

Thursday, 2 April 2015

Dear Parents / Caregivers

Your child will be participating in a cycle skills programme run by RIDEON Marlborough at the school. Trained and experienced instructors will be teaching cycle skills based on the **BikeNZ Learn to Ride** programme, which is delivered **off road**. The activity based fun sessions encourage children to cycle safely and to develop motor skills required for biking, as well as improving their fundamental skills used in many other physical activities.

**Date: Friday 22 May.** Please try and have students at school by 8:30am. The programme runs from 9:00 am until 2:45pm. **We require parent help from each class to help the sessions run safely. Please let your teacher know if you can help out.**

**Your child will need to bring:**

- Bike and helmet
- Sunscreen
- Covered shoes (no open toed shoes, sandals, jandals or crocs)
- Lunch
- Water bottle
- Warm top / raincoat / change of clothes (in case of cold or wet weather)

**Participants need to have a bike and helmet each on the day** (or a bike they have borrowed from a friend). We do have a small number of bikes to loan for free on the day for those struggling to find a bike. Parents will need to let their teacher know at least a week in advance if they need a bike to avoid missing out.

**All personal bikes and helmets need to be checked prior to the day** so students can participate safely in the programme and so we can get straight into activities on the day. Please ensure freestyle bikes have rear axle pegs removed.

**The most important things are that: brakes work, ends of handle bars are plugged, the bike changes gears (if applicable) and pedals smoothly, tyres are pumped up and the bike is the correct size.** You have two options for checking your child's bike is safe:

**Option 1 - Local Bike Shop Check – STRONGLY RECOMMENDED**

Our local bike shops have kindly offered each student participating in the Ride ON programme a **FREE** bike and helmet check-up by a bike shop mechanic (usually \$25) prior to the day. The bike shop will sticker the bike and helmet as safe so we know on the day it has been checked. **Any repairs needed will be at the owners own cost – if it is going to cost a lot to fix your child's bike, you may prefer to let your teacher know that your child needs to borrow a bike (free).**

Please contact one of the three local bike shops below to arrange a suitable day and time for your check-up. **Last day for check-ups will be Tue 12 May.** Please let the bike shop know your child's name and school to receive the free check.

<b>Cycle World</b> on Charles Street	ph: 579 4111	<b>Avanti Plus</b> on Queen Street	ph: 578 0433
<b>Bike Fit</b> on Market Street	ph: 972 2239		

**Option 2 - Parent/Caregiver 'Self Check'**

Use the attached form to perform a 'Self Check' on your child's bike and helmet (please note it is double sided). If any faults are marked in the bold boxes, you will need to fix it. If you don't have any bike knowledge and are unsure if your child's bike will pass, it is recommended you choose Option 1 above or let your teacher know you need to borrow a bike.

If you choose the Self Check option, **your child must bring their bike and helmet to school on Thursday 14 May** where students will be doing a 1 ½ hr safety and bike maintenance session with the class. An instructor will double check it. If any repairs are identified by the instructor at this late stage, where possible we will try to lend your child a bike or they may end up having to share one. Otherwise you will need to take it to the bike shop to be fixed and passed before the start of the programme.

If you have any trouble achieving any of the above, or have a query, please contact the School or the RIDEON Coordinator, Sonya Sutherland, phone 577 8855 ext 5. We are looking forward to this fun and educational programme being run at school. Thank you.

NAME \_\_\_\_\_

## HANDLEBARS/HEADSET

GRIPS OR PLUGS AT THE ENDS  YES  NO

HANDLEBARS LOOSE  YES  NO

HEADSET LOOSE  YES  NO

## WHEEL HUB

WOBBLY WHEEL (CONES)  YES  NO

WHEEL NUT TIGHT  YES  NO

CHECKED BY: \_\_\_\_\_ DATE: \_\_\_\_\_

PARENT/CAREGIVER: \_\_\_\_\_

INSTRUCTOR: \_\_\_\_\_

# BIKE CHECK ✓

ANY FAULTS MARKED IN DARK BOXES SHOULD BE CORRECTED BY A QUALIFIED BIKESHOP OR ADULT AS SOON AS POSSIBLE.

