



# Grade One

This is to certify that:

has successfully completed  
Grade One of NZ Cyclist Skills Training

Certified Instructor:

# Core Skills Achieved

CORE SKILLS	COMPETENCY
Carry out a bike check	
Carry out a helmet check	
Understand the legal requirements and safety equipment for bicycles	
Get on and off a bike without help	
Start off and pedal without help	
Stop quickly and with control	
Steer the bike and manoeuvre safely to avoid objects	
Look behind	
Signal - stop, left and right	
Using gears	

Competency Key:

✓ = Achieved

X = Not Achieved

AB = Absent

N/A = Not Applicable to area

W = Unable to complete due to weather