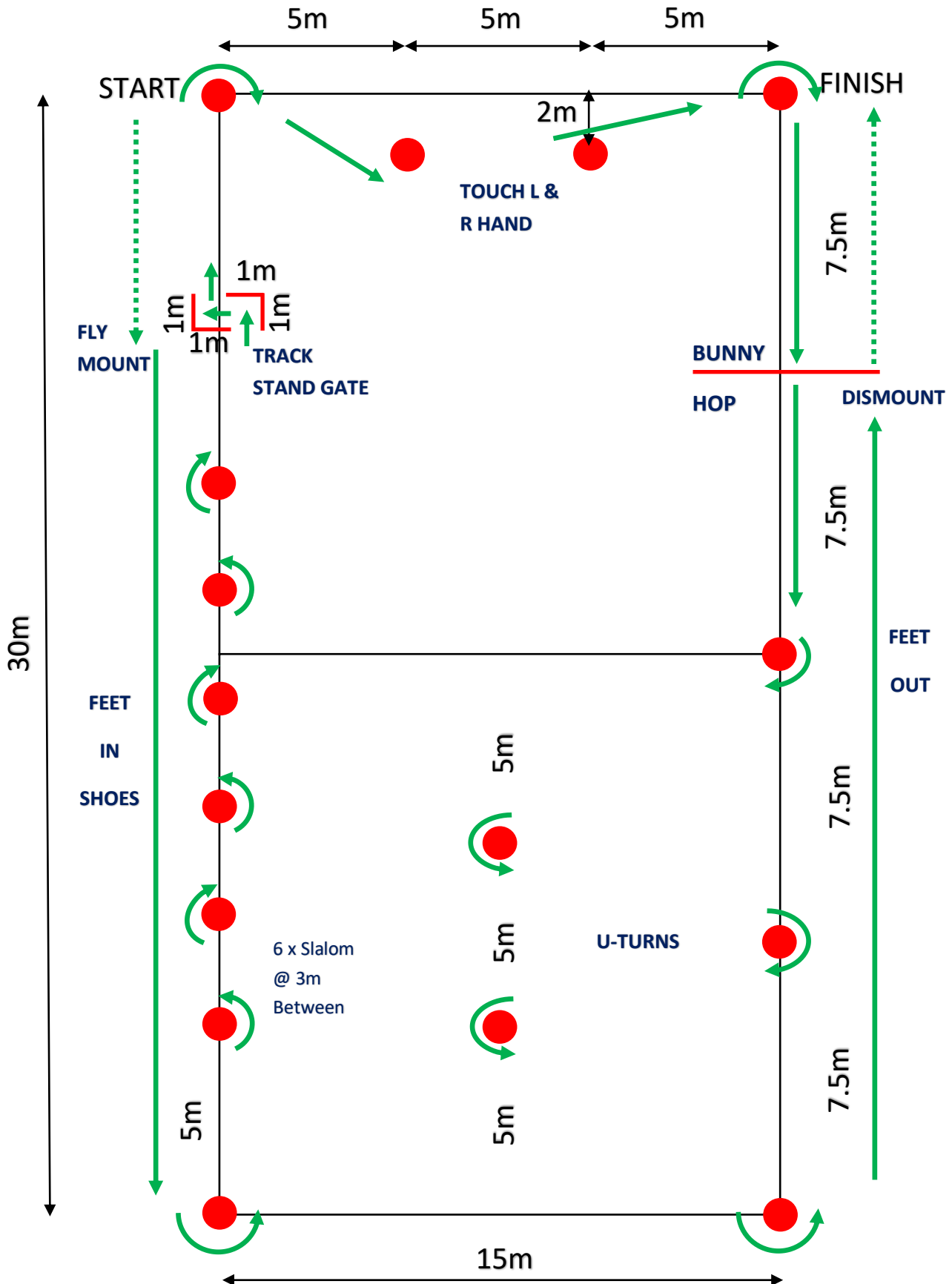


BIKE SKILLS TEST (COURSE)

(The outside dimensions of the area is the same as a netball court)



VIDEO OF COURSE IN ACTION

BIKE SKILLS TEST (ROLLER STEP TEST)

#	Skill/Activity	Y/N
1.	Start Cycling with wall or Coach assistance	
2.	Ride on hoods, tops and drops (ability to change smoothly between the 3 positions)	
3.	Ride at a slow cadence (<30 for 15 secs)	
4.	Ride at a high cadence (>140 for 15 secs)	
5.	Click through all your gears (small chain ring first & then big chain ring)	
6.	Ride left handed only (on hoods)	
7.	Ride right handed only (on hoods)	
8.	Click your right foot out of cleat & ride 1 legged	
9.	Click right leg back into cleat without stopping on the rollers	
10.	Click left foot out of cleat & ride 1 legged	
11.	Click left leg back into cleat without stopping on the rollers	
12.	Place left hand around your back (as if you getting something out of the back pocket of your bike jersey)	
13.	Place right hand around your back	
14.	Get water bottle out of your cage & have a drink with Left hand	
15.	Get water bottle out of your cage & have a drink right hand	
16.	Ride no hands	
17.	Ride out of the saddle	
18.	Bunny hop off the rollers and ride away	
Extra's	Bunny Hop on to start	

[VIDEO OF eg. ROLLER STEP TEST](#)