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| **SIGNED WAIVER** |  |  |  |  |  |  |  |  |  |  |  |  |
| **HELMET FIT** |  |  |  |  |  |  |  |  |  |  |  |  |
| **BIKE FIT** |  |  |  |  |  |  |  |  |  |  |  |  |
| **HAND SIGNALS** |  |  |  |  |  |  |  |  |  |  |  |  |
| **SINGLE FORMATION** |  |  |  |  |  |  |  |  |  |  |  |  |
| **DOUBLE FORMATION** |  |  |  |  |  |  |  |  |  |  |  |  |
| **LANE CHANGES** |  |  |  |  |  |  |  |  |  |  |  |  |
| **TOE CLIPS** |  |  |  |  |  |  |  |  |  |  |  |  |
| **SHOULDER CHECKS** |  |  |  |  |  |  |  |  |  |  |  |  |
| **SLOW SPEED BALANCE DRILLS** |  |  |  |  |  |  |  |  |  |  |  |  |
| **“M” DRILL** |  |  |  |  |  |  |  |  |  |  |  |  |
| **CROSSOVER DISMOUNT** |  |  |  |  |  |  |  |  |  |  |  |  |
| **CROSSOVER FOOT FORWARD DISMOUNT** |  |  |  |  |  |  |  |  |  |  |  |  |
| **POWERSLIDE** |  |  |  |  |  |  |  |  |  |  |  |  |
| **EMERGENCY BRAKING** |  |  |  |  |  |  |  |  |  |  |  |  |
| **CONTACTS** |  |  |  |  |  |  |  |  |  |  |  |  |
| **CURBS AND STAIRS** |  |  |  |  |  |  |  |  |  |  |  |  |
| **NIGHT RIDE** |  |  |  |  |  |  |  |  |  |  |  |  |
| **FLAT TIRE REPAIR** |  |  |  |  |  |  |  |  |  |  |  |  |
| **FIREARM DRILLS** |  |  |  |  |  |  |  |  |  |  |  |  |
| **TRAFFIC STOPS** |  |  |  |  |  |  |  |  |  |  |  |  |
| **PROPER ROAD USAGE SKILLS** |  |  |  |  |  |  |  |  |  |  |  |  |
| **BIKE RACK** |  |  |  |  |  |  |  |  |  |  |  |  |
| **WRITTEN EXAM P / F** |  |  |  |  |  |  |  |  |  |  |  |  |
| **INJURIES Y / N (see back for more details)** |  |  |  |  |  |  |  |  |  |  |  |  |
| **Dates of Class:**  **Course #:**  **Student Names:** |  |  |  |  |  |  |  |  |  |  |  |  |