**Commuter Workshop Lesson Plan**

Two Commuter Workshops will be held each month

Every other Saturday beginning in March 2015

Time: 9am-11am (~120 minutes)

Workshops will be mandatory for all BLCP participants to receive at bike (unless medically excused). Workshops will be open to the general public.

Number of Workshop attendees will be capped at 10 students with priority to BLCP participants

Commuter Workshops will be taught by the Community Bicycle Educator

Location at the Reno Bike Project Loft, Shop Floor, Scuzz Alley, and RTC Transit Station

**Activity 1 Icebreaker – 12 minutes between both questions**

(Virtues of Bike Commuting)- ~6 minutes

Materials: white board and markers

Instructor asks “What will this bike do for you?”

Students Raise hands/ shout out answers and the instructor records responses on the white board

Instructor with fill gaps to capture all the virtues of bike commuting: mobility/empowerment, get to work/school, run errands, active transportation/exercise/healthy, clean way to travel/ helps the environment, etc.

*Predicted Outcome: students come up benefits riding a bike and create a sense of buy-in/community.*

(Barriers to Bike Commuting)- ~6 minutes

Erase “Virtues” if there isn't enough space but ideally record beside.

Instructor asks the group, “Why don't you ride a bike regularly?”

Students Raise hands/ shout out answers and the instructor records responses on the white board

Instructor with fill gaps to capture all the barriers of bike commuting: difficulty carry bulky items, work attire, not knowing how to ride, poor health, the slower speed of travel, laziness, lack of knowledge of basic bike maintenance, cost, bike specific laws, weather conditions. **Number one barrier is perception of safety “for the interested but concerned class of cyclist” as coined by Roger Geller**

Predicted Outcome: *students continue to have their opinions heard and affirmed by instructor. The benefits of bike commuting outweigh the risks. This workshop will maximize the benefits while minimizing risks.*

Transition to Computer Presentation Portion (Power Point)

**Lesson “Rules of the Road”- 10 Minutes**

Safety Statistics Slide- transition into way follow the 7 Principles of Road and Commuting – don't be a statistic- ~2 minutes

Predicted outcome: *feelings are justified and true. Class will begin to feel empowered to be safe.*

MVPC- Most Value Person Cycling- 1 slide refer back to this expression - ~3 minutes

7 Principles of the Road for Bike Commuting- 2 slides- ~5 minutes

Predicted Outcome: *students will learn core concepts of riding in the road to mitigate safety concerns. MVPC will be a foundation concept referred to throughout the workshop. 7 Principles will teach actual bike specific laws without being overtly technical.*

**Activity 2 Hazards- 10 minutes**

Pass out page 1 “Bike Riding Hazards pdf” to each student along with a highlighter

Instructor Asks the group to circle 12 hazards- 3 minutes

Students share some hazards they noticed- 2 minutes

Instructor goes over the answers with explanations on the power point – 5 minutes

Predicted outcomes: *students will begin to process through the lens of a bike commuter and learn to negotiate some of the common road hazards cyclists encounter by applying MVPC and “rules of the road.”.*

**Activity 3 Route Planning- 15 minutes**

Activity Instructor Gives Demonstration (model) of how to pick a route using RTC Bike Map and Google Maps Bike Route Planner feature – 10 minutes

-Materials RTC Bike Maps- one per person

-One highlighter per person

Explain Map Legend for Bike Facilities.

Cycle-space is not always car-space.

Parallel routes through neighborhoods calm, quiet streets

Instructor demonstrate two locations:

Home to Work

Work to Store

Demonstrate Google Map Bike Route Planner

After demonstration instructor will have students plan a route from their residence to work/school and a route from work/school to another utilitarian destination such as the grocery store. Students may be paired. Ask one to two people to present their routes. - 5 Minutes

Predicted Outcome: *students will rethink how they travel by bike vs. Car or on foot (cycle-space). They will have both analogue and digital tools to map their cyclespace. (*[*http://cycle-space.com/*](http://cycle-space.com/)*)*

Articles relevant to this portion that will be included in the literature packet:

Chicago Bicycle Federation “Bike to Work”- This is an excellent foundation document of bike commuting

Momentum Magazine “How to Shop by Bike”

**Gear Lesson- 10 minutes**

Group goes downstairs to “Commuter Bike Display” upon display case across from register/”podium”

Instructor goes over Commuter Bike Display features

Point out features: list and discuss items such as pannier for carrying items, frame geometry of a commuter bike, comfortable seat, slick tires, light placement, etc.

Instructor is dressed for the particular cycling season and goes over any additional relevant clothing options. Example: winter season: gloves, jacket, potential base layer, wool cycling cap, socks, etc. The attire will be utilitarian NOT the racer/recreational look.

Instructor may address other overhauled bike design variety on the floor if time permits

Each specific utility: Road, Mountain, Hybrid

Predicted Outcome: *Students appreciate “Commuter Style” bike is the PERFECT bike for them becoming successful bike commuters. Not a road bike or mountain bike.*

**Biggest Little Commuter Participants receive their bikes and other attendees retrieve their bikes- 10 minutes.**

In advance of the Commuter Workshop, BLCP bikes will have looked over and approved by a mechanic following each Bicycle Repair Class. Therefore, bikes will ready to roll out the door at this point- no major repairs. Seat height, air in tires, and quick modifications will be good practice for ABC Quick Check portion of the lesson. BLCP applications capture participant height, weight, inseam so guestimation for the corresponding bike to participant will be done in advance.

Easiest way for BLCP participants would be to form to lines for distribution.

Ideally the instructor and a Mechanic Educator would partner for selecting and distributing BLCP bikes. Even better would be a mechanic would join for the ABC Quick Check portion as well. Pairing would be feasible given the time-line of the workshop and when Mechanic Educators arrive to start their shift.

