



## **League Cycling Instructor Candidate Seminar**

### **Information for Seminar Site Facilitators**

Certification as a League Cycling Instructor (LCI) requires the meeting of some specific pre-requisites and the successful completion of a 23-hour seminar arranged by a Site Facilitator and conducted by a designated League Cycling Coach.

Some of the responsibilities listed for the Coach and Site Facilitator may overlap, or require the efforts of both so parts of this document cover both tasks.

Often the first step in the seminar process is an expression of interest from a group or community.

#### **Setting the Date – 90 Days in Advance**

After making initial contact with the League, the Site Facilitator coordinates with potential applicants, sets a date and arranges a site. The Site Facilitator then submits the Memorandum of Understanding (MOU), found at the end of this document, to the League at [Education@bikeleague.org](mailto:Education@bikeleague.org). For the seminar to be posted on the League's web site, the MOU must contain the location (address with zip code) of the seminar site and contact information for the Site Facilitator. The dates proposed for the seminar must be at least 90 days after submittal of the MOU – confirmation on the date will come from the League staff.

Requests for a seminar Coach are taken into consideration; however, dates and location are factors in which Coach the League assigns to the seminar.

The Site Facilitator will seek qualified individuals and encourage them to register, online, for the seminar. The Site Facilitator will further assist them in the application process and help them keep to the timeline.

After specific dates are confirmed by the League and placed on the seminar schedule, the Site Facilitator will coordinate with the Coach in fulfilling such needs as classroom space, audio/visual equipment, and parking lot or other on-bike drill space.

The Site Facilitator will also research and plan a ride route that best meets the needs of the Coach's time allotment and the road test criteria.

The Site Facilitator may develop home-stay accommodations for the Coach and out-of-town candidates, but it is not required.

The Coach, upon assignment, will inform the Site Facilitator of the agenda to allow a better opportunity to schedule the facilities and the candidates to plan their accommodations.



Most seminars will start on a Friday, usually in the afternoon or evening, and continue through a very full day on Saturday and most of the day Sunday.

Each seminar includes a night ride so candidates should be told to bring headlights and rear lights or legal rear reflectors (and any other conspicuity gear they wish to use or discuss).

**Objectives of Your Seminar (pass on to all applicants).** The seminar will be at least 23 hours in length and will focus on facilitation and teaching the Smart Cycling curriculum. Candidates are expected to already have a strong understanding of the Smart Cycling curriculum. At the end of the seminar, candidates will be able to:

- Demonstrate competence in principles and skills of the Smart Cycling program, including vehicular bicycling, bicycle equipment, bike maintenance, and specialized handling maneuvers.
- Understand basic teaching principles and techniques as they apply to both children and adults, and demonstrate them through practice teaching during the seminar
- Be familiar with specific Smart Cycling materials and existing courses and how riders will benefit from Smart Cycling classes
- Develop an understanding of the “Need to Know” principles and how they can be incorporated in customized presentations
- Be able to evaluate the skills of others and to offer constructive criticism;
- Possess an understanding of the organization, structure and mission of the League of American Bicyclists
- Be able to plan and organize classes, including required equipment and supplies, audio-visual aids, course marking and the logistics of ordering materials and insurance
- Know how to market classes, including using partners and marketing materials

### **90 Days Prior to the Seminar:**

League staff agrees to the site for the seminar and confirms the dates with the Coach.

Site Facilitator is selected. They cannot be a candidate in this LCI Seminar. The Site Facilitator is always someone local who is willing to make the seminar happen. Communication between the Coach and Site Facilitator is essential since the Coach is usually not available on site until the seminar and is often unfamiliar with the site city.

League Education staff will post the seminar details on the League website and will send notification to other potential candidates around the country who have expressed an interest in attending a seminar or who previously attended a seminar, but did not receive certification.

The Site Facilitator will begin promotion of the seminar and screening for qualified applicants.



Potential LCIs must be experienced and knowledgeable cyclists with credibility within their local bicycling community. Before attending the LCI Seminar, applicants must become member of the League (\$40) and must have completed the Smart Cycling- Complete Course with a score of 85% or better on the written and 90% on the road test. Site Facilitators with questions about prerequisite experience and knowledge should contact the assigned Coach or League Education staff.

It is the Site Facilitator's responsibility to check frequently with applicants and the Coach to ensure that applications are submitted in a timely manner. Please send direct potential registrants to the FAQ portion of the website: <http://bikeleague.org/content/become-instructor>

The seminar requires a minimum of 8 paid and qualified candidates and a maximum of 16. No seminar will be held with fewer than 8 candidates who are qualified and registered 21 days before the seminar date except by special authorization from League Education staff. For a successful seminar, the Site Facilitator should:

- 1 Begin screening early and obtain commitment from more than 8 potential candidates;
- 2 Keep candidates ahead of the registration deadline.

The Site Facilitator will reserve a suitable classroom facility, a parking lot or similar secure space for drills and one or more ride routes mapped out for on-bike testing during the seminar. The Site Facilitator should check with the property owner to discuss liability issues and have proof of insurance coverage issued by the League's insurance agent if required. The locations should be secured as early as possible and the ride routes sent to the Coach for examination and approval.

### **28 Days before the Seminar Date**

Candidates must become members of the League of American Bicyclists, register, and pay the seminar fee of \$350 by at least 28 days prior to the seminar to avoid paying the \$75 late fee. There is a late fee of \$75 added to each registration made within 28 days of the seminar up until the registration closes 21 days prior to the seminar.

### **21 Days Before the Seminar Date:**

Registration closes and the Coach begins communication with the candidates. LCI numbers will not be distributed until all registration fees are paid.

**Postpone or cancel:** At this time, League staff postpone or cancel the seminar if the "8-candidate minimum" requirement is not met. If the seminar is postponed or cancelled, paid candidates may attend any subsequent seminar for no additional charge or may help the Site Facilitator reschedule the seminar for that location. Candidates may also request a refund if the seminar is cancelled.



### **At least 14 days before the seminar date:**

Upon receipt of paid registration, the League Education staff will send the registrants access to the seminar materials electronically using Google Documents.

Each registrant will use these materials to complete the exam and send the results to the Coach to arrive no later than 14 days before the seminar start date.

The Coach will grade the exam (a passing score is 85% but a Coach has the option of asking for additional review if the score is less than 85%) and use the results along with biographical information from the application form to determine the applicant's readiness to attend the seminar. The Coach will contact an applicant by phone or email to supply feedback and/or obtain further information.

It is the Coach's responsibility to make the final assessment and determination of applicant's qualification before the start of the seminar.

### **During the Week Before the Seminar Start Date**

Prior to the seminar, candidates will receive from the Coach a final seminar schedule outlining the times and subject matter for each day.

The Site Facilitator will remind candidates that they are responsible for bringing their own bicycles, tools, helmets (required) and accessories (including lights).

### **During the Seminar**

The Site Facilitator will maintain a roster of the seminar candidates with emergency contact information and will also pass around a daily "sign-in" sheet.

### **At the End of the Seminar**

All candidates will also be asked to fill out a "Seminar Feedback" form which should be returned to the Site Facilitator for forwarding to the League office. An online survey is also available.

The Coach and Site Facilitator should hold an interview with each candidate. Candidates who do not be receive certification, will be given options that may include the opportunity to attend another seminar at no additional charge and, at the Coach's discretion, may include a remedial tutoring option with the Coach or a designated LCI. Remediation or follow-up attendance at another seminar *must* be completed within 18 months of the seminar.

Successful candidates will receive their LCI numbers from League staff within thirty days after of the seminar or after all payments are received. Certificates are distributed to successful candidates at the completion of the seminar. LCI #s are not included on the certificate but can be added by the LCI upon receiving their number via email.



# League Cycling Instructor Certification Seminar

## Draft Agenda

**Day 1: Friday (9/30) 5pm/4:00** (*start times / hours:minutes to this session*)

Class will start promptly at 5pm. Candidates are welcome to eat during the first hour of the Friday evening session (during the sign-in period).

Times below may be adjusted according to conditions (weather and otherwise) but provide a general outline of your weekend.

