



Traffic Skills 201

Course Syllabus



Prerequisite: Traffic Skills 101. Traffic Skills 201 (TS 201) expands on the fundamental bicycle handling skills, responsible road sharing and mechanical content in Traffic Skills 101. TS 201 adds student diagnosis of mechanical problems and instructor demonstration of the most frequent bicycle maintenance procedures; continues to build and expand rider skill in negotiating more complex traffic situations, and dealing with the nuances that hilly, curvy rural roads present, and expands the bicycle handling skills and techniques for increased rider conditioning and comfort. A goal of TS 201 is for the graduates to be comfortable riding in nearly any traffic conditions, to have a solid basis for using cycling to increase their fitness and endurance, and to be able to recognize when their bicycle needs maintenance, to provide a better understanding of bicycle components, diagnosis, and maintenance and be able to knowledgeably communicate with the bicycle shop service department staff. Intended for more advanced students with an understanding of vehicular cycling principles, this twelve-hour course includes fitness and physiology, training for longer rides, advanced mechanics, paceline skills, advanced traffic negotiation, foul weather riding and night riding. Student manuals are included with each class. Takes up where TS 101 leaves off, or is meant for riders who already have several years of riding experience. Covers cycling for fitness and distance; more advanced bike maintenance and repair, riding at night and in adverse weather, riding on rural highways and heavier, more complex traffic situations. Taking both TS 101 and TS 201 courses is the equivalent of 15 years of riding experience under every kind of weather, temperature and traffic condition.

Day 1 - Morning

9:00 a.m. to 12:00 p.m

Section	Time	TS 201 Student Manual Page / Reference	Test Questions Covered
Introduction & Icebreakers	0:15		
Review of material from Traffic Skills 101	0:20	2-3	3, 17, 19
Section I –The Cyclist	1:30		18
--- Fitness through Cycling		4	
--- Fueling the Engine (nutrition)		4	15, 21
--- Increasing Efficiency		6	
--- Training/Improving Endurance		7, handouts	
--- Warming Up		5	
Parking Lot Drills	1:00	30	
--- Refresher – Quick Stop, Quick Turn			
--- Quick Turning to the Left			
--- Decision Maker			
--- Balance, Slow-speed Handling			

12:00 to 1:00 p.m.
Optional - Ride to Lunch

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Course Syllabus (continued)

Day 1 - Afternoon
 1:00 to 4:00 p.m.

Section	Time	TS 201 Student Manual Page / Reference	Test Questions
Section II: The Cycling Environment --- The Cyclist's Lane Rule --- Bike Lanes --- One-Way & Multi-lane Streets --- Merges, Unions, Separations & Diverges --- Freeways & On-Ramps --- Roundabouts --- Traffic Detectors	0:30	21-22 25 22-24 23-24 25 Handout 27	10 8, 9, 25 16 11
Integrated Traffic Cycling: Introduction, Rules & Skills	1:30	Instructor handouts	7, 8, 9, 16, 18, 19, 25
Urban Road Practice Ride	1:00		

Day 2 - Morning
 9:00 a.m. to 12:00 p.m.

Section	Time	TS 201 Student Manual Page / Reference	Test Questions
Section III: The Bicycle --- Using all the Gears --- Brake & Derailleur Repair --- Cables & Replacement --- Chain Maintenance & Repair --- Bicycle Bearings --- Wheels & Tires	2:00	9 10-14 11-12 14-15 16-17 18-19	3 5, 18, 20 4 1, 2, 6 14 23
Section IIA: Cycling Environment, Pt. 2 --- Rural Road Riding --- Climbing & Descending --- Multi-Use Paths --- Riding in a Group --- Hot & Cold Weather Rides --- Riding After Dark	1:00	33 34-35 Handout 35 36-37 38-39	12 22 21,24

12:00 to 1:00 p.m.
 Optional - Ride to Lunch

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Day 2 -- Afternoon
1:00 to 4:00 p.m.

Section	Time	TS 201 Student Manual Page / Reference	Test Questions
Review, address student's special issues & questions	0:30		
Road Ride & Test: Mixed urban, rural, and multi-use path environments	2:00		
Closing & Wrap-Up --- Written exam --- Evaluations --- Graduation/Certificates	0:30		

All times depend on no one being late (including me) , and all sessions ending in a timely manner.

Students should bring:

- Functional bicycle (No fixed-gear bikes, please... we'll show you why!)
- Bicycle helmet
- Water bottle, riding gloves, and sunglasses or eye protection (recommended)
- Lunch money
- Something to write with, and take notes

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