



Building A Better Quality of Life Together

HCIA's Trails Working Group has partnered with CAN-BIKE – leaders in providing safe bicycle education as proud members of the Canadian Cycling Association – to offer free CANBIKE Volunteer Instructor Certification for 10 to 15 volunteers living in Dufferin and Caledon.

In exchange for certification, **(a \$500 value)** each participant will be asked to “pay it forward” by teaching 2 or 3 pro-bono workshops to area residents over the next two years. This will help to create a culture of safe cycling throughout the Headwaters and helping to ensure that area residents safely enjoy our growing cycling routes in the years to come.

If you are motivated to learn and teach cycling safety and interested in improving your own understanding of safe cycling this opportunity is ideal for you. Participating in this certification will help you to further develop your skills and confidence on a bicycle; and inspire you to share what you've learned with others. Ideal candidates are:

- Cycling enthusiasts who want to improve their own cycling skills
- Those who are willing to volunteer and be involved in the community
- Those who are eager to share their love of cycling safely with other community members

Candidates must also:

- Be at least eighteen years of age
- Have their own bicycle and helmet
- Have a valid first aid certificate
- Be, or be willing to become, a member of the Ontario Cycling Association (\$60 per year)
- Once trained, be willing & able to teach a minimum of two CANBIKE safe cycling in Headwaters region over the next 2 years

Your Commitment

CAN-BIKE is the program of the Canadian Cycling Association designed for the more than 14 million Canadians who ride bicycles, both recreationally and for utilitarian purposes. CAN-BIKE focuses the cyclist's attention in three areas: traffic theory, skill development and the use of the theory and bicycle handling skills in on road situations. Participants gain knowledge, skills and confidence while learning safely and enjoyably. Advanced CAN-BIKE graduates become some of the safest cyclists in the country. The CANBIKE Certification process has two parts:

- **Part 1: The CANBIKE Cycling II Course** – This course offers participants advanced non-competitive cycling instruction from a certified CAN-BIKE trainer. Our Spring 2013 dates for this workshop are:
 - Friday April 12th - 5:30 to 9:00 p.m.
 - Saturday April 13th - 9:00 a.m. to 5:00 p.m.
 - Sunday April 14th - 9:00 a.m. to 5:00 p.m.

- **Part 2—The Instructor Workshop** – This course will certify participants – who have successfully completed the CANBIKE II Course -- as CANBIKE Instructors. Our Spring 2013 dates for this workshop are:
 - April 27th & 28th - 9:00 a.m. to 5:00 p.m.
 - May 11th & 12th - 9:00 a.m. to 5:00 p.m.

Our Selection Criteria

CAN-BIKE Instructors are nationally certified, highly skilled cyclists and instructors. In order to be considered for this exciting opportunity applicants should be motivated to learn and teach cycling safety. You will improve your own understanding of safe cycling, further develop your skills and confidence on a bicycle and be inspired to share what you've learned with others. Ideal candidates for this training include:

- Cycling enthusiasts who want to improve their own cycling skills
- Those who are willing to volunteer and be involved in the community
- Those who are eager to share their love of cycling safely with other community members

Candidates must also:

- Have a valid first aid certificate
- Be, or be willing to become, a member of the Ontario Cycling Association (\$60 per year)
- Once trained, be willing & able to volunteer to teach a minimum of 2 CANBIKE safe cycling workshops in the Headwaters Region over the next 2 years.

How to Apply

Interested candidates are asked to download the CANBIKE APPLICATION and complete it submit via email by Monday April 8th, 2013 to Chris Broom, Chair of the HCIA Trails Working Group via action@headwaterscommunities.ca Applicants with questions are also encouraged to contact Sylvia Cheuy at 519-940-3118 with any questions at regarding this proposal.



Headwaters
**Communities
in Action**

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HCIA Trails Working Group CANBIKE Volunteer Instructor Certification

APPLICATION

Personal Information

Name:

PHONE

Email Address:

Mailing Address:

Please provide a brief outline of your background in cycling:

Please outline any previous educational and/or teaching experiences:

Why are interested in teaching CAN-BIKE?

Can you provide names of at least two character references:

Additional Comments: