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# Bicycle Education Train-the-Trainer Course Agenda

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## Target Audience

The Target Audience for this training is physical education and health teachers, coaches, police officers, parents, scout leaders, and other school and community representatives who are interested in making cycling safer.

## Course Objective

- This train-the-trainer course will train adults how to teach safe cycling skills to school-aged children.
- Participants will learn training techniques and will be given the hands-on practice necessary to return to their communities and set up similar training geared to youth in their area.

## Course Agenda

- Introduction and Goals
- Description of the Safe Routes to School (SRTS) Program
- Helmet Fitting
- Bike Inspection
- Hands-On Drills (parking lot)
  - ✓ Explanation of Necessary Equipment
  - ✓ Setup Procedures for Drills
  - ✓ Demonstrations
- Games
- Where to Ride Discussion
- How to Set Up a Bicycle Education Course
- Open Discussion / Question and Answer Session