








Cyclist

-  Have the regular use of a bicycle of the correct size and equipped as set out in the Road Code.
-  Demonstrate how to mount and dismount a bicycle correctly.
-  Clean and oil the bicycle and pump up the tyres.
-  Explain the need for keeping the bicycle in road-worthy condition. Explain the consequences for not doing so.
-  Show how to mend a puncture.
-  Explain the dangers of cycling on hills.
-  Go for a short ride while the examiner watches. Demonstrate the proper hand signals and the road rules applying to bicycles.

Colour in each helmet when you have completed each task!



Tasks completed

Signed _____