

Traffic Skills 101 Online Course Outline

Chapter 1

Bicycle Parts

Bicycle Selection

Adjusting Your Bicycle

Clothing & Equipment

(Questions 4 and 5 on the chapter 1 quiz are not covered until chapter 3 The correct answer is 4c and 5b.)

Chapter 2

Pre-Ride Safety Check

Tools

Tires

Gears

Adjusting Derailleurs

Adjusting Brakes

(Question 5 is not covered until chapter 3 the answer is 5a.)

Chapter 3

Bicycle Handling Basics

Bicycling in Traffic

Emergency Maneuvers

Crash Avoidance

Chapter 4

Road Hazards

Riding Enjoyment

Energy Maintenance

Trail Etiquette

Educating Motorists

(A few of the questions in this section are a bit difficult. Don't be frustrated.)