

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

## Cyclist

1. Own or have regular use of a bicycle of the proper size.
2. Demonstrate how to clean and oil you bicycle, pump up tyres, repair a puncture, replace a brake block and adjust the brakes.
3. Explain and demonstrate the correct use of safety equipment a rider and bicycle must have.
4. State what checks you would carry out before going on a bicycle ride.
5. Demonstrate how to mount and dismount properly .
6. List or state the road rules as they apply to cyclists.
7. Under supervision, go on a ride for at least five kilometers, demonstrating proper hand signals and the ability to ride safely.
8. Keep a log of the bicycle rides that you have been on over a period of three months.
9. Explain what different types of bicycles are available and under what conditions they are ridden.