

Monday, 6 May 2019

Dear Parents / Caregivers,

Your child will be participating in the RideOn cycle skills programme run by Sport Tasman. This exciting programme is aimed at delivering best practice cycle skills training. Riding a bike is a life skill just like swimming. With the right learning and experience, your child is ready for a lifetime of getting around by bike.

Students will take part in both Grade 1 and 2 training, with trainees being assessed following the completion of each grade. Grade 1 is taught in a non-traffic environment to enable basic skills to be developed. Grade 2 builds on the skills of Grade 1 and is taught on low volume, single-lane roads. All trainees' skills will be assessed prior to training on the road, and full risk management procedures are followed to ensure the safety of all trainees.

Date of programme:

Year 9 students : 9am – 12.30pm, Monday 27th May and Tuesday 28th May.

Year 8 students : 9am – 12.30pm, Wednesday 29th May and Thursday 30th May

Year 6 Students : 9am – 12.30pm, Wednesday 5th June and Thursday 6th June.

Expected learning Outcomes:

Grade 1 / Off-Road	Grade 2 / On-Road
<p>Grade 1 trainees develop balance and bike control skills for:</p> <ul style="list-style-type: none"> • Starting/stopping and steering • Riding with one hand to signal • Looking all around (including behind) <p>They begin to build their knowledge of:</p> <ul style="list-style-type: none"> • What makes a safe bike and helmet. • Legal requirements for cycling on-road. • Bike control skills and observation techniques. 	<p>Grade 2 trainees:</p> <ul style="list-style-type: none"> • Refine their bike handling skills to be able to 'look, signal, look again, move' when making turns • Develop observation techniques and hazard awareness for cycling on-road <p>They gain knowledge of:</p> <ul style="list-style-type: none"> • Defensive cycling strategies • Basic road rules • How to cycle on the road, including the importance of cycling in the appropriate lane position (to 'see and be seen') and in a variety of simple traffic situations. • Positive road sharing behaviours and attitudes to other road users.

On both days your child will need:

- 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 wet weather)

There are a limited number of bikes and helmets available for loan at no cost, please let your teacher know if you need to borrow a bike.

Bike and Helmet Checks

All personal bikes and helmets need to be pre-checked so we can get straight into activities on the day. It also ensures children can participate safely and enjoy the experience. There are two options in getting your bike checked:

Option 1 – FREE Local Bike Shop Check: Use the attached voucher to redeem your FREE check. The bike shop mechanic will give your bike and helmet a check and tune so it is ready to go on the day. The bike shop will contact you first if there are any repairs needed, which will be at your expense. If repairs are not possible or cost too much, please let your teacher know you need to borrow a bike.

Option 2 - 'Bike and Helmet Home Checklist:' Use the attached sheet to help your child check their bike and helmet. Any repairs identified need to be fixed before the day or as above you can borrow a bike.



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I give permission for my child,
age, to take part in the cycling skills training programme. I understand that as part of Grade 2 training (for
Yr. 6 students and older only), training will take place on suitably selected low-traffic public roads. There may also be an
extension ride on off road tracks, cycle ways or shared paths.

Signed:

Relationship to child:

My Child needs to borrow a bike: Yes / No

My child is stable on a two wheeler: Yes / No (no experience needed for Grade 1 training)

Print name:

Telephone number: Date:

Any medical/ other issues:

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Please cut off and return this slip to your teacher as soon as possible