Off campus permission

Your student has been participating in a cycling unit during PE. Some students and classes may have the opportunity to take what they have learned and bike off campus in a supervised group on one of the designated routes around the school or to Montgomery Hill.

Every physical activity comes with inherent risk. Please note that students will only be allowed to go off campus if they have parental permission below and have demonstrated proficiency on their bike. For reference, the cycling skills’ test is shown on the back of this waiver. If either condition is not met, then an alternative arrangement will be made for the student during their PE period.

The chance to go off campus is a privilege that may be revoked. While off campus students will be expected to not only exhibit safe riding skills, but also to observe the proper etiquette we expect from Chaboya students should they encounter other people, whether on foot, bike or in cars.

The student named below:

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ will be allowed to participate in an off campus ride.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_ will notbe allowed to ride off campus.

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Student Name Parent

\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_

Date Parent Signature

Cycling Skills’ Test

Name \_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_ Date \_\_\_\_\_\_\_\_\_\_ Period \_\_\_\_\_\_\_\_\_\_\_\_

**INSTRUCTIONS:**

Students will ride a predetermined course on a road or course set up that allows opportunity to view the following cycling skills:

1. Helmet fit/sizing
2. Bike selection and set-up.
3. ABC Quick Check
4. Start
5. Stop
6. Weave
7. Turning
8. Signal

Instructors will be watching for these skills while students ride:

1. Bike Management on Road
2. Decision making
3. Recognizing Hazards
4. Riding predictably
5. Anticipation
6. Yielding
7. Pedaling
8. 1-handed look over shoulder
9. Object avoidance
10. Scan
11. **Ready To Ride­­­­\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* \_\_\_\_ / 3 pts. Helmet Fit
* \_\_\_\_ / 3 pts. ABC Quick Check
* \_\_\_\_ / 3 pts. Set-Up - saddle height, bike size, saddle height.

\_\_\_\_ / **9 - POINTS POSSIBLE**

1. **On the Road\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* \_\_\_\_ / 1pt. Start - Power pedal positioning
* \_\_\_\_ / 1pt. Stop – Using brakes, step forward.
* \_\_\_\_ / 1 pt. Pedaling - cadence, smoothness
* \_\_\_\_ / 3 pts. Shifting gears - timing, smoothness
* \_\_\_\_ / 3 pts. Position in roadway - far enough from edge and hazards
* \_\_\_\_ / 1 pt. Balance
* \_\_\_\_ / 3pts. Control - spacing, no swerving, steady pace, indicating hazards, indicating speed changes

\_\_\_\_ / **13 - POINTS POSSIBLE**

1. **Skills\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_\_**
* \_\_\_\_ / 1 pt. Scan
* \_\_\_\_ / 1 pt. Signal
* \_\_\_\_ / 1 pt. Yield
* \_\_\_\_ / 1 pt. Weave
* \_\_\_\_ / 1 pt. Turn
* \_\_\_\_ / 1 pt. 1 Handed Turn to Look

\_\_\_\_ / **6 - POINTS POSSIBLE**

1. **INTERSECTIONS AND TURNS \_\_\_\_\_\_**
* \_\_\_\_ / 2 pts. Obedience to traffic signals
* \_\_\_\_ / 2 pts. Obedience to stop signs and yield signs - stopping, looking, yielding as appropriate
* \_\_\_\_ / 5 pts. Managing Bike on Roadway/Pathway

\_\_\_\_ / **9 - POINTS POSSIBLE**

\_\_\_\_ / **37 -TOTAL POINTS POSSIBLE**