

Jersey Sport Cycle

Training: Level 1

Rider Pass Criteria:

- Prepare themselves for a journey
- Check the cycle is ready for a journey
- Set off- pedal- slow down and stop appropriately
- Steer between obstacles without stopping
- Look behind over each shoulder
- Cycle one handed for a duration of 2 seconds (each hand separately)
- Avoid obstacles and other riders
- Perform U Turns with 2 feet on the pedals
- Control speed throughout the session
- Ride in singles and pairs as part of a group
- Follow instructors' instructions for the full duration of the session