



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.)

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.