



Head Teacher: Miss G L Kettle

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PAR/GLOBAL/cycling proficiency

10th September 2015

Dear Parents and Carers

“Bike for Life” – Year 6 Cycling Proficiency

Our link Road Safety Officer, Amy Kingston, has been in touch about running a “Bike for Life” Cycling Proficiency Course for Year 6 pupils on the following dates:

Group 1 – Tuesday 29th September – Friday 2nd October (10.00-12.00)

Group 2 – Monday 5th – Thursday 8th October (10.00-12.00)

Please refer to the attached list indicating which group your child is in. To participate in the course your child will need to have a road-worthy bicycle and appropriate clothing because the course will go ahead in all weathers. Helmets must be worn. The first session will include a bike check and the children will not be able to pass the course if any defects are not corrected by the end of the training. It would therefore be sensible if you could check your child’s bike beforehand to ensure that brakes, chain and gears are all working, that tyres are in good condition and that the bike has a bell. The children may leave their bikes at school for the duration of the course. They will be locked in the school hall overnight for security.

As we have a School Travel Plan, there is no charge for this course.

Your child will need to bring their bike with them and park it using the cycle rack near the kiln shed. Please remind your child not to ride on the pavement and to dismount and push their bicycle across the playground (not through the car park), taking it round the side of the school to park it.

If your child would like to take part please read the statement below and sign the attached form giving permission for them to go on the road around the school. All sessions are accompanied by a member of school staff.

BIKE FOR LIFE – IMPORTANT NOTICE

“All participants in the Bike for Life Cycle Scheme do so in the knowledge that whilst every reasonable precaution is taken to ensure their safety, the Local Authority accepts no liability for any loss, claim or proceeding including claims for damages, for personal injury or death whatsoever arising under the statute or common law out of the provision of the scheme and participation therein except where such damage, loss, personal injury or death is caused by the negligent acts or omissions of the Local Authority. Please note that no personal accident insurance cover is provided by the Local Authority for participants.”

Please return this form to school as soon as possible, even if you do not wish your child to take part. Thank you for your support.

Yours sincerely

Miss G L Kettle
Headteacher

LUBENHAM ALL SAINTS CE PRIMARY SCHOOL

“Bike for Life” – Year 6 Cycling Proficiency

Group 1 – Tuesday 29th September – Friday 2nd October (6 children)	Group 2 – Monday 5th – Thursday 8th October (10 Children)
Jack Clarke	Freddie Alderman
Lani Collins	Faye Chidley
Macy Munton	Tamsin Cleaver
Marcus Pridmore	Toni Hill
Harvey Shaw	Leo Ingram
Lily Wale	Paramjit Kareer
	Ruby McDermott
	Billy Martin
	Nate Mills
	Sophie Spence



LUBENHAM ALL SAINTS CE PRIMARY SCHOOL

“Bike for Life” – Year 6 Cycling Proficiency

Name of child: _____

Please select either Option 1 or Option 2:

Option 1: Please tick -

I have read the “Bike for Life” Important Notice and I give permission for my child to take part in the Cycling Proficiency Course, including going on roads around the school.

I will ensure that my child’s bicycle and equipment are in good condition and in school every day on the appropriate dates for their group:

Group 1 – Tuesday 29th September – Friday 2nd October 2015

Group 2 – Monday 5th – Thursday 8th October 2015

Option 2: Please tick -

I do not wish my child to participate in the Cycling Proficiency course.

Signed: _____ (parent/carer)

Date: _____

Please return to the office as soon as possible. Thankyou

Dear Parents.

At the start of each cyclist training session helmets, clothing and bikes have to be checked. So you know what these checks involve and have a chance to check them yourself before your child attend the sessions, I have detailed them below.



