



(DRAFT LEGAL ENDORSEMENT)

Athletes are allowed to participate in a draft-legal race, only if he/she had fulfilled the following:

- 1) Compete or race in a draft-legal race in the past 12 months, or
- 2) Complete Draft Legal Endorsement

The Draft Legal Endorsement is to verify an athlete's competency in cycling and bike handling skills.

As a guide, athletes should:

- Be predictable with all actions. Maintain a steady straight line and avoid braking or changing direction suddenly. Remember that there are riders following closely from behind.
 - Point out and call out any road hazards ahead. These include potholes, drain grates, stray animals, opening car doors, sticks or stones, parked cars, etc.
 - Not overlap wheels. A slight direction change or gust of wind could easily cause athletes to touch wheels & fall.
 - When climbing hills, avoid following a wheel too closely. Many riders often lose their momentum when rising out of the saddle on a hill, which can cause a sudden deceleration. This can often catch a rider who is following too closely, resulting in a fall from a wheel touch.
 - Not panic if you brush shoulders, hands or bars with another rider. Try to stay relaxed in your upper body to absorb any bumps. This is a part of racing in close bunches and is quite safe provided riders do not panic, brake or change direction.
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ATHLETE'S DETAILS

Name			
NRIC		Date of Birth	
Contact Number		Contact Email	

COACH'S DETAILS

Name			
NRIC / Passport		Accreditation	
Contact Number		Contact Email	

LIST OF CYCLING OR CRITERIUM RACES COMPETED IN (WITH LINKS TO RESULTS)

DRAFT LEGAL ENDORSEMENT

I am fully aware of the practical knowledge and awareness required to ride in a pack and have the necessary skills to compete in draft legal triathlon races.

Athlete's Signature			
Coach's Signature			
Guardian's Signature (If under the age of 18)		Guardian's Name / Relation	

ASSESSOR'S DETAILS

Name			
NRIC / Passport		Accreditation	
Contact Number		Contact Email	

1) I have personally witnessed the above triathlete demonstrate the minimum skill competencies and I am fully satisfied that they meet the requirements to compete safely at a national /international draft legal level.

2) I have completed and attached the bike skills competency checklist.

3) By signing this document, I understand my coaching responsibilities in endorsing the athlete in his/her participation in draft legal races.

Assessor's Signature	
Date	

ATHLETE'S BIKE SKILLS COMPETENCY CHECKLIST (TO BE COMPLETED BY ASSESSOR)

	Competent	Not Yet Competent	Further Evidence Required
Basic Bike Handling			
Clipping Shoes in and out			
Mount			
Dismount			
Balance			
Pedalling			
Cadence Range			
Slow Riding			
Ride a Straight Line			
Look behind whilst riding a Straight Line			
Look Over Shoulder			
Look under Seat			
Look under right elbow			
Getting out of saddle and sitting back			
1 handed riding			
No handed riding drill for balance			
Riding in drops			
Drinking while riding with 1 hand			
Slaloms			
Dodging an obstacle			
Jumping obstacle			
Riding Over rough Surfaces			
Turn 180 degrees in 2.5 metres			
Cornering			
Gears			
Change gears			
Gear selection			
Braking			
Fast Braking			
Feathering Brakes			
Precision Braking			
Braking on loose surfaces			
Climbing & Descending			
Seated Climbing			
Out of Saddle Climbing			
Descending			
Cornering whilst Descending			
Riding with other riders			
Pairs riding			
Sitting a Wheel			
Cornering in a Group			
Paceline Riding			
Taking Turn in a Paceline			
Scanning			
Point out hazards			