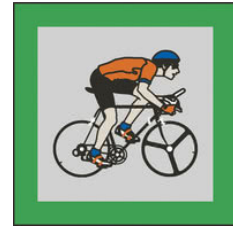


# Cyclist

## Level 1



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.

## Cyclist

### Level 2



1. Own or have regular use of a bicycle of the proper size.
2. Demonstrate how to clean and oil your bicycle, pump up the 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 kilometres, demonstrating proper hand signals and the ability to ride safely.
8. Keep a log of 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.