



# 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.

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| In the run column mark  Competence Levels: 1 = Commended 2 = Satisfactory 3 = Requires Development | | | |
| Name | | Run no. | Observer comments |
| Preparation | Pre-Ride Checks |  |  |
| Fitness/Eyesight check |  |  |
| Cockpit Drill (car only) |  |  |
| Rolling brake test |  |  |
| Knowledge – IPSGA |  |  |
| Information | Observation – scanning |  |  |
| Use of mirrors and rear observation |  |  |
| Take, Use, Give (TUG) |  |  |
| Road signs and markings |  |  |
| Anticipation |  |  |
| Hazard management |  |  |
| Position | Bends |  |  |
| Junctions |  |  |
| Roundabouts |  |  |
| Overtaking |  |  |
| Hazard prioritisation |  |  |
| Vulnerable road users |  |  |
| Speed | Speed limits |  |  |
| Acceleration sense |  |  |
| Limit point |  |  |
| Braking technique |  |  |
| Gears | Clutch and changing gear |  |  |
| Choice of gear |  |  |
| Timing of changes |  |  |

Continued overleaf

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

# Run sheet - Observer Notes

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| Date: |  | Weather conditions |  | Observer Name |  |

Observer Comments