

PROGRAM COMPONENTS

Cycling safety

Preparedness

Rules of the road & etiquette

Technical skills

Equipment maintenance

Community route planning

MAKING TRACKS

Cycling Leader Training

Learn to lead the Making Tracks program for youth and children in your community, school or social club or simply improve your cycling knowledge, skills and confidence. Adults and older youth welcome. The Making Tracks Leader training is delivered in two parts, Part 1 online and Part 2 in person to best accommodate your group.

Email **Ashleigh Boers** at mt@ecologyaction.ca to book your program or check out <https://ecologyaction.ca/making-tracks> for more information.