

LCI Certification Seminar Pre Seminar Guide

General Information and Study Guide

The BikeEd League Cycling Instructor (LCI) Certification Seminar focuses on developing skills for instructing a particular group. Technical bicycling knowledge is not emphasized in the Seminar. Therefore, it is essential that all participants bring a common bicycling background to the Seminar. This is accomplished in several ways.

Passing BikeEd Road I with a score of at least 85% is a prerequisite for the LCI Certification Seminar. Road I should be taken through a certified LCI near you:

<http://www.bikeleague.org/cogs/resources/findit/index.php>

Once they are signed up for a seminar, applicants receive a pre-seminar examination as well as other study material including the *League Guide to Safe & Enjoyable Cycling*, *Enjoy the Ride* DVD and LCI Manual. Because the book and DVD contain basic bicycling knowledge and skills for all courses, League Cycling Instructors refer to them routinely in their instruction and thus need personal copies. The pre-seminar examination must be completed and submitted to the seminar trainer no later than ten days prior to the seminar.

Again, it is imperative that candidates become thoroughly familiar with BikeEd principles before completing the pre-seminar evaluation exam. Completing a Road I Class, *Enjoy the Ride* DVD, *League Guide to Safe & Enjoyable Cycling*.

You are responsible for having an operational knowledge of the topics listed below. To facilitate your study, we have referenced the essential topics to both the time index of the DVD and page numbers of the book.

- **Bicycle Safety Equipment**- helmets, brakes and gloves
- **Bicycle Handling**- quick stops, instant turns and scanning
- **Road Surface Safety**
- **Traffic Safety**- positioning, yielding, riding on the right and obeying traffic laws
- **Bicycle Facilities**
- **Riding in the Rain**
- **Riding at Night**
- **Climbing Hills**
- **Group Riding**
- **Successful Cycling**

Practice your bicycle handling skills, especially emergency maneuvers as outlined in the book. In addition to your knowledge and presentation skills, your riding will also be evaluated during the seminar.

We are confident that if you master the information cited above you will be prepared to learn instructional techniques during the LCI Seminar. We hope you find this a rewarding investment of your time. This information will also aid you in the completion of the self-administered pre-seminar examination.

Pre-screening & Registration Procedure

BikeEd has a proud history of setting the standard in bicycling education. Much of the respect the program receives comes from the outstanding instructors who are certified by the League to present the program. League Cycling Instructors are competent, dedicated, and motivated leaders.

The principles of the BikeEd program are outlined in the LCI Manual, *League Guide to Safe & Enjoyable Cycling* and *Enjoy the Ride* DVD. It is imperative that you take time to become familiar with the ideas and subject matter contained within these resources. Bikeleague.org is a great additional resource.

In order to protect the integrity and quality standards of the BikeEd program and its instructors, the following pre-seminar procedure has been developed:

Six weeks prior to scheduled seminar

- o LCI Seminar Application (biographical information/release form) and the non-refundable registration fee of \$200 is submitted to the League of American Bicyclists. The League staff then sends applicant the pre-seminar packet which contains LCI Manual, *League Guide to Safe & Enjoyable Cycling*, *Enjoy the Ride* DVD, pre-seminar examination, and information on the seminar.
- o Verify League membership, as all instructors must be current League of American Bicyclists members. If you are not a member, you can join online at www.bikeleague.org or by calling 202.822.1333. Annual membership starts at \$35.
- o Participants prepare for course by studying LCI Manual, *League Guide to Safe & Enjoyable Cycling*, and *Enjoy the Ride* DVD.

Two (2) weeks prior to the seminar

- o Participants should complete self-administered pre-seminar examination. Applicants should use this exam to help identify subject areas that require additional attention. Send pre-seminar examination to the Seminar Trainer (address listed in pre-seminar materials packet). The Seminar Trainer must receive the exam no later than ten days out from seminar.
- o Participants contact the site coordinator to make arrangements for travel, lodging, commuting to seminar location, etc.
- o The Seminar Trainer will contact the applicant within a week of the seminar with feedback on the pre-seminar examination, potential teaching assignments, and any final details for the seminar.

o It is required that all applicants pass a Road I class with of a score of at least 85%. This will increase the value and effectiveness of the training seminar for everyone involved. Please make every effort to contact an instructor to offer you a class. In some cases, a Road I class will be offered the day before the instructor training begins. Please contact the site coordinator for details.

If at any time you have a question regarding the subject matter or the registration procedure, please do not hesitate to contact the League office at 202.822.1333 or education@bikeleague.org.