Regular Safety Checks - The 'M check'

- **Wheels** - Check quick release skewer is firmly closed or that axle nuts are fully tightened.
- **Tyre wear** - Check visually that tyres are not split or cracked and that there is tread remaining on the tyre
- **Tyre pressure** - Check that tyre is firmly inflated to the recommended pressure which can be found on the tyre side wall.
- **Brakes** – **MUST HAVE TWO INDEPENDENT WORKING BRAKES FITTED** one to the front wheel and one to the rear wheel. Check angle of levers and that they can be comfortably reached. Brakes should apply pressure at 1/3 to 1/2 of travel.
- **Brake blocks** - Check that blocks are correctly positioned and not worn beyond the wear indicators.
- **Brake cables** - Check that cables are not frayed or heavily corroded. The best way to check your front brake is to apply the brake and try to push your bike forward. Rear brakes: apply the brakes and try to move the bike backwards.
- **Handlebar stem alignment** - Hold front tyre between knees and turn gently to check that the handlebar stem is correctly aligned with the front wheel and tightened.
- **Handlebar alignment** - Check that handlebars are correctly aligned and secured by the stem.
- **Handle Bar Stem height** - Check visually that stem 'minimum insertion' marker is not visible above steering tube.
- **Gears and transmission** - Check that chain is lubricated, not heavily rusted and does not easily come off front chain wheel. Check that each gear selects positively.
- **Saddle** - Check that the 'minimum insertion' marker is not visible above the seat tube; check that the post is securely gripped in the frame. Try to rock saddle in different directions to check that it is fitted securely; check visually that saddle is straight and level.
- **Peripherals** - Check that all additional items such as lights, mudguards, racks and any brackets are firmly secured and do not foul moving parts.
- **Lights and Reflectors** – At night (during the hours of darkness) you must have a white light to the front and a red light to the rear, plus a red rear reflector and amber reflectors on pedals.

If you are in any doubt about checking your child's bike please take it to your local bike shop or get a mobile bike mechanic to visit.

NB. There may be a charge for these services.

Easy Steps For A Perfectly Fitted Helmet

It may take some time to ensure a proper fit. It is easier if you have someone help you adjust the straps.

Step 1
Size: Measure your head for approximate size. Try the helmet on to ensure it fits your head comfortably without rocking side to side. Sizing pads can be used to adjust the fit to different head shapes. Mix or match sizing pads for the best fit.



Step 2
Position: The helmet should sit level on the head so that the forehead is covered within two finger widths of the eyebrow.



Step 3
Buckles: Center the left buckle under the chin. On most helmets, the straps can be pulled from the back of the helmet to lengthen or shorten the chin straps. This task is easier if you take the helmet off to make these adjustments.



Step 4
Side straps: Adjust the slider on both straps to form a "V" shape under, and slightly in front of, the ears.



Step 5
Chin strap: Roll the rubber band towards the slider. Buckle up! Starting loose, while holding the buckle, pull the strap tight. No more than one or two fingers should fit under the strap.



Now, you are ready to go with a properly fitted helmet!

Step 6
This is an important step!
Does your helmet fit right? Open mouth wide. Big Yawn! The helmet should pull down on the head! If not, tighten the chin strap.
Does your helmet rock back more than two fingers above the eyebrows? If so, unbuckle, shorten the front strap by moving the slider forward. Buckle, relighten the chin strap, and test again!
Does your helmet rock forward into your eyes? If so, unbuckle, tighten the back strap by moving the slider back toward the ear. Buckle, relighten the chin strap, and test again!



Step 7
Roll the rubber band down to the buckle. All four straps must go through the rubber band and be close to the buckle to prevent the buckle from slipping!



rubber band next to the right buckle

Let helmets protect your brains!



Clothing:

Please ensure that trainees wear suitable clothing appropriate to the current weather conditions.

Trousers or leggings are best. No skirts or dresses.

Gloves (children's hands get cold cycling even in summer).

Suitable shoes no dolly or ballet shoes.

Water.

Sun tan lotion.

Should you have any questions or concerns I can be contacted via your child's school.

Road Safety Tutor

Leicestershire County Council