

# Teaching Safe Bicycling in Health and Physical Education Classes - A WORKSHOP for EDUCATORS -



Presented by Bike Walk CT, and hosted by Glastonbury Parks & Recreation, and Glastonbury Public Schools Health & Physical Education Dept., this workshop provides Connecticut educators with the resources, tools, and skills they need to implement and teach a comprehensive bicycling education program in the schools. The workshop is the result of 8 years of refinement in a Connecticut elementary school bicycle education program.

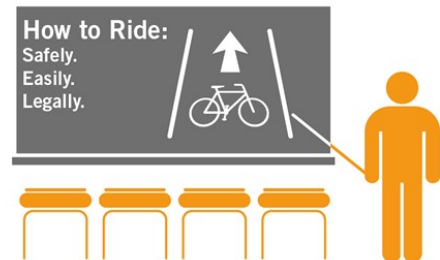
## Why Teach Cycling?

- \* Simply knowing how to ride a bike is not the same as knowing how to operate a bike safely and legally.
- \* A bicycle is a child's first vehicle.
- \* Bicycling as a lifelong activity promotes a healthy lifestyle, and it's fun.
- \* As children grow into adults, cycling provides a graduated path to independence.
- \* Bicycling is an affordable transportation option.
- \* Children (and adults) want to learn and practice skills that will allow them to be safe, confident cyclists.
- \* Knowledge of safe cycling helps develop a life-long responsible and considerate appreciation for all road users.

## What Will The Workshop Include?

- \* In-depth exposure to a comprehensive, proven bicycle education curriculum.
- \* Discuss concerns and learn strategies for establishing the program in schools.
- \* Learn the habits of giving respect to and getting respect from all other road users.
- \* Learn safe, defensive, confident cycling skills.
- \* Get on a bike and practice cycling skills and drills in a traffic-free and supportive environment.
- \* Each participant receives a collection of information with links and other resources.
- \* Certificate of Completion

<b>DATE</b>	Saturday, April 6, 2019
<b>TIME</b>	9:00 am - 5:00 pm
<b>LOCATION</b>	Academy Building 2143 Main Street Glastonbury, CT
<b>COST</b>	\$60



REGISTRATION - Online registration will open in mid-February <http://www.bikewalkct.org/>

EQUIPMENT REQUIREMENTS - Bring a bicycle that fits you and is in good working condition. Road, mountain, and hybrid bikes are fine. Be sure to bring your own helmet. If you need a bike, please contact us.

INSTRUCTORS - This workshop will be taught by Susan Smith (Bike Walk CT) & Ginny Hole (South Windsor Walk & Wheel Ways), both are certified League Cycling Instructors.

For more information or questions, please contact Susan Smith - <mailto:susan@bikewalkct.org>

