



CYCLE SAFETY QUIZ

10 QUESTIONS FOR PARTICIPANTS

Resources Required:

- Pens
- Quiz sheets (one per participant)
- Stopwatch

Instructions for coach:

- Bring the participants together and hand out the quiz sheets. Deliver the instructions and objectives for this activity and advise scoring criteria. Ensure the participants have any questions answered before commencing.
- Inform the participants:
 - they are to complete the quiz and will have five minutes to do so
 - they must complete the quiz quietly, without help from each other
 - if they are unsure of a question they are to put their hand up and a coach will come and assist them
 - as each participant finishes they must sit quietly until the five minutes is up or until all participants have completed the quiz (whichever occurs first), then hand in the quiz sheet to the coach
- Once instructions delivered and the participants are settled, commence the five minutes quiz completion time.
- Upon completion, coach to mark quiz sheets and record a score out of 10 for each correct answer on each participant's score card. Marking key for correct answers listed below.

Answers

1. A 2. B 3. D 4. A 5. C 6. C 7. A 8. A 9. A
10. Air, Brakes, Chain



CYCLE SKILLS CHAMPION QUIZ

Read the questions carefully and select the best answer by circling one letter, or writing in the space provided.

NAME _____

1. When riding in a straight line where is it best to look?

- a. a few metres ahead of my bike
- b. at my friend
- c. at my front wheel

2. A 'stop' sign at an intersection means?

- a. You must stop cycling only if there are no cars coming.
- b. You must stop completely, then continue only if the way is clear.
- c. You must slow down and give way.
- d. You must slow down and be prepared to stop.



3. Which of the following must you do as a legal requirement while riding your bike on the road?

- a. carry a cell phone
- b. have a fitted bell
- c. carry a tool kit
- d. wear a helmet

4. When riding a bike around a corner it is best to look 'where'?

- a. around the corner
- b. at my front wheel
- c. at my handle bars
- d. straight ahead

5. This signal means?



- a. I wish to turn right
- b. I am waving to a friend
- c. I am slowing down or stopping
- d. I know the answer

6. To 'stop' your bike quickly you should use?

- a. back brake only
- b. front brake only
- c. both brakes together
- d. your feet

7. How would you know 'how much air (pressure)' to put in the tyres of your bike?

- a. look at the tyre wall
- b. ask Mum or Dad
- c. take it to the bike shop
- d. don't know

8. Circle the letter next to the image showing a correctly fitted helmet?



a. b. c. d.

9. At which position should you have your foot on your pedal when sitting and pushing off to start moving?

- a. 2 or 3 o'clock
- b. 6 o'clock
- c. 12 o'clock
- d. it doesn't matter

10. Before you ride your bike you should do the ABC check. What do the letters ABC stand for?

- A _____
- B _____
- C _____