

The basic skills of cycling - off the road

You have almost completed all the exercises in Zone 1.

Once you have had lots of practice and gained good bicycle handling skills and confidence off the road, please complete the checklist below.

Can you. . .

	Yes	No
Stay upright without wobbling?	<input type="checkbox"/>	<input type="checkbox"/>
Get on and off the bicycle properly?	<input type="checkbox"/>	<input type="checkbox"/>
Start off with control?	<input type="checkbox"/>	<input type="checkbox"/>
Stop and complete an emergency stop effectively?	<input type="checkbox"/>	<input type="checkbox"/>
Pedal smoothly and powerfully?	<input type="checkbox"/>	<input type="checkbox"/>
Steer and maintain forward progress?	<input type="checkbox"/>	<input type="checkbox"/>
Cycle one handed and maintain each type of clear signal for at least three seconds without wobbling or losing control of your bicycle?	<input type="checkbox"/>	<input type="checkbox"/>
Look behind whilst keeping good control of your bicycle?	<input type="checkbox"/>	<input type="checkbox"/>
Use gears?	<input type="checkbox"/>	<input type="checkbox"/>

Do you. . .

	Yes	No
Know how to check your bicycle for faults and keep it safe?	<input type="checkbox"/>	<input type="checkbox"/>
Know about clothing and equipment for safe cycling?	<input type="checkbox"/>	<input type="checkbox"/>
Have a good theoretical knowledge of the Highway Code and the "Law and Cyclists"?	<input type="checkbox"/>	<input type="checkbox"/>

If you have answered 'YES' to all the questions on the checklist. . .

Congratulations! You have completed Zone One.

Download your certificate by visiting www.devon.gov.uk/road_safety

Or contact the Road Safety Help Desk on 01392 446124 or rs-help@devon.gov.uk and request a Zone 1 certificate, giving your name and address. A certificate will then be sent by post.

If you would like to progress to cycling on quiet roads you can move on to Zone 2.

