

Complete	Needs More Practice	Activity
		<b>Use of Equipment</b>
<input type="checkbox"/>	<input type="checkbox"/>	<b>1. Knows how to properly wear a helmet</b> <ul style="list-style-type: none"> <li>• Ensures helmet fits snugly</li> <li>• Ensures helmet is positioned two fingers above the eyebrows to protect the forehead</li> <li>• Tightens the chinstrap with enough room to slide one finger between the strap and the chin</li> </ul>
<input type="checkbox"/>	<input type="checkbox"/>	<b>2. Uses bell/horn to warn other cyclists or pedestrians that he/she is passing</b>
		<b>General</b>
<input type="checkbox"/>	<input type="checkbox"/>	<b>3. Rides on the right side of the road</b>
<input type="checkbox"/>	<input type="checkbox"/>	<b>4. Performs hand signals correctly</b> <ul style="list-style-type: none"> <li>• Left Turn</li> <li>• Right Turn</li> <li>• Stop</li> </ul>
<input type="checkbox"/>	<input type="checkbox"/>	<b>5. Scans the road</b> <ul style="list-style-type: none"> <li>• Looks at least one block ahead</li> <li>• Looks for potential hazards on the road</li> <li>• Looks left, centre, right prior to crossing intersections</li> </ul>
		<b>Knowledge of Traffic Signs &amp; Signal Lights</b>
<input type="checkbox"/>	<input type="checkbox"/>	<b>6. Comes to a complete stop for a 'Stop' sign</b>
<input type="checkbox"/>	<input type="checkbox"/>	<b>7. Comes to a complete stop at a 'Red' traffic control signal light</b>
<input type="checkbox"/>	<input type="checkbox"/>	<b>8. Proceeds at a 'Green' traffic control signal light</b>

Complete	Needs More Practice	Activity
<b>Understanding of Road Rules</b>		
<input type="checkbox"/>	<input type="checkbox"/>	<p><b>9. Understands how to enter the street from a driveway or alley</b></p> <ul style="list-style-type: none"> <li>• Comes to a complete stop</li> <li>• Looks left, centre and right</li> <li>• Shoulder checks to ensure there are no other vehicles or cyclists</li> <li>• Hand signals</li> <li>• Looks well ahead. When clear of vehicles and pedestrians and safe to do so, proceeds to the appropriate lane</li> </ul>
<input type="checkbox"/>	<input type="checkbox"/>	<p><b>10. Understands traveling straight</b></p> <ul style="list-style-type: none"> <li>• Looks well ahead</li> <li>• Rides in a straight line</li> <li>• Uses right-hand curb lane</li> <li>• Rides one meter away from parked cars</li> </ul>
<input type="checkbox"/>	<input type="checkbox"/>	<p><b>11. Understands yield sign</b></p> <ul style="list-style-type: none"> <li>• Slows down</li> <li>• Scans the intersection left, centre and right</li> <li>• Yields to other road users approaching the intersection or already in the intersection</li> <li>• Continues riding when intersection is clear and safe to do so</li> </ul>
<input type="checkbox"/>	<input type="checkbox"/>	<p><b>12. Understands pedestrian right of way</b></p> <ul style="list-style-type: none"> <li>• Comes to a full stop and yields the right of way to pedestrians waiting to cross or crossing the street</li> <li>• Waits until the pedestrian is clear of the crosswalk</li> <li>• Scans left, centre and right for any other road users</li> <li>• Proceeds through the intersection when safe to do so</li> </ul>
<input type="checkbox"/>	<input type="checkbox"/>	<p><b>13. Understands four-way stop</b></p> <ul style="list-style-type: none"> <li>• Stops just before the stop line or crosswalk</li> <li>• If more than one cyclist/vehicle arrives at the intersection, waits for the cyclist/vehicle that stops first to go first</li> <li>• 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</li> </ul>

Complete	Needs More Practice	Activity
<b>Understanding of Road Rules (cont.)</b>		
<input type="checkbox"/>	<input type="checkbox"/>	<p><b>14. Understands changing lanes and passing</b></p> <ul style="list-style-type: none"> <li>• Shoulder checks for gap in traffic to change lanes</li> <li>• Hand signals</li> <li>• Shoulder checks again to ensure safety</li> <li>• Moves safely into lane</li> <li>• Uses bell to alert other pedestrians, cyclists or vehicles on the road of the pass</li> </ul>
<input type="checkbox"/>	<input type="checkbox"/>	<p><b>15. Understands right turn</b></p> <ul style="list-style-type: none"> <li>• Scans left, centre and right</li> <li>• Hand signals</li> <li>• Shoulder checks right to ensure it is safe to turn and no vehicles are present</li> <li>• Moves safely into next available lane and proceeds straight in the right hand curb lane</li> </ul>
<input type="checkbox"/>	<input type="checkbox"/>	<p><b>16. Understands pedestrian left turn</b></p> <ul style="list-style-type: none"> <li>• Rides straight through the intersection when safe</li> <li>• Dismounts bicycle at the corner of the intersection and when safe, walks bicycle across intersection</li> </ul>
<input type="checkbox"/>	<input type="checkbox"/>	<p><b>17. Understands left turning lane</b></p> <ul style="list-style-type: none"> <li>• Scans left, centre and right</li> <li>• Shoulder checks left to ensure there is no traffic behind</li> <li>• Hand signals</li> <li>• Shoulder checks left again to ensure it is safe to go</li> <li>• Moves and positions bicycle just to the right of the centre line and turns left when safe to do so</li> </ul>
<input type="checkbox"/>	<input type="checkbox"/>	<p><b>18. Understands pedestrian crosswalk</b></p> <ul style="list-style-type: none"> <li>• Stops bicycle before entering the crosswalk</li> <li>• Yields right of way to pedestrian</li> <li>• Allows pedestrian to cross the street</li> <li>• Before proceeding, scans left, centre and right to ensure there are no other pedestrians crossing the crosswalk</li> <li>• Shoulder checks to ensure it is safe to proceed</li> <li>• Proceeds</li> </ul>