



2009-2010 Triathlon Queensland Demonstration of Draft Legal Bike Handling Skills Form

Athlete

The athlete is to complete these details and sign this form before handing it to their assessor.

Name			
Address			
DOB		Age 31 Dec 2010	
Contact Phone		Contact Email	
TA Licence No.		Coach	
Coach's Phone		Coach's Email	

I am fully aware of the importance of having the practical knowledge and awareness required to ride in a pack so that I can compete safely in draft legal races.

Athlete Signature _____ Date _____

Assessor

Dan Atkins		Kim Beckinsale	
Wayne Clifford		Toby Coote	
Warwick Dalziel		Brian Harrington	
Chris Lang		Stephen Moss	
Cath Rogers			

- I have personally witnessed the triathlete named above demonstrate the required skills and I am satisfied that he/she will be able to compete safely in national/state draft legal races.
- I have completed the attached competency checklist.
- By signing this document, I understand my coaching responsibilities as stated in the coach's code of ethics in particular section 5, 7 and 11.

Assessor Signature _____ Date _____

SKILLS

BASIC BIKE HANDLING

YES

NO

CLIPPING SHOES IN AND OUT		
MOUNT		
DISMOUNT		
BALANCE		
PEDALLING		
CADENCE RANCE		
SLOW RIDING		
RIDE A STRAIGHT LINE		
LOOK BEHIND WHILST RIDE A STRAIGHT LINE		
LOOK OVER SHOULDER		
LOOK UNDER SEAT		
LOOK UNDER RIGHT ELBOW		
GETTING OUT OF SADDLE AND SITTING BACK		
1 HANDED RIDING		
NO HANDED RIDING DRILL FOR BALANCE		
RIDING IN DROPS		
DRINKING WHILE RIDING WITH 1 HAND		
SLALOMS		
DODGING AN OBSTACLE		
JUMPING OBSTACLE		
RIDING OVER ROUGH SURFACES		
TURN 180 DEGREES IN 2.5 METRES		
CORNERING		

GEARS

CHANGE GEARS		
GEAR SELECTION		

BRAKING

FAST BRAKING		
FEATHERING BRAKES		
PRECISION BRAKING		
BRAKING ON LOOSE SURFACES		

CLIMBING & DESCENDING

SEATED CLIMBING		
OUT OF SADDLE CLIMBING		
DESCENDING		
CORNERING WHILST DESCENDING		

RIDING WITH OTHER RIDERS

PAIRS RIDING		
SITTING A WHEEL		
CORNERING IN A GROUP		
PACELINE RIDING		
TAKING TURN IN A PACELINE		
SCANNING		
POINT OUT HAZARDS		
ROLL THRU SMOOTHLY		