**Class transition into Scuzz Alley for Skills Training and Basic Bike Maintenance Portion- 20 minutes**

**Activity 4 ABC Quick Check 5 Minutes**

Bikes will have “Anatomy of a Bike Diagram” sheet taped on the bike.

Class Circles Up and Instructor and Mechanic demonstrates ABC Quick Check

Instructor and Mechanic Educator references bike diagram and highlights through touching the main parts to look for on a bike.

Each student uses the ABC Quick Check Sheet and Bike Diagram to perform ABC Quick Check one their own bike. Instructor supervises.

Materials:

One bike per person

“Anatomy of a Bike Diagram” sheet

“ABC Quick Check” (wallet sized and laminated) sheet

Predicted Outcomes: *students will become familiar with the fundamentals of quickly diagnosing the condition of their bikes, and be able to make any simple adjustments. Having a Mechanic Educator involved also plants the seed for students returning for further instruction in the Public Works Stations.*

**Lights - 5 minutes**

Instructor demonstrates how to install/uninstall lights and various settings

Materials: one set of lights per person. Pass out Bright Reno Lights to those in need. Lights should be checked in advance for functionality to save time.

Materials:

RTC Riding at Night for Literature Packet

*Predicted outcome: following the ABC Quick Check and Light lessons. Students will be confident that their bikes are safe mechanically.*

**Activity 5 Hand Signals- 10 Minutes**

Instructor reiterates MVPC concepts

Instructor demonstrates hands signals cycle twice

Instructor does “call and response” Simon Says style exercise for hand signals

Students then form two lines and do signal drills

Predicted outcome: *students understand human communication of being predictable and visible to achieve safety.*

Materials:

Hand Signal section in Chicago Bicycle Federation “Bike to Work” for future reference

**Activity 6 Locking Up and Bikes on Buses at RTC Transit Station - 20 minutes**

**2 Minute Review and Collect the Group**

-Explain the route and travel movements. Make sure all are comfortable and answer any final questions to put people at ease.

-MVPC- emphasis scanning- safety

**Ride -5 Minutes-**

**Route:** Right on E 4th, Left on Evans, Right on 2nd, Right on Lake,

Predicted outcome: students will have a chance to experience are variety of turning movements and road facilities as they relate to bicycles.

**Ride to Station and Locking Up 10 Minutes**

Materials: one Bicycle per person, one U-lock per person, potentially used cable lock to be cut and cutters to reveal the supremacy of a u-lock.

Bikes racks located on the NE corner of the parcel.

Instructor demonstrates in a comical fashion the correct and incorrect method of lock up using bike racks at RTC. Incorrect- ex. just front wheel, wobbly and will tip over, cable lock cutting demonstration Correct- u lock through wheel inside rear triangle.

Have students all lock up if space permit on racks. Otherwise have them take turns, with instructor checking the lock job.

Point out poor quality and high quality bike parking in the area- Fireside Market “toast rack.” Is the rack sheltered, visible, in close proximity to a building entrance?

Predicted outcome: *students will understand the correct and incorrect methods of locking their bicycle to maximize theft prevention. Students will know which styles of bike racks to look out for.*

**Loading a bike on a bus demonstration- 5 minutes**

Instructor gives a demonstration of how to load a bike on the front of a bus. Ask the bus driver first.

Have students try if there is interest.

Materials:

RTC Bikes on Buses (page 2) in Literature Packet

Predicted outcome: *students will consider buses for trip extending for longer commutes and the option of riding the bus to work and riding home (or visa versa).*

**Return to RBP/Wrap-up- 10 minutes**

Depart back for RBP

Answer any questions

Certificates and paperwork

Hand out all resources- literature packets

Biggest Little Commuter Program Post Workshop Survey

**Go on longer ride if their is interest- 30- minutes**

Potential Route:

RBP to Truckee Trail (shared use path) to Riverside Bike Blvd. (quite streets) to Vine to 2nd to Ralston Bike Lane to 6th wide without bike lane, back to RBP.

Talk about mechanics of bike (braking and shifting) and variety bike facilities . Reference things learned already from the workshop-

**All Materials Need:**

-1 White Board

-Markers

-1 Laptop

-1 Projector w/screen

-Tables and Chairs

-1 RTC Bike Map per student

-1 Highlighter marker per student

-1 12 Bike Hazards Worksheet set of three pages per student

-1 U-lock per student

-1 set of lights per student (Bright Reno Lights for those without any)

-1 “ABC Quick Check” Guide Per Student- wallet size

-1 “Anatomy of a Bicycle Diagram” per student (with benefits of bicycle on opposite side)

-Seasonal Commuter Attire worn by instructor

-Ideal Commuter Bike**-** potentially (ideally) with “Ideal Commuter Package” items

-Potential cable lock and cable cutters

-Pump

-Tools for minor adjustments

**-**First Aid Kit

-Spare 26 inch tube and patch kit

-1 Biggest Little Commuter Program Post Workshop Survey per BLCP participant

**-**Snacks- Potentially Fig Bars.

**Literature Packet Per Student:**

-Momentum Magazine “How to Shop by Bike”

-Chicago Bicycle Federation “Bike to Work”

-Remaining two pages of 12 Hazards (answers and explanations)

-Flat Tire Repair Guide “ How to fix a flat tyre and other adventures in cycling”

-RBP Brochures

-Additional RTC Literature:

-Bikes on Buses (page 2)

-Riding on the Sidewalk

-Riding at Night

-NV Bike Coalition Safety

-Graduation Certificates (modeled after Bicycle Repair Class)

-League of American Bicyclists Bookmark

-Flier for Next BRC

-Flier for Next Commuter Class