



14th February 2018

PEDAL READY (Cycle skills) TERM 1 2018

Dear Parents and Caregivers

Pedal Ready, an organisation that provides cycle skills training are coming to our school this term to work with our year 5 and 6 children. Pedal Ready has worked in our school before and we have seen a big improvement in the number of children bringing their bikes to school and using our bike track.

This term the Pedal Ready focus will be on preparing children for the wheels section of our annual school triathlon scheduled at the end of week 8 (Saturday 24th March). Each child will receive one or more sessions with a team of qualified instructors, working on improving their general bike handling and decision making skills.

_____ is scheduled for the session(s) highlighted below. **It is helpful if your child brings their own bike and helmet to school on the dates they are working with Pedal Ready as they will be more confident at handling a bike they are already familiar with.** If your child does not have a bike, they may use one of our school bikes or they can organise to use another child's bike at the time of their session.

Monday 5th March – Group Tahi - Grade 1
Tuesday 6th March – Group Rua - Grade 1
Wednesday 7th March – Group Toru - Grade 1
Monday 12th March – Groups A and B - Grade 2 part 1
Tuesday 13th March – Groups C and D - Grade 2 part 1
Wednesday 14th March – Groups E and F - Grade 2 part 1
Thursday 15th March – Group G - Grade 2 part 1
Monday 19th March – Groups A and B - Grade 2 part 2
Tuesday 20th March – Groups C and D - Grade 2 part 2
Wednesday 21 st March – Groups E and F - Grade 2 part 2
Thursday 22 nd March – Group G - Grade 2 part 2

This is an exciting opportunity for our year 5 and 6 tamariki to improve their overall confidence at cycling! For more information on Pedal Ready you can visit www.pedalready.org.nz.

Yours sincerely

Ngahere Team
Titahi Bay School



New Zealand Cycle Skills Training is here!

[Dear parent/caregiver]

New Zealand cyclist skills training programme

Titahi Bay School has agreed to participate in the New Zealand cyclist skills training programme. This exciting programme is aimed at delivering best practice cyclist skills training to help achieve the vision of *a New Zealand where everyone has the opportunity to become a confident and capable cyclist.*

There are many beneficial reasons to seek cycle skills training. The training is great for the trainees' health and wellbeing, confidence and skills. Teaching trainees to cycle safely on the road can also boost their confidence enough for them to ride to and from school/work, or to sports games and friends' houses.

Two grades of training can be undertaken and trainees are assessed following the completion of each grade. Grade 1 is taught in a non-traffic environment to enable skills to be developed. Grade 2 builds on the skills of grade 1 and is taught on quiet, single-lane roads. All trainees' skills will be assessed prior to training on the road and full risk management procedures will be undertaken to ensure the safety of all trainees.

Your child will be undertaking grade/s 1 and 2 during the training.

The expected outcomes for the grades are:

Grade 1	Grade 2
The trainee cyclist can demonstrate full control of their bicycle in non-traffic environments while carrying out all-round observation, signalling and manoeuvring. They will not yet have been observed using these skills on the road and in traffic.	The trainee cyclist can demonstrate skills to cycle in a variety of traffic and non-traffic environments. They will be able to choose options to deal with minor hazards and demonstrate this in practice. They will show good understanding of traffic awareness and road positioning in these traffic environments.

Your child will need:

- a bicycle in good working order
(It is a good idea to undertake a simple bike check prior to the training to identify any major faults. A bike and helmet check sheet will be sent home along with this letter. Specific things to check include brakes, tyre pressure, a tight headset, wheels spinning freely and light oil on the chain). If your child does not have a bicycle, please check with the school as they may have arranged something with Pedal Ready.
- a standards-approved helmet (it should have a standards-approved sticker on the inside – see approved stickers at <http://www.nzta.govt.nz/resources/factsheets/01/cycles-rules-equipment.html>)
- to be able to ride a bike (please let us know if your child is a complete beginner), to undertake grade 1.

During and after the programme, it is a good idea to *[encourage your child to]* practise and develop the skills taught.

Thank you in anticipation of your support for the programme. Please fill out the consent form below. If you have any questions, please do not hesitate to contact me.

All the Best,

Matt Shipman / Pedal Ready

830 4281 / 021708424 / info@pedalready.org.nz

For school-aged children:

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The cyclist skills training programme will be taught *[insert details of month, days and times]*. Each trainee will require a bicycle and helmet in serviceable condition.

Please complete this consent form and return toby..... *[date]*.

I give permission for my child, age, to take part in the cyclist skills training programme.

Please indicate if your child has any medical conditions or other needs that the course instructor needs to be aware of:

Signed:

Print name:

Telephone number: Date: