



BikeEd Instructor Certification Participant Prerequisite Reading and Viewing

The BikeEd League Cycling Instructor Certification Seminar (LCICS) focuses on developing skills associated with 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. The pre-seminar exam is based on the book, *Effective Cycling*, and the companion video. Because the book and video contain basic bicycling knowledge and skills for all courses, League Cycling Instructors (LCIs) refer to them routinely in their instruction and thus need personal copies. The book and video are included in the registration fee; when your completed application form (with fee) is received at the League, the book and video will be shipped to you, followed by your pre-seminar exam and instructions.

It is imperative you become thoroughly familiar with the video and certain sections of the book **before** completing the pre-seminar evaluation exam. As an LCI, you will need experience and competence in the principles of vehicular cycling and significant knowledge of cycling in general.

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 video (set your VCR time index at 0:00 as 'Welcome to Effective Cycling' appears on your screen) and page numbers of the book.

TOPIC	VIDEO	BOOK	TOPIC	VIDEO	BOOK
Why you ride	1:20	XXII-XXIII	Traffic safety	10:18	293-331
Bicycle Safety Equipment	2:06		Riding on the right	11:04	
Helmets	2:28	24, 276	Yielding to cross traffic	11:44	
Gloves	3:01	22	Yielding when changing lanes	13:53	
Brakes	3:07	5, 33-50	Intersection positioning	15:46	
Toe Clips	3:30	12, 23	Speed positioning	17:15	
Bicycle Handling	3:48		Bikeways and bikepaths	24:29	283-285
Looking over your shoulder	4:19	197-9, 309	Riding in the rain	27:17	362-367
Quick stops/hard braking	5:06	205-208	Riding at night	29:30	331-361
Instant turns	6:51	204-205	Climbing hills	33:08	396-407
Road surface safety	8:43	304-306	Group riding	35:41	413-419

Practice your bicycle handling skills, especially emergency maneuvers as outlined in the book. While not the focus of the seminar, your riding skills and technique will be evaluated.

We are confident that if you master the information cited above you will be prepared to focus on instructional techniques and practice teaching during the Certification Seminar. This information will also aid you in successful completion of the self-administered pre-seminar test.



BikeEd Program Instructor Certification Seminar Candidate Pre-screening/Registration Procedure

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

The principles of the BikeEd program are outlined in the *Effective Cycling* book and video. It is imperative that you take time to become familiar with the ideas and subject matter contained therein. Additionally, there is information on the League's website at www.bikeleague.org which can be accessed from the home page by clicking on 'More Tips' on the right side of the screen.

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

Six (6) weeks prior to scheduled seminar

🚲 Application form and **non-refundable** registration fee of \$175 submitted to the League.

Registration fee includes purchase of *Effective Cycling* book and video.

🚲 Verify League membership (all instructors must be current League members). Applicants can join online at www.bikeleague.org or by calling 202.822.1333. Annual membership starts at \$30.

🚲 Participants prepare for course by studying book and video as per study guide

As far in advance of the seminar as possible (between two weeks and a year)

All applicants must pass a BikeEd Road I course with a score of 85 or higher in order to qualify as a candidate for an LCI Certification Seminar. This will increase the value and effectiveness of the seminar for everyone involved since Road I is the vehicle and format for the seminar practice teaching. [Taking the course well in advance will allow more time to practice the skills and concepts.] Contact an LCI in your area, the Site Coordinator or the Trainer assigned to your seminar regarding this prerequisite class. In some cases, a Road I class may be offered shortly before the seminar.

Two (2) weeks prior to the seminar

Participants should have completed the pre-seminar test and submitted their answers to the seminar Trainer no later than 10 days before the seminar. The pre-seminar test should help candidates identify subject areas that need additional attention.

Note: the Site Coordinator (listed on www.bikeleague.org/educenter/seminar.htm) will provide the seminar location and details regarding the seminar schedule, secure bike parking and other details including, possible, travel, lodging, commuting routes to seminar location, etc.

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