**Bike Skills and Drafting Certification Checklist**

The draft certification will be broken into five core segments that Triathlon Ontario believes is critical for safe and efficient skill levels in order to participate in draft legal races. They are as follows:

1. **Basic Bike Handling Skills** – Must demonstrate competency
2. **Gears** - Must demonstrate an understanding of the gears and shifting
3. **Braking** – Athletes will need to show that they can brake properly, come to a complete stop and roll out without falling or clipping out
4. **Riding With Others** - Must demonstrate they are comfortable in each situation on checklist
5. **Skills and Balance** - Must complete each task properly

Triathlon Ontario views developing the following skills as the foundation to safe and successful cycling in the dynamic and aggressive environment that the sport of triathlon demands. These skills are the starting point and foundation for improved cycling skills and all athletes should be encourage to practice and improve these skills at every chance.

The certification process will allow for athletes to run through the skills a number of times and coaches will be on hand to offer suggestions, corrections and cues, however, all athletes must show competency and knowledge of each skill. Understanding the importance of a skill set, how it relates to performance and how to improve and advance a skill is an important part of athlete development. (ie: **Turtle race** – improves balance and slow riding. This skill advances to being able to stop and stay clipped in without falling and progresses to bunny hops or jumping over obstacles.)

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| --- | --- | --- | --- |
| **Basic Bike Handling Skills** | Competent | Not Yet Competent | Further Development Suggested |
| Clipping shoes in and out  |  |  |  |
| Getting in and out of shoes |  |  |  |
| Rolling mount |  |  |  |
| Rolling dismount |  |  |  |
| Slow riding while maintaining a straight line |  |  |  |
| Riding in a straight line |  |  |  |
| Shoulder checking (R/L) while maintaining straight line |  |  |  |
| Looking under elbow-maintain a straight line |  |  |  |
| Looking behind-maintain a straight line |  |  |  |
| Standing up out of saddle  |  |  |  |
| Single hand riding – maintain control |  |  |  |
| Drinking while riding – maintain control |  |  |  |
| Cadence range while in control |  |  |  |
| 25m Turtle Race |  |  |  |
|  |  |  |  |
| **Gears** |  |  |  |
| Gear selection |  |  |  |
| Changing gears – front and back |  |  |  |
|  |  |  |  |
| **Braking** |  |  |  |
| Emergency Stop – on yellow line, complete stop and roll out |  |  |  |
| Feathering brakes |  |  |  |
| Braking on loose surfaces |  |  |  |
|  |  |  |  |
| **Riding With Others** |  |  |  |
| Shoulder to shoulder riding (3 and 6 across) |  |  |  |
| Shoulder bumping |  |  |  |
| Cornering in a group |  |  |  |
| Paceline riding – on a wheel, moving in and out, communication |  |  |  |
| Sitting on a wheel |  |  |  |
| Point out hazards |  |  |  |
|  |  |  |  |
| **Skills and Balance** |  |  |  |
| Water bottle Pickups (R/L) |  |  |  |
| Riding circles within 2 parking spots (R/L) |  |  |  |
| Slalom course |  |  |  |
| Rolling thru smoothly – riding through a chicane (S turn) smoothly |  |  |  |

For added skill development athletes can advance to – bunny hops, jumping obstacles, riding and cornering on loose surfaces.