



LEAGUE OF AMERICAN BICYCLISTS - GROUP RIDING SKILLS

League of American Bicyclists guidelines for setting up a private team Group Riding Skills class:

When contacting a League Cycling Instructor (LCI) to set up a private class for your team be prepared with the discussion points noted below.

1. Provide primary contact information for the person coordinating the class.
2. Propose a few options for class date and times. A typical class is completed in 3-4 hours. Large teams may want to schedule more than 1 class.
3. Estimate the number of expected students. Generally, classes of 30 or less work well with a ratio of 10 students per instructor.
4. Try to have a proposed location. Ideally a room with a projector and an empty parking lot or parking garage nearby. Room should have enough seats for all participants.
5. Plan on a compensation discussion with the instructor(s). Every instructor is an independent contractor and all agreements are between the team and the instructors directly. Generally, the costs per student range from \$20 to \$30. The method of payment will depend on the instructor.

CONTACT ONE OF THESE INSTRUCTORS TO ARRANGE A GROUP RIDING SKILLS CLASS FOR YOUR TEAM TODAY!

League Cycling Instructors (Houston Area) as of 1/4/2023

Name	Location	Contact Information
Michael Stewart	Sugar Land, TX	mike@bikemedicine.org
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Wes Kinsey	Houston, TX	weskinsey@yahoo.com

League of American Bicyclists

League Cycling Instructors (LCIs): COVID 19 Safety Guidelines

League Cycling Instructors (LCIs) are independent contractors and not considered Federal Contractors by LAB (unless they've been hired by the Federal Government for a specific project.) LCIs do not have the same requirements as League Cycling Coaches for the vaccination policy from LAB.

As independent contractors, LCIs would follow the COVID 19 safety protocols of the company that hires them.

Please direct any questions regarding this policy to Alison Dewey, Director of Education, League of American Bicyclists

ALISON@BIKELEAGUE.ORG

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