

# **Jersey Sport Cycle Training Level 1+2**

## **Combined**

### Rider Pass Criteria:

#### Jersey Sport Cycle Training Level 1 -

- 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

#### Jersey Sport Cycle Training Level 2 -

- Complete required turns with the correct signals, observations and road positions
- Ride in a group safely
- Manage risk whilst cycling
- Share the road with others and communicate with other road users
- Comply with meanings of road markings, road signs & traffic signals
- Follow instructor's instructions for the full duration of the sessions
- The above must all be completed confidently, competently & consistently throughout the session