Rusty Riders Safety Checklist

**Name: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Contact number: \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**

**Skills checked by:\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date: ­­­­\_\_\_\_\_\_\_\_\_\_\_**

|  |  |  |
| --- | --- | --- |
|  | **Tick/cross** | **Comments** |
| Bike check; ABCD  |  |  |
| Controlled stopping & starting; |  |  |
| ‘Holding line’ when riding : includes steering & balancing, |  |  |
| Keeping a safe gap between riders; |  |  |
| Feathering brakes;*Using breaks lightly to slow down* |  |  |
| Controlled cornering; |  |  |
| Emergency braking |  |  |
| Riding down incline; |  |  |
| Riding up incline- using gears?  |  |  |
| One hand riding lead up to scanning & signalling;  |  |  |
| Scanning for other riders & hazards; |  |  |
| Signalling to stop; |  |  |
| Signalling left & right turns; |  |  |
| Using voice to signal what you’re doing;  |  |  |
| Sharing a path with other bikes & pedestrians |  |  |

The *Social Cyclists* are a group of adult recreational cyclists who come together for weekly rides on local trails and paths. The group is auspiced by Warrnambool City Council (WCC) and co-ordinated by the Archie Graham Community Centre Programs Co-ordinator Mary McLeod.

Skills checks will be done on the first Friday of each month – except in January.

 *1.11.2013*