

Effective Cycling®/Bicycling In Kids Education Benchmarks

Basic Skills

- B-1-S TLW show competency at both getting on and off of a bicycle in the proper manner. By leaning the bike toward the rider and raising the foot over the rear.
- B-2-S TLW show competency in starting a bicycle from a standstill under control.
- B-3-S TLW show competency in stopping a bicycle being ridden under control.
- B-4-S TLW show competency in riding a straight line without wobbling.
- B-5-S TLW show competency in turning both left and right without wobbling and holding a line under control.
- B-6-S TLW show competency in identifying the different types of bicycles available and choosing a bike for a particular purpose.

Traffic Skills

- B-1-T TLW show competency in stopping scanning for traffic and entering the traffic flow without interfering with other traffic.
- B-2-T TLW show competency in choosing a lane position while proceeding on a straight road.
- B-3-T TLW show competency in choosing a lane position for turning and at intersections.
- B-4-T TLW show competency in using hand signals.
- B-5-T TLW show competency at hand signaling while riding without wobbling.
- B-6-T TLW show competency in scanning for other traffic without wobbling or veering.
- B-7-T TLW show competency in identifying traffic signs and controls and what they mean.
- B-8-T TLW show competency in understanding traffic laws.

Bike Fit

- B-1-F TLW show competency at identifying a properly sized bike and describe the problems associated with an improperly sized bicycle.
- B-2-F TLW show competency at checking to see if the saddle height on a bike is approximately the right height.
- B-3-F TLW show competency at checking helmet fit and demonstrates proper fit of a helmet.

Bike Safety

- B-1-S TLW show understanding of the importance of wearing a helmet.
- B-2-S TLW show understanding of the safety and comfort functions of various cycling clothes and make proper clothing decisions while cycling.
- B-3-S TLW show understanding of the rationale for following traffic laws.
- B-4-S TLW show competency in identifying visual hazards and safely circumventing them.
- B-5-S TLW show competency in identifying surface hazards and safely circumventing them.
- B-6-S TLW show competency in identifying collision hazards and safely circumventing them.
- B-7-S TLW show understanding of the need for eye contact when negotiating a maneuver with car drivers.
- B-8-S TLW show competency in selecting a safe and effective route of travel to a destination such as a store or school.
- B-9-S TLW show competency in identifying high-risk situations and behaviors.
- B-10-S TLW show competency in identifying and avoiding the four types of falls (stopping, skidding, diverting, and insufficient speed)

Emergency Maneuvers

- B-1-E TLW show competency in performing an emergency stop.
- B-2-E TLW show competency in performing a rock dodge.
- B-3-E TLW show competency in performing an instant turn in both directions.

Bike Maintenance

- B-1-M TLW show understanding of the importance of maintaining a safe bicycle.
- B-2-M TLW show understanding of helmet maintenance.
- B-3-M TLW show competency in identifying a bicycle serial number and the importance of registering their bicycle.
- B-4-M TLW show competency at performing the ABC Quick Check and inflating tires to maximum pressure.
- B-5-M TLW show competency at identifying the parts of a bicycle.