

NAME: \_\_\_\_\_

## Cyclist

1. Demonstrate how to clean a bicycle.
2. Name the different parts of a bicycle and explain their use.
3. Explain what safety equipment a rider and bicycle must have.
4. Demonstrate what hand signals a rider must use during a bicycle ride.
5. Demonstrate how to mount and dismount properly
6. Explain the most important road rules that apply to cyclists.
7. Demonstrate how to ride a bicycle and , under supervision, go for a ride of at least one kilometre demonstrating proper hand signals and the ability to ride safely.