



# Alameda County Bicycle Safety Education

AUGUST 2023

## PROGRAM OVERVIEW

Striping bike lanes and building shared use paths is not always enough to encourage more people to ride their bikes. Without learning the skills of bicycling, it can be daunting to navigate city streets. The Alameda County [Bicycle Safety Education](#) program was developed to provide safe bike riding techniques for anyone to ride with greater control and confidence 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.



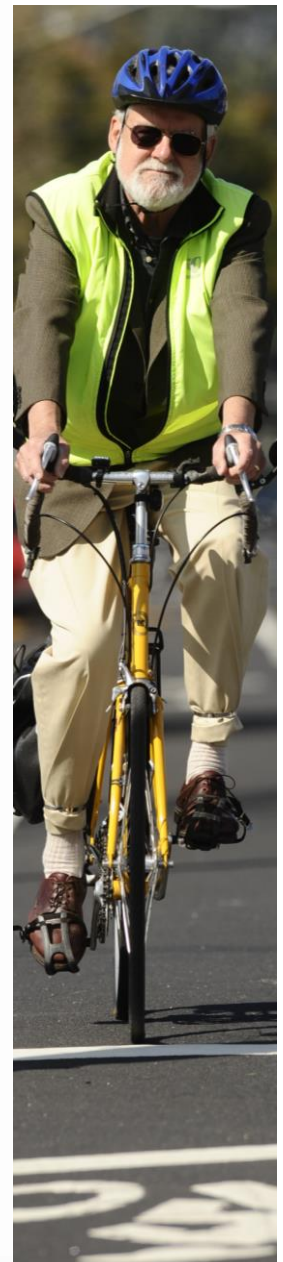
## PROGRAM BENEFITS

- 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



FUNDING PROVIDED BY  
BAY AREA  
AIR QUALITY  
MANAGEMENT  
DISTRICT

[www.baaqmd.gov](http://www.baaqmd.gov)



## 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 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 visit <https://bikeeastbay.org/classapplication>.

**Educational Information:** Also, check out <https://bikeeastbay.org/resources> for educational information on topics including bikes on transit, bike mechanics and maintenance, route planning and bike theft prevention.



## BICYCLE SAFETY EDUCATION CLASS TYPES

<i>Class Type</i>	<i>Description</i>	<i>Audience</i>
Urban Cycling 101: Day 1 Classroom Class	Learn rules of the road, how to equip your bicycle, fit your helmet, use different types of bike infrastructure, and avoid common hazards. 2 hours online or in-person; no bike required.	Adults or teens
Urban Cycling 101: Day 2 On-Road Workshop	On-road, on-your-bike practice sessions, working in small groups with our certified instructors to improve your bike handling skills, emergency maneuvers, and ability to confidently and safely bike on all types of streets and pathways. A functional bike and helmet is required.	Adults or teens that have completed the Day 1 class
Adult Learn-to-Ride Classes	This is a class for adults or teens who have either not yet learned how to ride a bike, or learned a long time ago and 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 safe, non-judgmental environment. A working bicycle is required; a limited number of bikes are available to rent.	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 take to the paths and roadways with their parents. All minors must be accompanied by an adult to participate, both with their own working bikes and helmets.	Children and adults
One-Hour Workshop	These one-hour indoor or webinar sessions go in-depth with one of our certified instructors on a specific topic like avoiding bike theft, basic bike mechanics, riding after dark, e-bikes, or bike commuting basics. No bike required.	Anyone

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