**FRAME** Rusty Bent Cracked  YES  NO

**REFLECTORS** Clean  YES  NO

**SPOKES** Missing Broken Loose  YES  NO

**TYRE** Tread worn Inflated  YES  NO

**CHAIN** Rusty Loose  YES  NO

**PEDAL/CRANK** CRANK NUT TIGHT  YES  NO

CRANK SHAFT ADJUSTED  YES  NO

PEDAL ATTACHED SPINS FREELY  YES  NO

REFLECTORS (IDEAL BUT NOT COMPULSORY)  YES  NO

SPINDLE NUT TIGHT  YES  NO

## ACTIVITY SHEET R LEVEL 3

## SEAT

MOVES UP AND DOWN OR SIDE TO SIDE  YES  NO

RIGHT HEIGHT BOTH TOES TOUCH (GROUND)  YES  NO

## BRAKES/HANDGRIPS

LEVER CLEAR OF GRIP WHEN BRAKE ON HARD  YES  NO

BRAKE SHOE WORN  YES  NO

BRAKE SHOE ON RIM  YES  NO

RIM CLEAN  YES  NO

## PEDAL BRAKES

BRAKES QUICKLY WITH DOWNWARD PRESSURE (IF APPLICABLE)  YES  NO

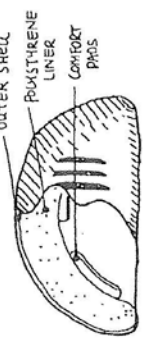
CLAMP TIGHT  YES  NO

# CYCLE HELMET ADJUSTMENT

ACTIVITY SHEET B LEVEL 2-3

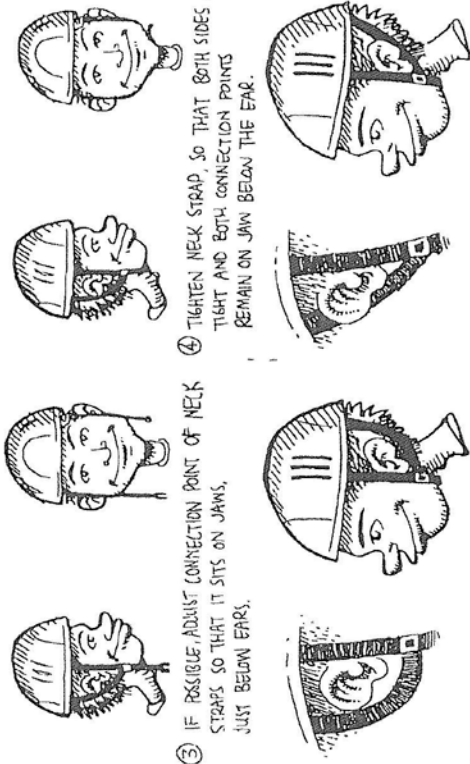
IS THE HELMET CRACKED OR DAMAGED?  YES  NO

IS IT CORRECTLY ADJUSTED? (SEE BELOW)  YES  NO



## FOLLOW THESE SIMPLE STEPS

- WITH STRAPS LOOSE, ENSURE THAT HELMET SITS SQUARELY ON HEAD - NOT TILTING BACK, FORWARD OR SIDE TO SIDE.
- ADJUST CHIN STRAP - SHOULD BE TIGHT BUT NOT CHOKING.
- IF POSSIBLE, ADJUST CONNECTION POINT OF NECK STRAPS SO THAT IT SITS ON JAWB, JUST BELOW EARS.
- TIGHTEN NECK STRAP, SO THAT BOTH SIDES ARE TIGHT AND BOTH CONNECTION POINTS REMAIN ON JAW BELOW THE EAR.



HELMET FITTING CHECKED BY: \_\_\_\_\_

PARENT/CAREGIVER: \_\_\_\_\_

INSTRUCTOR: \_\_\_\_\_



WHICH HELMET IS BEING WORN CORRECTLY?