

Cycling Champion Workshop Agenda

- 8:30 a.m. to 9 a.m.** **Welcome and introductions**
- 9 a.m. to 10:30 a.m.** **Session 1: PowerPoint presentation**
- **Basic safe cycling**
 - **ABC Quick Check**
 - **Riding skills introduction**
- 10:30 a.m. to noon** **Skills demonstration and practice**
- **Riding skills demonstrations**
 - **Participant practice and review**
- Noon to 1 p.m.** **Lunch**
- 1 p.m. to 2:15 p.m.** **Session 2: PowerPoint presentation**
- **Specific road positioning and other infrastructure**
 - **Hazards**
 - **Group ride introduction**
- 2:15 p.m. to 4:30 p.m.** **Road tour**
- **Group ride with planned stops for feedback and discussion to practise what we have learned**