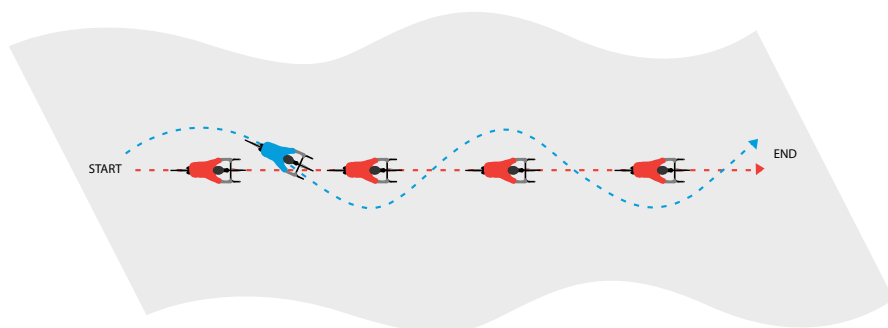


GROUP RIDING SLALOM



EQUIPMENT: Set of marking cones.

ACTIVITY: Riders ride in single file, just over a bike length apart. On Instructors call rider at the back weaves in and out of the snake and adopts position at the front of the snake. Rider signals and calls for the rider at the back to start.



PROGRESSION

OR VARIATION: Develop skill using different terrain, such as a going uphill. Narrow the gap slightly between riders within safe limits. Do not do this skill on downhill sections.