

Steps to Achieve LAB LCI Status

The need for improved education for bicyclists is well known. One of the best nationally recognized bicycling education programs is sponsored by the League of American Bicyclists (LAB) with headquarters in Washington, DC. Their League Cycling Instructor (LCI) program requires an instructor to demonstrate a comprehensive set of skills relating to bicycling, both on the bike and off, as well as presentation skills. This certificate program allows the LCI to conduct classes based on well-proven standards. Graduates of classes run by LCIs have a much better understanding of bicycling which helps them be a better, more efficient, self-reliant, and safer cyclist.

The steps to become a Certified LCI are well documented by the LAB. Strict standards are enforced to maintain the integrity of the program and to ensure that LCIs have the training and material to teach proper bicycling to others. The full set of LAB-generated documentation covering the steps to become an LCI is available from the writer or the LAB office, but a brief summary is provided below for your review.

1. Potential LCIs must be experienced and knowledgeable with credibility within their local cycling community.
2. Potential LCIs must successfully complete a LAB Bike-Ed "Road I" course with scores of 85% or higher on both the road and written exams. The course and exams are conducted by a Certified LCI. Registration fees vary.
3. An application (available from the LAB web site) should be sent to the LAB with payment of \$200.00 at least six weeks prior to the scheduled LCI Certification Seminar (LCI-CS). A late fee of \$75.00 will be assessed if the application is not received at least three weeks before the seminar.
4. An Applicant must be a member of the LAB. Membership dues and seminar registration fees may be paid via credit card; applications may be mailed or submitted via fax.
5. The Applicant will be sent John Forester's *Effective Cycling* book, a video by the same name, and a study guide.
6. An open-book pre-seminar exam is to be completed with answers sent to the LCI-CS Trainer at least ten days prior to the seminar. The applicant's readiness will be reviewed by the Trainer with follow-up contact via phone and/or email. Refunds and alternative plans are available if the Trainer considers an Applicant is not ready to proceed. Once preliminary requirements are met, the Applicant is considered an LCI Candidate.
7. The actual LCI-CS is 2.5 to 3 days in length, usually over a weekend, and includes classroom and on-bike activities. Candidates are responsible for their travel and lodging.
8. Candidates must provide their own bicycle, helmet, accessories, etc. Night riding is typically practiced so proper lights and reflectors are required. Unique bicycles like folding bikes, recumbents, trikes, etc. must be approved in advance by the Trainer.

9. Additional material will be provided at the seminar including the LCI Instructor's Manual, "Road I" manuals, other Bike-Ed course programs, and League's Guide to Safe Cycling book.
10. Each Candidate will present one "mini-module" based on the "Road I" curriculum. Their presentation will be critiqued by the other candidates and the Trainer.
11. Candidates not receiving certification at their seminar may attend another seminar at a future date for no additional charge. Arrangements must be made with the Trainer and to ensure that space is available.
12. Qualified Candidates who fail to appear at their seminar may forfeit their refund options and/or be subject to other penalties unless previous arrangements have been made.
13. Certified LCIs in good standing may audit an LCI-CS at any time to refresh their knowledge and possibly help with on-bike activities. They need only to contact the assigned Trainer for approval.
14. Specific guidelines are available for any organization wishing to host a LCI Certification Seminar. A Site Coordinator handles all the local details including seminar location, permits, publicity, and attempting to find at least ten qualified Applicants. A Memo of Understanding (MOU) is signed by the Site Coordinator and sent to the LAB. Scheduling a Trainer from the LAB requires at least a three-month lead time after the MOU is submitted. The Site Coordinator receives no payment from the LAB for these services.

For any additional questions, please contact the League Education Director Bill Nesper at 202.822.1333. General information about the League's Bike-Ed Program and LCI status can be found by visiting their web site at www.BikeLeague.org . Their mailing address is League of American Bicyclists, 1612 K St. NW, Ste. 800, Washington DC 20006, phone 202.822.1333, fax 202.822.1334.

Disclaimer: The above information is provided as a quick reference by the writer and is not a document approved by the LAB. Details are believed to be accurate as of this date, but in all circumstance the documentation and guidelines of the LAB and the League Education Director will prevail. The writer assumes no legal responsibility for the accuracy or comprehensiveness of this document. Questions and comments about the LCI Program or this document are welcomed.

Prepared by:
Dave Topham, LCI # 39
BWA-NH Office
Education and Safety Director
dave@bwanh.org
2 Townsend Avenue
Salem, NH 03079-2332
603.898.9926

04-12-2007