



22nd January 2018

Dear Parent/Carer

YEAR 6 CYCLE TRAINING COURSE

We have arranged a second Cycle Training Course for Year 6 pupils, this will start **as soon as possible** and last for four weeks (date to be confirmed shortly). The sessions will take place during school time, initially on the playground and then on quiet, local roads. The children will be expected to provide their own bicycle, and cycle helmet, which will be stored securely on school premises for the day.

You will appreciate that numbers are very limited and the rules regarding the suitability of bicycles for the course are very strict.

If your child is interested in the course and they have a fully functioning bicycle which meets the safety standards as detailed in the enclosed information, then please complete the form below and return it to your child's class teacher by **Monday 29th January 2018**. If there are more applicants than places, then names will be drawn from a hat in the usual way.

This will be our second and last course and we need a minimum of 6 children to participate.

Yours faithfully

S Casey
Deputy Headteacher

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Please return to your child's class teacher by Monday 29th January 2018
YR 6 CYCLE TRAINING COURSE

Yes, I would like my child to be included if chosen

Yes I have completed a 'fit for use' check by using the sheet provided by the school

Child's Name Class

Signed (Parent/Carer) Date.....

Print Name (Parent/Carer)



2 Does your bicycle fit you ?

A bicycle which is the wrong size for you is hard to handle.

Complete this "BIKE-FIT" check list.

Bike-Fit - when sitting on the saddle:

Yes

No

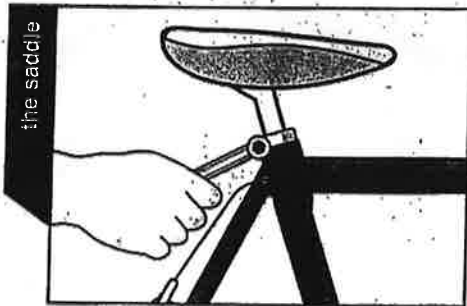
Can you reach the handlebars without stretching ?

Can you rest your fingers on the brake levers easily and comfortably without leaning too far forward?

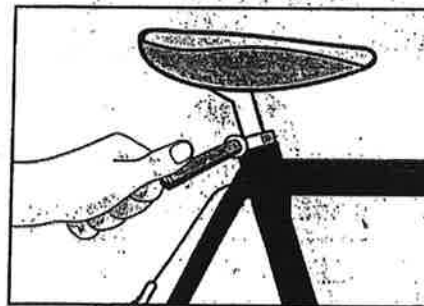
With your legs straight, can you touch the ground with the balls of your feet? (fleshy part of your foot near the toes)

Checklist

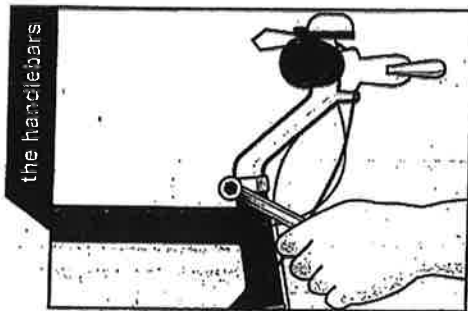
If you answer **NO** to any of the questions above, the bike may be the wrong size or your handlebars and saddle may need adjustment. . .



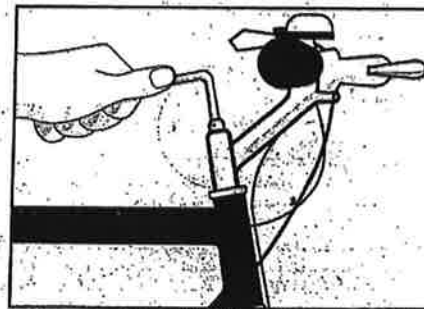
Loosen the nut, twist the saddle up or down, then tighten the nut.



OR Use the quick release and do not go beyond the maximum marking on the seat post.



Loosen the nut, pull the handlebars up or down, then retighten the nut.



OR Loosen the stem bolt with an allen key. After moving the stem, retighten.

