



Cycle Competency Assessment

Name

Observed by

Date

Manoeuvre	Completed	Training Required
Cycle in a straight line without undue wobble		
Able to look over shoulder long enough to ascertain road situation behind them, without undue wobble or loss of control (this should be over the right shoulder as this is where most danger will come from)		
Hold right arm level with the shoulder to signal for a minimum of three seconds, without undue wobble or loss of control		
As above but with the left arm		
Bring the bike to a controlled stop without losing control and without the loss of balance when a foot is placed on the ground		
Use of the gears		
Demonstration of and understanding of the importance of the "M" check.		