their eye.

# Ride Right

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- Why on the right?
  - Anyone question the reason
- Basic Principle: Slower traffic to the right
  - Why we ride on the right unless
    - Need (narrow road)
    - Moving the same speed as other traffic
    - Moving faster - pass on the left.
  - If there is room, 3-4 feet to the right of traffic.
  - But where other drivers are looking for you.
    - More about this later under wide and narrow roads.
- Sidewalks
  - Designed for 4MPH.
  - Illegal to ride sidewalk if over 12 years old.



# 10 Commandments of Bicycling

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(Courtesy of the League of American Bicyclists)

- I. Wear a helmet for every ride.
- II. Conduct an ABC Quick Check before every ride.
- III. Obey traffic laws: ride on the right, slowest traffic farthest to the right.
- IV. Ride predictably and be visible at all times.
- V. At intersections, ride in the right-most lane that goes in your direction.
- VI. Scan for traffic and signal lane changes and turns.
- VII. Be prepared for mechanical emergencies with tools and know-how.
- VIII. Control your bike by practicing bike handling skills.
- IX. Drink before you're thirsty and eat before you're hungry.
- X. Have fun!