

## CHECK 1

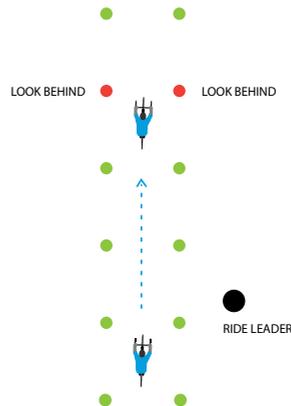


Before commencing a programme, regardless of the level of the group, a safety check should be undertaken by the leader. Before venturing out onto roads a check of riders basic riding ability should be undertaken.

**EQUIPMENT:** Set of Marking Cones

**ACTIVITY:**

- Get riders to ride along a lane of cones 10 metres long, 50 cm wide.
- At a point 3 mtrs into the lane, have them look over their right shoulder.
- Position yourself close to the right of the lane and hold up your hand, changing the number of fingers you are showing.
- Riders should call out the number.
- Add an instruction to signal left or right and check riders ability to observe, signal and ride in a straight line.



At the conclusion of these ability checks you will have a good idea of the ability of riders to ride in close proximity to other road users, look back effectively, steer and give signals.

# CHECK 2

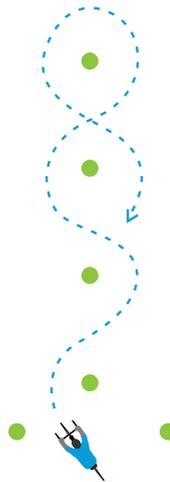


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**EQUIPMENT:** Set of Marking Cones

**ACTIVITY:**

- Set up a simple slalom with 4 to 6 cones 1.5 to 2 meters apart.
- Observe riders ability to negotiate the course.



At the conclusion of these ability checks you will have a good idea of the ability of riders to ride in close proximity to other road users, look back effectively, steer and give signals.

## CHECK 3

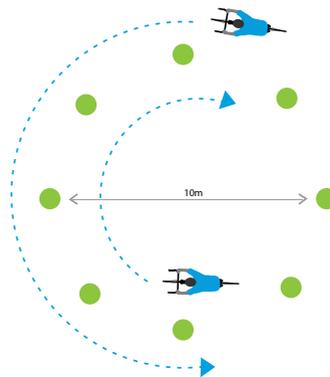


Before commencing a programme, regardless of the level of the group, a safety check should be undertaken by the leader. Before venturing out onto roads a check of riders basic riding ability should be undertaken.

**EQUIPMENT:** Set of Marking Cones

**ACTIVITY:**

- Set out a circle of cones 10 meters in diameter.
- Half of the group should ride round the circle, close to the cones in a clockwise direction, the other half ride inside the cones in the opposite direction.
- Get, the group to high five, low five.
- Give instructions to the inner riders to tap the helmets of the outer riders each time they pass, once, twice, three times. Stop everyone. Maintaining the same direction get inner and outer riders to swap positions, repeat drills.



At the conclusion of these ability checks you will have a good idea of the ability of riders to ride in close proximity to other road users, look back effectively, steer and give signals.