



Date: _____ Pilot Name: _____

Route Location: _____ Trainer Name: _____

Cycling Without Age Pilot Training Checklist/Test

The 5 principles of Cycling Without Age are: generosity, slowness, storytelling, relationships, and without age. Thank you for your willingness to give others a chance to feel the wind in their hair. Remember, safety is our greatest concern. Cycling at walking speed allows passengers to take in their surroundings, reminisce and makes it easier for you to hear passengers talk to you.

The following information and skills are important things to know and execute when using the trishaw. After you have completed both the Bike Fed classroom and on-bike training, you may practice pedaling. When you have had sufficient practice driving the trishaw yourself, please schedule a "test" for a trainer to ride along with you.

- **Testing will be done with the hood up.**
- **Completion of training does not guarantee pilot status.**
- **In addition to the ability to pilot a trishaw safely, CWA Chapters are looking for pilots with soft skills, and an ability to communicate with older adults.**

Getting Started

<input type="checkbox"/> Trainer takes new pilot as a passenger first
<input type="checkbox"/> Practice until you feel competent; then schedule test with trainer (You may come in and practice with the trishaw as much as you need)
Four factors most likely to cause a crash <input type="checkbox"/> Turning <input type="checkbox"/> Out of balance <input type="checkbox"/> Speed <input type="checkbox"/> Slope

Trishaw Overview

<input type="checkbox"/> Slide battery into position with proper handling	<input type="checkbox"/> Ignition & key positions	<input type="checkbox"/> Turn computer on
<input type="checkbox"/> Demo canopy positions	<input type="checkbox"/> Remove/lower footrest	<input type="checkbox"/> Secure all belongings
<input type="checkbox"/> Storage: helmets, pump,	<input type="checkbox"/> Use pedal assist/throttle	<input type="checkbox"/> Emergency numbers



blanket, sunglasses, wipes	appropriately (starting, slopes, turning)	programmed in your cell phone & on the trishaw
<input type="checkbox"/> Seatbelts: always locked when moving	<input type="checkbox"/> Brake levers: use both brakes slowly, gently together	<input type="checkbox"/> Shifters: Shift one gear at a time. Internal hub - when not pedaling External cassette - with gentle pressure while pedaling
<input type="checkbox"/> Parking brake	<input type="checkbox"/> Bicycle bell: ring at 'blind' turns <input type="checkbox"/> Heads up to passenger	<input type="checkbox"/> Lights

Ready to Ride

<input type="checkbox"/> Cell phone along (mandatory)	<input type="checkbox"/> Pre-ride route before taking passenger on route (on trishaw or your own bike) <input type="checkbox"/> Set Strava app to route if needed
Pilot ABC quick check list <input type="checkbox"/> Air <input type="checkbox"/> Brakes <input type="checkbox"/> Chain <input type="checkbox"/> Quick release <input type="checkbox"/> Check the ride	<input type="checkbox"/> Adjust pilot seat

Taking on a Passenger

<input type="checkbox"/> Engage FRONT brake lock	<input type="checkbox"/> Clear the on-boarding area
<input type="checkbox"/> Before loading, offer passenger sunglasses, helmet and/or the blanket	<input type="checkbox"/> Pilot MUST remain seated on the pilot seat to balance the bike as a passenger is loaded
<input type="checkbox"/> Secure seat belt (mandatory)	<input type="checkbox"/> Weight maximum _____ <input type="checkbox"/> Passenger weight centered
<input type="checkbox"/> Prepare footrest <input type="checkbox"/> Prepare seatbelt	<input type="checkbox"/> Are you buckled? <input type="checkbox"/> Are you ready?

Rules of the Road



<input type="checkbox"/> Pedal predictably	<input type="checkbox"/> Be your own best advocate
<input type="checkbox"/> Ride as far to the right as practicable	<input type="checkbox"/> Signals for lane changes and turning
<input type="checkbox"/> Follows all traffic signs and signals	<input type="checkbox"/> Communicate with other road users <input type="checkbox"/> Eye contact
<input type="checkbox"/> Stay 3 feet from parked cars and any other hazards to the right	<input type="checkbox"/> Share the path respectfully. "Slow and Hello" when passing
<input type="checkbox"/> Maintains appropriate speed	<input type="checkbox"/> Lane position - turning

Turning

<input type="checkbox"/> 1.Scan 2.Scan & signal 3.Scan & turn when safe to do so (50-100 ft before intersection/hazard)	<input type="checkbox"/> Use hand signals (left, right, stop) <input type="checkbox"/> Thumbs up good job and a wave thank you
<input type="checkbox"/> Wheels squared to the slopes <input type="checkbox"/> Slow down before turning & pedal out of the turn	<input type="checkbox"/> Lean slightly in the direction of the turn; lean right when turning right; lean left when turning left
<input type="checkbox"/> Competently pedal Chat backwards	<input type="checkbox"/> Tight turn options

Out of Balance

<input type="checkbox"/> Weight maximum	<input type="checkbox"/> Pilot MUST remain seated on the pilot seat to balance the bike as a passenger is loaded
<input type="checkbox"/> Before loading, offer passenger sunglasses, helmet and/or the blanket	<input type="checkbox"/> Passenger weight centered
<input type="checkbox"/> Lower footrest to ground before loading passengers	<input type="checkbox"/> Pilot must manage the balance of the trishaw from the seat before & while others are loading

Speed - Gearing & Brakes

<input type="checkbox"/> Slow approaching and into the turn <input type="checkbox"/> Accelerate out of the turn	<input type="checkbox"/> Ride in gears 1-2
<input type="checkbox"/> Have enough momentum going into an incline	When stopping: <input type="checkbox"/> Stop early <input type="checkbox"/> 1st gear <input type="checkbox"/> Power pedal position



<input type="checkbox"/> Apply both brakes: slowly, gently & together	<input type="checkbox"/> Right brake = Rear wheel <input type="checkbox"/> Left brake = 2 front wheels
<input type="checkbox"/> Hydraulic disk brakes vs rim brakes	<input type="checkbox"/> Parking brake lock + release

Slopes

<input type="checkbox"/> Wheels squared to the slopes	<input type="checkbox"/> Carefully manage the double slope
<input type="checkbox"/> Where are unexpected slopes commonly?	<input type="checkbox"/> What do you do if you find yourself on a slope unexpectedly?

Soft/Communication Skills

<input type="checkbox"/> Consciously engages all senses	<input type="checkbox"/> Positive attitude
<input type="checkbox"/> Ability to work under pressure	<input type="checkbox"/> Problem solver
<input type="checkbox"/> Takes initiative in communicating with older adults	<input type="checkbox"/> Accepts & learns from feedback
<input type="checkbox"/> Polite listener	<input type="checkbox"/> Professional, patient, kind

Trainer Signature Print name Date

Comments:

Trainer: please circle one:

Recommend as Pilot

Not recommended to pilot