

	Benchmarks	Date		Benchmarks	Date
Session 1			Session 6		
Introduction			Hazards		
Pre Test	Various		12 Hazards		
Helmets	B2M,B3F		Scamble drill		
Bicycle Types	B6S		Basic Rules of the Road		
Bicycle Parts	B5M		Introduce Route Choice		
Bike Fit	B1F,B2F		Criteria for a safe route		
ABC Quick Check	B4M				
Homework:			Session 7		
ABC Quick Check	B4M		Helmets/ Pre Ride		
Ride on the Right	B4S, B2T,		Emergency Stop Demo		
			Rock Dodge		
Session 2			Review Road simulation		
Helmets/ Pre Ride	B3F, B4M				
Getting on/off	B1S		Session 8		
Starting/ Stopping	B2S, B3S		Helmets/ Pre Ride		
Stopping Drill	B3S				
Balancing	B4S				
Steering in a straight line	B4S, B2T				
When is it safe to enter traffic	B1T				
Snail Race					
Homework:			Rock Dodge	B2E	
Practice	All above		Review Hazards	B9S	
			Railroad tracks/ hazards	B2E	
Session 3					
Helmets/ Pre Ride	B3F, B4M		Session 9		
Review Starting/ Stopping	B1S		Road Test	Assesment	
Scanning Stationary	B6T				
Scanning Moving	B6T		Session 10		
Turning and Scanning	B6T		Written Test	Assesment	
Hand Signals	B4T		Graduation		
Exiting a driveway	B1T		Course Evaluation		
Homework:					
Practice	All above				
Session 4					
Helmets/ Pre Ride	B3F, B4M				
Review Hand signals	B4T				
Review Scanning	B6T				
Review exiting driveway	B1T				
Scamble drill					
Passing parked cars					
Homework:					
Practice					
Session 5					
Helmets/ Pre Ride	B3F, B4M				
Review Hand signals					
Review Scanning					
Review exiting driveway					
Lane position					
Road simulation					
Homework:					
Practice					