

LAB Instructor Certification Levels:

Prepared by Nick Hein 23 June 2009

(Material is based on League info, but hasn't been checked independently)

1) Community Instructor/Clinic (need not be a cyclist) Off-bike, Off-street

The **Clinic** designation includes those people who only want to work with children and for this level it is not required that the instructor is a cyclist. Frequently the participants in this group are volunteers. This program requires a two hour training course, one hour in the classroom and one hour in the parking lot.

- Concepts and Techniques of Teaching
- Bicycle Adjustment
- Helmet Sizing and Adjustment
- Bicycle handling for children
- Basic traffic law and best practice

2) Community Instructor/Adult – On Bike, Off-street

The **Adult** designation includes those people who wish to work with both children and novice adult riders. This level requires a minimum level of competence on a bicycle. Frequently the participants in this group are volunteers, employees of bike shops or advocacy groups. To continue on to become a Community Instructor/Adult requires an additional two hours of instruction, one hour in the classroom and one hour in the parking lot.

- Bicycle handling for adults
 - Starting/Stopping
 - Straight Line/Shifting
 - Scanning
 - Scanning/Signaling/Turning
- Confident Commuting
- Pre-Ride Briefing

3) LCI: Teaches any age, any curriculum (on-bike or off) any setting (on-street or off), insured

4) LCI: LCI Coach - Master: Teaches New LCIs, insured

League Course Curriculum Summary

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(Material has not been reviewed by the league for accuracy)

LCI Classes	Intended Audience	Content	Instructor Certification Level
Parents	Parents with young children	Learning Objectives: How to teach safe cycling to kids. Balance, helmet fit, start/stop. Most instructors give this class away free as a commercial for the Clinic.	CI - Clinic
Clinic (Previously known as bike rodeos)	Grade school youth who haven't ridden on roads yet	Learning Objectives: Riding safely on roads and in groups, signals, handling drills	CI - Clinic
Safe Routes to Schools	School-age youth (usually older grades – MS and above)	Learning Objectives: Review of bike material. Include material for pedestrians. Add details about food, clothing, equipment (racks/bags), lights, repairs .	CI - Clinic
Adult Intro to Cycling	Adults learning to ride for first time	Learning Objectives: Teaching an adult to balance and maneuver on a bike Teaching progressively more advanced skills – shifting, scanning for traffic, starting/stopping.	CI - Adult
TS 101	Adults learning to ride in traffic	Learning Objectives: Extension of above class to include trip planning, clothing, repairs, lights, food/water, etc.	LCI (CI-A may assist)
TS 102	Advanced adults riding in traffic	Learning Objectives: There is nothing on the curriculum disk about TS102 yet. It may be getting broken out into the other advanced classes (Commuter, Group riding.)	
Commuter	Adults riding daily in rush-hour traffic	Learning Objectives: - Bike Selection & Fit - Drive Your Bike - Bike to Work - Inclement Weather - Bicyclist Friendly Workplace	LCI (CI-A may assist)
Group Riding Skills	Adults joining club and touring rides	Objectives 1. Steer from the saddle by leaning the bike 2. Feel safe with other rides all around 3. Dodge obstacles while protecting bike from contact 4. Make quick-stop stop 5.Be able to communicate with riders all around	LCI (CI-A may assist)