

**Montana Association for Health,  
Physical Education, Recreation, and  
Dance.... Convention in Helena  
August 7<sup>th</sup> & 8<sup>th</sup>**



## **CyclingSavvy Workshop: Novice/Adult**

- **The Truth and Techniques of Traffic Cycling** – a half day classroom session on traffic laws, crash prevention, bicycle driving principles, and unique traffic management strategies developed for this course.
- **Train Your Bike** – a half day on-bike skill-building session held in a parking lot or least restrictive area.
- **Tour of Helena** – a half day experiential, on-road learning experience.

### **Teaching Principles**

- Since cycling is an intensely spatial and temporal activity, the creators focused on increasing the “right-brained” approach to learning. Wherever possible, classroom learning is facilitated with animations, videos, photos, and illustrations. The presentation technology facilitates thorough communication between the instructor and students. Humor, stories and metaphorical associations are also essential tools. Student engagement is paramount; students are often asked to identify key issues before the instructor elaborates on them.
- Teaching traffic cycling is primarily a battle against cultural myths. Myth-busting requires more than mere “information” or “facts.” It is a social phenomenon that requires a social approach. To that end, five key underlying principles guide the course:
- **Reframing** – bicycling must be reframed from a dangerous activity to an essentially safe one. *How* crash data is presented is as important as the data itself.
- **Engagement** – students are guided to discover for themselves why cycling is safe. When students themselves identify an essential fact it carries far more weight.
- **First Things First** – essential skills must be second nature before cyclists can comfortably interact with complex traffic conditions. Even “experienced” cyclists are lacking in some of these skills. Some of the parking lots drills were developed by Keri Caffrey and Lisa Blount for the “BOBBies” women’s bicycle club. Others are found in TS 101, as well as in other cycling curriculums. The sequencing of these skills is critical.
- **Progression** – each step must be reasonably achievable to the novice cyclist. We cannot “throw them into the deep end of the pool.” Success can only be built upon success.
- **Enactment** – students put their new skills and knowledge into practice individually through road sections and intersections of increasing complexity. After each section they naturally reinforce for one another the positive and successful experience. This final public “enacting” of the new approach is the nail in the coffin of the old “cycling is dangerous” myth for them.

**Cycling Instructors Keri Caffrey and Mighk Wilson.  
Limited enrollment.  
Begin Sunday afternoon August 7<sup>th</sup>, all day the 8<sup>th</sup>.**

**Register for this workshop on: [www.cspd.net](http://www.cspd.net)**

**Eight hours of on-line work are required prior to the 12 hour on-site training  
20 CEU or OPI renewal units are available  
1 College Credit (Graduate or Undergraduate) is available (\$150 to MSU-Northern)**

**Workshop Fee is covered by  
“Montana Safe Routes to School”  
Funded through the Montana Department of Transportation**

- ◆ **Participants do not need extensive bicycle riding experience**
- ◆ **Participants are asked to bring tennis shoes, a bicycle and helmet**
  - ◆ **Please bring your own water bottle**
- ◆ **Participants qualify to receive all curriculum materials**

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