



Alameda County Bicycle Safety Education

JULY 2022

PROGRAM OVERVIEW

Striping bicycling lanes and building bicycle paths is not always enough to get more people riding their bicycles safely. Without learning the skills of bicycling in traffic, it can be scary to navigate city streets, and many people avoid it. Others brave the streets, but ride unsafely. The Alameda County [Bicycle Safety Education](#) program was developed to provide safe bicycle riding techniques for bicyclists to ride their bicycles with greater control and environmental awareness to enhance their travel safety.

The Bicycle Safety Education program offers **free classes, clinics and regular training on bicycle safety**, all of which are conducted in Alameda County. The program includes a variety of class types that cater to different audiences, including classroom and on-road instruction, classes oriented towards adults, teenagers, children and families, with classes in English, Spanish and Chinese for new and experienced bicyclists. All classes educate community members on how to ride safely and confidently with the goals of improving bicycle safety countywide and increasing the confidence of interested cyclists who may have concerns about the safety of bicycling.



PROGRAM BENEFITS

- Educates children, teenagers, adults and families in safe bicycle riding techniques
- Encourages riders to ride their bicycles with greater control, promoting confidence
- Helps riders be environmentally aware, enhancing their travel safety



ATTENDING OR SCHEDULING CLASSES

Attending a Class: If you are interested in attending a class, please visit Bike East Bay’s website at <https://bikeeastbay.org/education> to see a schedule of upcoming classes. Classes are offered at locations throughout Alameda County in easily accessible locations. Note that pre-registration is encouraged or required for most class types. Many classes have giveaways like free reflective vests or bike lights!

Scheduling or Hosting a Class: If you are interested in scheduling or hosting a class at your place of business, community center or school, please contact Robert Prinz, Education Director at Bike East Bay, at 510.548.7433. Extension 2 or Robert@BikeEastBay.org to discuss options.

Educational Information: Also, check out Bike East Bay’s website for educational information on topics including bikes on transit, bike mechanics and maintenance, arranging to ride with a “bike buddy” and nighttime and rain cycling.



BICYCLE SAFETY EDUCATION CLASS TYPES

<i>Class Type</i>	<i>Description</i>	<i>Audience</i>
Urban Cycling 101: Day 1 Classroom Class	Fun and entertaining 2-hour classroom workshop taught by a League of American Bicyclists certified instructor. Learn basic rules of the road, how to equip your bicycle, fit your helmet, take a bike on transit, and avoid crashes by riding predictably, visibly, and communicating with other road users by your actions and signals. No bike required.	Adults or teens
Urban Cycling 101: Day 2 On-Road Workshop	5.5-hour on-road workshop taught by a League of American Bicyclists certified instructor. Topics include improving handling skills, learning crash-avoidance maneuvers, and ability to bike confidently on any street. A functional bike and helmet is required, drinks and snacks provided.	Adults or teens that have completed the Day 1 class
Adult Learn-to-Ride Classes	This is a class for adults or teens that have either not yet learned how to ride a bike, or learned a long time ago but want a refresher on the basics of balancing, pedaling and steering. Our trained instructors are friendly, patient, and will help you get off to a great start in a secure, non-judgmental environment. A working bicycle and helmet are required in order to participate in this class.	Adults or teens
Family Cycling Workshops	A day of fun games, drills, skills building, and a neighborhood ride. This workshop is for kids able to ride a bike and who are ready to ride on the roadways with their parents. Parents and kids must attend together and should bring their own bikes.	Children and parents
One-Hour Commuter Workshop	These 1-hour, interactive classroom courses are perfect for introducing your employees or members to the concepts of biking for transportation and encouraging a healthy commute. Each class is hosted by a League of American Bicyclists-certified instructor, who will teach the basics of bike commuting, crash avoidance, and bicyclist rights and responsibilities. You will also learn how to outfit your bike, how to take a bike on transit and how to bike smart while having fun.	Businesses, schools or community centers

Note: Information on this fact sheet is subject to periodic updates.