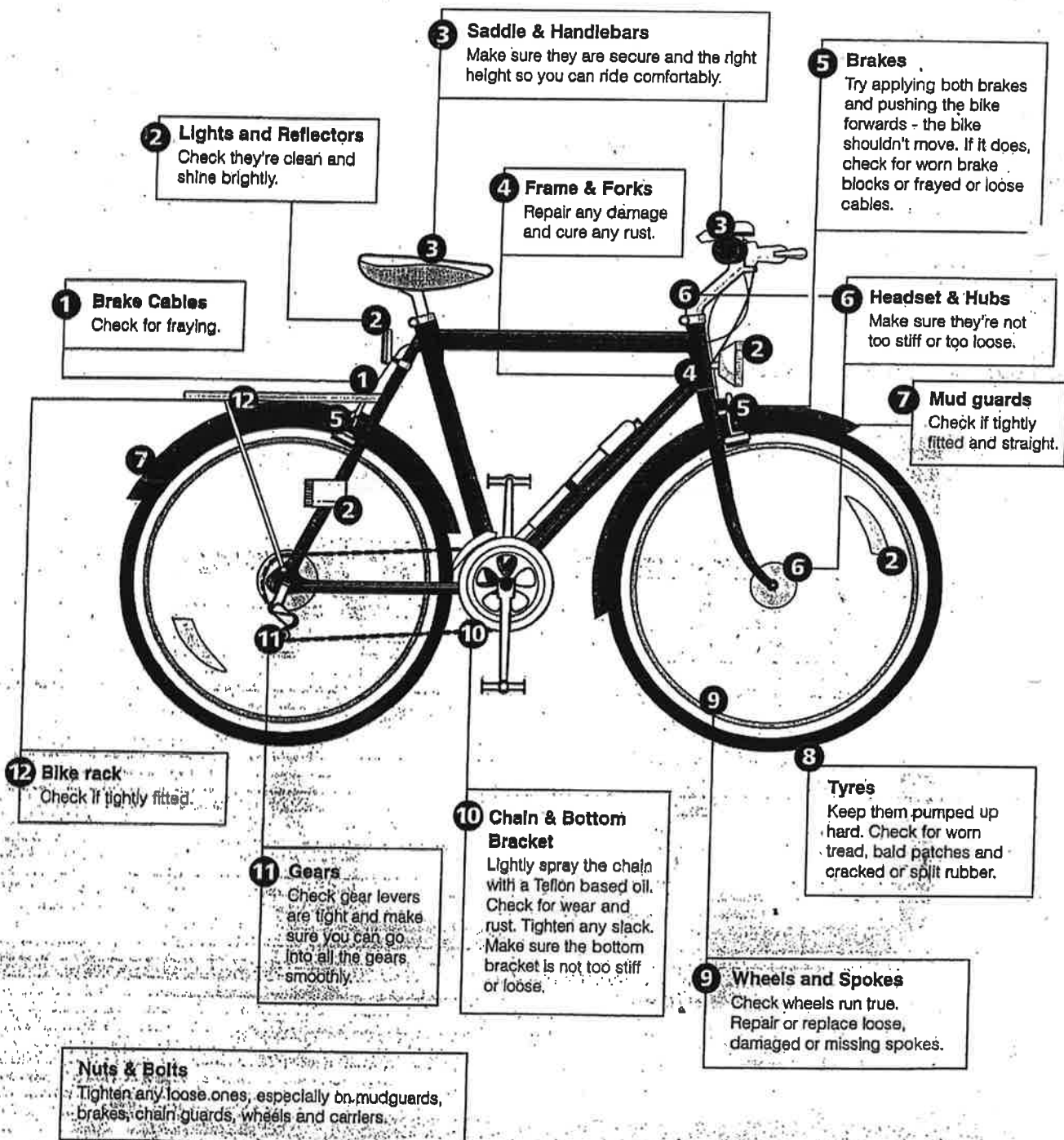
If in doubt seek advice from your local cycle dealer



NOTE: Some beginners like to sit on a lower saddle at first to enable them to "scoot" with their feet whilst they learn to balance.

3 Is your bike fit to use?

Your bicycle handbook, and your cycle dealer can help you to make sure that YOUR bicycle is safe. Here are some simple checks that you can do on your own.



Only carry out necessary adjustments or repairs if you know what to do. If you are unsure, take your bike to your local cycle dealer for help and advice.



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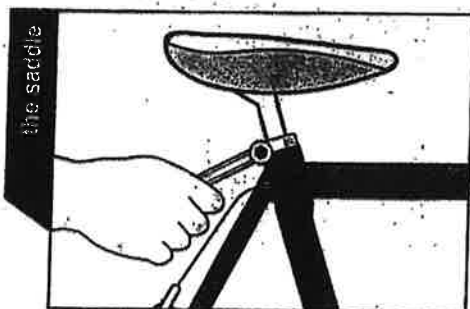
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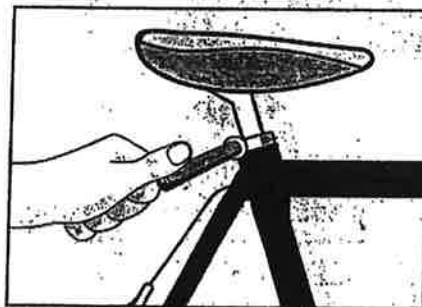
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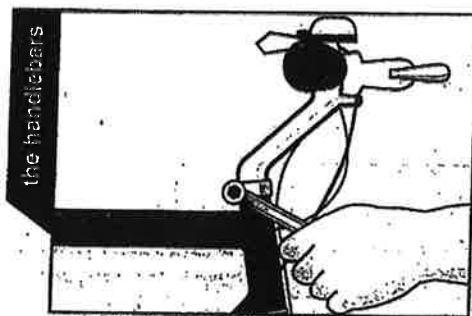
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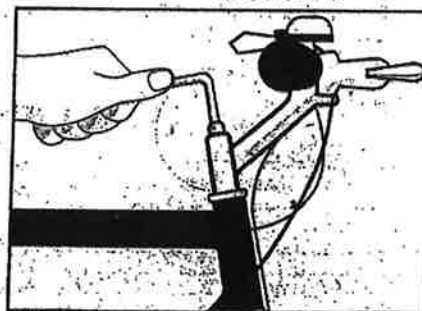
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