

# **Jersey Sport Cycle**

## **Training: Level 3**

### Rider Pass Criteria:

- Plan a journey and ride the journey safely and successfully
- Maintain suitable riding positions in the road
- Ride assertively throughout the session
- Cooperate with and respect other road users
- Navigate multilane roads successfully during journeys
- Navigate single and multi-lane roundabouts successfully during journeys
- Comply with meanings of road markings, road signs and traffic signals
- Understand road users' journeys and priority
- Follow instructor's instructions for the full duration of the session