

Student Checklist

Here is what you will need before the course begins:

1. A bike in working order. This means:

- Tires inflated
- Wheels spin freely
- Front and back brakes that work
- Handlebars and seat are tight
- Lubricated chain and functioning gear system
- Bell or horn

*Your instructor will give you more particular information about your bike during the course.

2. A bicycle helmet. Other safety helmets (e.g. hockey helmets) are not acceptable. The bike helmet must be approved by the CSA, ASTM, the Snell Foundation or ANSI. Check inside your helmet for the appropriate sticker.
3. Closed toe shoes (no sandals), clothes for riding in inclement weather
4. A signed waiver, if you already downloaded it (if not, we will provide the form).
5. A cheque for the course fee (if you haven't paid).

Here is what the course needs from you, the student:

1. Please arrive on time, with proper equipment.
2. Please read the assigned course material.
3. Please practice between classes.

*During all day classes, please be prepared with a lunch and a water bottle.