



## Run sheet Rider- Competencies covered

This run sheet will assist in the development of the rider on the reverse side is an area to record further information.

**In the run column mark**  
**Competence Levels: 1 = Commended 2 = Satisfactory 3 = Requires Development**

Name	Run no.	Observer comments
<b>Preparation</b>	Pre-Ride Checks	
	Fitness/Eyesight check	
	Cockpit Drill (car only)	
	Rolling brake test	
	Knowledge - IPSCA	
<b>Information</b>	Observation - scanning	
	Use of mirrors and rear observation	
	Take, Use, Give (TUG)	
	Road signs and markings	
	Anticipation	
	Hazard management	
<b>Position</b>	Bends	
	Junctions	
	Roundabouts	
	Overtaking	
	Hazard prioritisation	
	Vulnerable road users	
<b>Speed</b>	Speed limits	
	Acceleration sense	
	Limit point	
	Braking technique	
<b>Gears</b>	Clutch and changing gear	
	Choice of gear	
	Timing of changes	

	Run no.	Observer comments
<b>Acceleration</b>	Smoothness	
	Anticipation and planning	
	Hazard awareness	
	Progress and restraint	
<b>Other skills</b>	Steering	
	Slow manoeuvring	
	Knowledge H/code & course material	
	Courtesy to other road users	
	Vehicle/machine sympathy	
	Spoken thoughts (car only)	

## Run sheet - Observer Notes

Date:		Weather conditions		Observer Name	
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### Observer Comments