

## Road Instructor/Coach Accreditation: Components of Remit and Skills

ROAD	LEVEL OF REMIT		
	Foundation (Club)	Development (Level 1)	Advanced (Level 2)
Foundation, Talent, Elite, Mastery (FTEM)			
<b>FOUNDATION REMIT (Riding for fun)</b>			
Ratio 1:15 (non-traffic)	✓	✓	✓
Ratio 2:5 Children (low traffic)	✓	✓	✓
Ratio 2:7 Adults (low traffic)	✓	✓	✓
Minimum 3 riders when working with U 18's	✓	✓	✓
Non traffic (Ovals, parks, bike paths, cycling tracks/velodromes) Low traffic (Roadways)	✓	✓	✓
<b>RIDING FOR FUN (Instructing Skills)</b>			
Basic mount/dismount	✓	✓	✓
Pedal technique	✓	✓	✓
Braking and stopping	✓	✓	✓
Ride in a straight line	✓	✓	✓
Scanning - forwards and backwards	✓	✓	✓
Slow riding	✓	✓	✓
One-handed riding	✓	✓	✓
Cornering	✓	✓	✓
Using gears	✓	✓	✓
Pace judgement	✓	✓	✓
Passing	✓	✓	✓
Climbing (Beginner)	✓	✓	✓
Descending (Beginner)	✓	✓	✓
Ready position	✓	✓	✓
Track stand	✓	✓	✓
Manual	✓	✓	✓
Bunny hop	✓	✓	✓
<b>ESSENTIAL TRAFFIC SKILLS</b>			
Hand signals	✓	✓	✓
Entering a roadway	✓	✓	✓
Dangers of blind spots/vehicle cues/doors	✓	✓	✓
Positioning/intersections/turning lanes and roundabouts	✓	✓	✓
Riding as a group in traffic (per remit ratios)	✓	✓	✓

ROAD	LEVEL OF REMIT		
	Foundation (Club)	Development (Level 1)	Advanced (Level 2)
<b>SKILLS AND TACTICS ROAD</b>			
Bunch positioning	✓	✓	✓
Climbing/descending (beginning individual)	✓	✓	✓
Fast cornering (beginning individual)	✓	✓	✓
Bidon (water bottle) usage	✓	✓	✓
Climbing/descending (intermediate small group)		✓	✓
Fast cornering (intermediate small group)		✓	✓
Bunch formations (intermediate group)		✓	✓
Attacking from a bunch, jumping gaps		✓	✓
Controlling peloton		✓	✓
Chasing gaps		✓	✓
Feed zone skills (intermediate small group)		✓	✓
Team Time Trial (State level)		✓	✓
Ride as a team at (State level)		✓	✓
Climbing/descending (large peloton)			✓
Fast cornering (large peloton)			✓
Feed zone skills (large peloton)			✓
Team Time Trial (National level)			✓
Ride as a team at (National level)			✓