1. **Sign-In 5:00pm / 0:30**
2. **Introductions 5:30pm / 0:45**
  - a. Where we are going/Objectives of the Seminar
  - b. Trainer and Attendees, interview methods/ice breakers
  - c. Review of Smart Cycling
  - d. Review of Pre-Test (time permitting)
3. **Basic Teaching Skills I 6:15pm / 1:00**
  - a. How We Learn
  - b. What We Bring to the Classroom
  - c. Essentials of Communication
  - d. Listening Skills
4. **Break 7:15pm / 0:15**
5. **Basic Teaching Skills II 7:30pm / 1:15**
  - a. Teaching Strategies
  - b. Classroom Preparation
  - c. Effective Questioning Techniques
  - d. Constructive Criticism
  - e. Dealing with Difficult Students
6. **Student Presentation Time Assignments 8:45pm / 0:15**
7. **Break for the Evening 9:00pm** Coach will be available to advise participants until 9:30 pm

**Day 2: Saturday, (10/1) 8am - 9:30pm**

1. **Sign-In 8:00am / 0:15**
2. **Student Teaching I (Paired Presentations) 8:15am / 2:00**



3. **Break-Road Ride Preparation 10:15am 0:15**
4. **Road Ride 10:30am / 1:30**
  - a. Map of Route (approximately 6 miles)
  - b. Group Riding Skills
  - c. Road Test Scorecard, Grading System
  - d. Expectations of Road Ride
  - e. Ride and Watch
  - f. Debrief
5. **Lunch 12:00 noon / 1:00**
6. **Prepare for Parking Lot Drills 1:00pm / 0:15**
7. **Handling Drills 1:15pm / 1:00**
  - a. Mounting/Dismounting
  - b. Starting/Stopping
  - c. Holding Your Line
  - d. Scanning/Signaling
8. **Avoidance Drills 2:15pm / 1:30**
  - a. Swerving
  - b. Rock Dodge
  - c. Emergency Stop
  - d. Instant Turn
9. **Break 3:45pm / 0:15**
10. **Student Teaching II (Individual Presentations) 4:00pm / 1:30**
  - a. Presentation
  - b. Critique
11. **Dinner Break 5:30pm / 1:00**
12. **Student Teaching III (Individual Presentations) 6:30 pm / 1:30**
  - a. Presentation
  - b. Critique
13. **Preparation for Night Ride 8:00pm / 0:15**
14. **Night Ride 8:15pm / 1:00**
  - a. Reflectors
  - b. Equipment
  - c. Lighting Systems



**15. Break For Evening 9:15pm Coach will be available to advise participants until 9:45 pm**

**Day 3: Sunday, (10/2), 8am - 3:00pm**

- 1. Sign-In 8:00am / :15**
- 2. Working with the League 8:15am / 0:45**
- 3. League Curricula - Modules 9:00am / 0:45**
  - a. Smart Cycling (formerly TS101)
  - b. Commuting
  - c. Motorists
  - d. Kids
  - e. Group Riding Skills
- 4. Children - A Special Case 9:45am / 0:15**
- 5. Break 10:00am / 0:15**
- 6. Road Ride Exam 10:15am / 1:45 (same route as Saturday)**
- 7. Lunch 12:00 / 0:30 (with Road Ride De-Brief)**
- 8. Marketing Your Classes 12:30pm / 1:00**
- 9. Seminar Agreements/Feedback 1:30pm / 1:15**
- 10. Goodbye and Good Luck - Photo Opportunity 2:45pm**
- 11. Finish 3:00pm**



## Memorandum of Understanding

### Site Facilitator

### League Cycling Instructor Seminars

I have read "Information for Seminar Site Facilitators" including the list of objectives above. I understand and agree to perform the responsibilities as Site Facilitator for the LCI Seminar scheduled to be held at

\_\_\_\_\_

\_\_\_\_\_

(Venue Name, Address, City, State, Zip)

on \_\_\_\_\_ (dates, inclusive) **must be 90 + days in advance.**

The League is happy to hear your preference for a Smart Cycling Coach to lead the seminar but we reserve the right to assign any of our Coaches.

Smart Cycling Coach (suggested): \_\_\_\_\_ do not know

Is registration **open** or **closed**? [Our system cannot "hold spots"- if the registration will be limited to a group of people, whether they are being sponsored or not, please select closed]

**OPEN** \_\_\_\_\_

**CLOSED** \_\_\_\_\_

Additionally, I understand that Site Facilitators are *not* paid by the League.

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

Signed: \_\_\_\_\_ on \_\_\_\_\_

(by entering your name into this field and dating the document, you are signing)

Preferred contact modes: \_\_\_\_\_

Telephone work: \_\_\_\_\_

Telephone home: \_\_\_\_\_

Telephone cell: \_\_\_\_\_

Email address: \_\_\_\_\_