



TITAHI BAY SCHOOL - KURA KIDS are Believers and Achievers



5th March 2019

PEDAL READY (Cycle skills) TERM 1 2019

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 9 (Saturday 30th 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.

Your child 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 11th March – Group Tahi - Grade 1
Tuesday 12th March – Group Rua - Grade 1
Wednesday 13th March – Group Toru - Grade 1
Thursday 14th March - rain cancellation date
Monday 18th March – Groups A and B - Grade 2 part 1
Tuesday 19th March – Groups A and B - Grade 2 part 2
Wednesday 20th March – Groups C and D - Grade 2 part 1
Thursday 21st March – Group C and D - Grade 2 part 2
Friday 22nd March - rain cancellation date
Monday 25th March – Groups E and F - Grade 2 part 1
Tuesday 26th March – Groups E and F - Grade 2 part 2
Wednesday 27th March – rain cancellation date

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



Helmet/bicycle check form

Name of owner: _____ Frame ID number: _____

Type of bike (circle): BMX / Road / Mountain / Child / Other Colour: _____

The purpose of this helmet and bicycle check is to examine the condition of the equipment prior to participating in training. It is advised that major faults are repaired by a reputable bike mechanic.

Checklist (legal requirements underlined)	OK	Repair/adjustment needed
<u>Helmet</u> check for damage, safety sticker, correct size	<input type="checkbox"/>	<input type="checkbox"/>
Frame no rust or cracks (good order)	<input type="checkbox"/>	<input type="checkbox"/>
Frame correct size for trainee	<input type="checkbox"/>	<input type="checkbox"/>
Seat Secure, correct height	<input type="checkbox"/>	<input type="checkbox"/>
Handlebars and headset tight and secure grips cover ends of handle bars	<input type="checkbox"/>	<input type="checkbox"/>
<u>Front and rear brakes</u> respond quickly with firm contact	<input type="checkbox"/>	<input type="checkbox"/>
Wheels wheel fasteners tight, wheels spin freely	<input type="checkbox"/>	<input type="checkbox"/>
Tyres correct pressure, no cracks or slits	<input type="checkbox"/>	<input type="checkbox"/>
Pedals spin freely, not loose	<input type="checkbox"/>	<input type="checkbox"/>
Chain lightly oiled and in good condition	<input type="checkbox"/>	<input type="checkbox"/>
<u>Red rear facing reflector</u>	<input type="checkbox"/>	<input type="checkbox"/>



New Zealand Cycle Skills Training is here!

[Dear parent/caregiver]

Pedal Ready Cycle Skills training programme

..... **Titahi Bay School** (*insert school/organisation*) has agreed to participate in the Pedal Ready training programme. This exciting programme is aimed at delivering best practice cycle 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 lightly trafficked, 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. Instructors will make the final decision on which students are able to participate in the on-road training based on their mastery of the Grade 1 skills.

Your child will be undertaking grades 1 and 2 during the training.

The expected outcomes for the grades are:

Grade 1	Grade 2
<p>The trainee cyclist can demonstrate full control of their bicycle in non-traffic environments while carrying out all-round observation, signalling and manoeuvring.</p>	<p>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.</p>

Your child will need:

- a bicycle in good working order (see attached bike/helmet check form)
- a standards-approved helmet that fits well.
- suitable clothing for the weather conditions, as the session is run outdoors.
- to be able to ride a bike **(please let the school know if your child is a complete beginner)**

During and after the programme, it is a good idea to encourage your child to practice 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 Cycle Skills

info@pedalready.org.nz / 021708424

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The Pedal Ready Cycle 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 to ... **School**by... **Friday 8 March** [*date*].

I give permission for my child, age, to take part in the Pedal Ready Cycle Skills training programme. I understand that as part of Grade 2 training, there may be an extension ride on suitably selected public roads, off road tracks, cycle ways or shared paths.

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

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Signed:

Print name:

Telephone number: Date: