

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.



My Bicycle Log

Name: _____

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