

Turns and Signals

Lay out a "T" shaped track, the initial portion of which should be long enough for the cyclist to pedal at a comfortable speed. Place a stop sign at the intersection where the cyclist will stop and signal appropriately, then turn right or left, also with the appropriate signal.

- 5 points if "slow-stop" hand signal or turn hand signals are not given.
- 8 points for not looking over the left shoulder before moving to the left for the left turn.
- 10 points for failure to stop at the stop sign.
- 10 points for making the left turn from the right side of the track



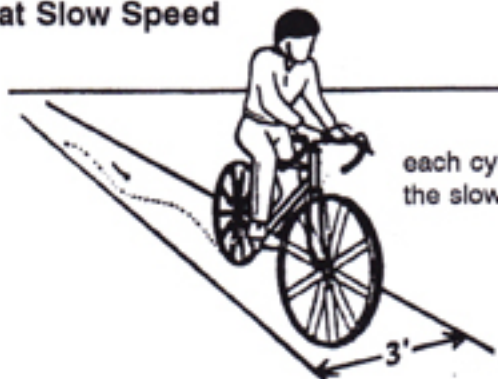
Brake

Using a portion of the testing area, have each cyclist pedal continuously at a comfortable speed. At some point in this ride give the command "stop" as a signal for the rider to make an emergency stop in a straight line.

Deductions from score of 100 points:

- 5 points if the rider stops pedaling before the command to stop is given
- 5 points if the rear tire slides in making the stop
- 5 points if the rider swerves in making the stop
- 10 points if the rider falls off bicycle in stopping

Balancing at Slow Speed



Mark a lane three feet wide with chalk. Have each cyclist ride for 30 feet at the slowest possible speed, keeping inside the lane lines.

Deductions from score of 100 points:

- 2 points for each time a tire touches either lane
- 5 points each time a wheel rolls outside the lane on either side
- 10 points each time a rider falls off bicycle
- 1 point for each second of time less than one-half minute of riding a distance of 30 feet.