Complete	Needs More Practice	Activity
		Use of Equipment
☐	☐	**1. Knows how to properly wear a helmet** • Ensures helmet fits snugly • Ensures helmet is positioned two fingers above the eyebrows to protect the forehead • Tightens the chinstrap with enough room to slide one finger between the strap and the chin
☐	☐	**2. Uses bell/horn to warn other cyclists or pedestrians that he/she is passing**
		General
☐	☐	**3. Rides on the right side of the road**
☐	☐	**4. Performs hand signals correctly** • Left Turn • Right Turn • Stop
☐	☐	**5. Scans the road** • Looks at least one block ahead • Looks for potential hazards on the road • Looks left, centre, right prior to crossing intersections
		Knowledge of Traffic Signs & Signal Lights
☐	☐	**6. Comes to a complete stop for a 'Stop' sign**
☐	☐	**7. Comes to a complete stop at a 'Red' traffic control signal light**
☐	☐	**8. Proceeds at a 'Green' traffic control signal light**

Complete	Needs More Practice	Activity
		Understanding of Road Rules
☐	☐	**9. Understands how to enter the street from a driveway or alley** • Comes to a complete stop • Looks left, centre and right • Shoulder checks to ensure there are no other vehicles or cyclists • Hand signals • Looks well ahead. When clear of vehicles and pedestrians and safe to do so, proceeds to the appropriate lane
☐	☐	**10. Understands traveling straight** • Looks well ahead • Rides in a straight line • Uses right-hand curb lane • Rides one meter away from parked cars
☐	☐	**11. Understands yield sign** • Slows down • Scans the intersection left, centre and right • Yields to other road users approaching the intersection or already in the intersection • Continues riding when intersection is clear and safe to do so
☐	☐	**12. Understands pedestrian right or way** • Comes to a full stop and yields the right of way to pedestrians waiting to cross or crossing the street • Waits until the pedestrian is clear of the crosswalk • Scans left, centre and right for any other road users • Proceeds through the intersection when safe to do so
☐	☐	**13. Understands four-way stop** • Stops just before the stop line or crosswalk • If more than one cyclist/vehicle arrives at the intersection, waits for the cyclist/vehicle that stops first to go first • If more than one cyclist/vehicle arrives at the intersection at the same time, waits for the cyclist/vehicle on the right to go first

Complete	Needs More Practice	Activity
		Understanding of Road Rules (cont.)
☐	☐	**14. Understands changing lanes and passing** • Shoulder checks for gap in traffic to change lanes • Hand signals • Shoulder checks again to ensure safety • Moves safely into lane • Uses bell to alert other pedestrians, cyclists or vehicles on the road of the pass
☐	☐	**15. Understands right turn** • Scans left, centre and right • Hand signals • Shoulder checks right to ensure it is safe to turn and no vehicles are present • Moves safely into next available lane and proceeds straight in the right hand curb lane
☐	☐	**16. Understands pedestrian left turn** • Rides straight through the intersection when safe • Dismounts bicycle at the corner of the intersection and when safe, walks bicycle across intersection
☐	☐	**17. Understands left turning lane** • Scans left, centre and right • Shoulder checks left to ensure there is no traffic behind • Hand signals • Shoulder checks left again to ensure it is safe to go • Moves and positions bicycle just to the right of the centre line and turns left when safe to do so
☐	☐	**18. Understands pedestrian crosswalk** • Stops bicycle before entering the crosswalk • Yields right of way to pedestrian • Allows pedestrian to cross the street • Before proceeding, scans left, centre and right to ensure there are no other pedestrians crossing the crosswalk • Shoulder checks to ensure it is safe to proceed • Proceeds