FREE LCI TRAINING!
BECOME A CERTIFIED BICYCLE EDUCATION INSTRUCTOR
APRIL 3-5, 2020

Make a difference in your community!
Join us for the 2020 Transportation Safety Leadership Training Program

The goal of this program is to increase the safety of bicyclists and pedestrians and reduce crashes throughout Northern Virginia by training instructors who will provide bicycle and pedestrian education to their communities. This project was funded with federal transportation safety grant funds through the Virginia Department of Motor Vehicles.

Who can apply?
The training is open to Northern Virginia residents or employees

Training is open to Northern Virginia local government, state, regional staff, police, professionals working in high crash communities as well as faculty/teachers and residents active in their communities and committed to improving bicycle and pedestrian safety. The ability to speak and teach in other languages including ASL (American Sign Language) is preferred. Recreational and/or commuter bicyclists are encouraged to apply. Applicants should have experience riding in traffic and on trails and are comfortable riding in various weather conditions.

What is an LCI?
League Certified Instructor from the League of American Bicyclists

Teach bicycle education skills to promote safe cycling and a healthier, happier region

Opportunities for freelance or part time work

$500 value

www.bikeleague.org/content/become-instructor

Training

Pedestrian Safety Training
March 18th and 25th, 2020 - 7-9 pm

Gain pedestrian safety knowledge and skills by completing this four hour class over two evenings.

Location:
Arlington Transportation Partners
1501 Wilson Blvd, Suite 1100
Arlington, VA 22209

3 blocks from the Rosslyn Metro station

Smart Cycling
Prerequisite for LCI Seminar
March 7th, 2020 - 10-4 pm

Participants will learn the importance of bike safety and traffic knowledge while performing advanced bike handling skills and hazard avoidance maneuvers. The course includes an on-street group ride, where participants will learn the ins and outs of lane positioning, defensive cycling, and how to communicate with motorists.

Location: TBD

LCI Seminar
April 3rd-5th, 2020

The LCI Seminar teaches candidates comprehensive bicycle safety curriculum including bicycle handling skills, traffic law, riding in inclement weather, how to safely plan and lead group rides, etc.

Dates & Times:
April 3rd- 5 pm-9 pm
April 4th- 9 am - 9 pm
April 5th- 8 am - 3 pm

Location: TBD
Key Requirements

1. Participants must attend all applicable training dates and complete approximately 50 hours of work outside and within the training activities. Training will take place in a classroom setting, outdoors and on city streets and trails.
2. Must have a local government or lead organization mentor that will help you identify outreach events that support bicycle and pedestrian safety in the region (i.e. WABA, Alexandria BPAC, BikeArlington, FABB)
3. The ability to ride a bicycle confidently.
4. Participants must commit to doing two community pedestrian and bicycling safety outreach events by September 15th and January 20th and report back to NVRC (description, day, time, length of event, number of participants, location and photos)

How to apply
www.waba.org/nvrc-lici-2020

The deadline for applications is 5pm on Wednesday, January 22nd, 2020. Selected candidates will be notified by January 29th.

Only interested in the pedestrian training or Smart Cycling?

There are limited spaces available. If you are a safety advocate or work in training, education or local state government, please contact Debbie Spiliotopoulos at dspilio@novaregion.org

Looking to improve training support? Apply to be a mentor!

bit.ly/nvrcmentor

Mentors assist new LCIs in completing their outreach requirements and reporting back to NVRC.

Project Partners

Thank you to all the key partners in this project, including the Northern Virginia Regional Commission, the League of American Bicyclists, the Washington Area Bicyclist Association (WABA), Alexandria Bicyclist Pedestrian Advisory Committee (Alexandria BPAC) the Fairfax Alliance for Better Bicycling (FABB), Inova Hospital, the City of Manassas, City of Fairfax, Prince William County, Arlington County, Fairfax County, Loudon County and the City of Alexandria.