



Dear Parent/Guardian

We have arranged for cycle trainers to visit our school and provide an opportunity for your child to participate on a bikeability level 2 course; introducing them to cycling safely on road. Children must be able to ride and control a bike to attend. Children must supply their own bike and helmet. Children will be excluded if they do not have a helmet.

Dates your child needs to bring their bike and helmet into school are as follows:
12th-16th June

It is important for your child's bike to be in a good roadworthy condition, and the right size for them to cycle comfortably. At the beginning of the first lesson the instructors will check the condition of the bike, and make minor adjustments if necessary. If the bike is in poor condition, and deemed to be unsafe to cycle on road, your child will not be permitted to continue on the course.

The training programme is progressive, and your child is expected to attend every day; the training session is usually 90 minutes daily. If a lesson is missed it is in the trainers discretion to accept your child on further lessons. The first days training enables children to demonstrate their bike handling skills; only if a child is deemed confident to cycle on road, will they be invited to attend the subsequent on road sessions.

Attached is a guide to checking your child's bike, and recommended clothing.

Bikeability is an important part of our program as an active healthy and sustainable school.

In order to keep both trainer and riders safe, and prevent the spread of coronavirus, your child must not attend the session if he or she presents Covid-19 symptoms, or has a positive lateral flow result.

Kind regards

Aragon Primary

How to check your bike

To see if there are any problems with your bike check the following items. Using this M Check will ensure that you do not miss any items.

Start at the front, Point A and work your way to B, C, and D to E at the back of the bike.



Front wheel: Check to see if:

- Quick-release or wheel-nuts loose.
- Hub bearings loose or binding.
- Spokes loose, broken or missing

Front Tyre: Check to see if

- Under-inflated /punctured
- Worn or cracked

Front brake: check to see if

- Front wheel locks when the brake lever is pulled
- Brake pads rubbing tyre or wheel rim
- Brake pads missing

Headset and handlebars: check to see if

- The forks are damaged
- Headset loose
- Handlebars are not clamped tightly

How to check your bike

Frame: check to see if:

- Frame not bent or damaged

Crank and Front gear: check to see if

- Gear moves the chain from one sprocket to another

- Sprocket not bent
- Crank shaft not loose
- Pedals not loose
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Seat and seat post: check to see if:

- Saddle does not move
- Seat post does not move

Rear Brake: Check as for front brake

Rear wheel: check as for front wheel

Rear tyre: check as for front tyre

Rear gear: check as for front gear

What to wear

It is important that your child wear the correct clothes for cycling. Full details are on our web site. Clothes should be comfortable. Your child should wear

- Cycle Helmet
- Shoes or trainers
- Gloves if it is cold
- Coats if it is cold
- Socks to keep their feet warm and to tuck the bottoms of their trousers into
- Girls should wear trousers.

It is not a requirement under Bikeability scheme to wear a helmet, however, if a helmet is worn it must adhere to the relevant CE standards and be fitted properly.

It is not a legal requirement for Helmets to be worn, when cycling, in the Highway code. It does say that cyclists SHOULD wear a helmet

http://www.direct.gov.uk/en/TravelAndTransport/Highwaycode/DG_069837

