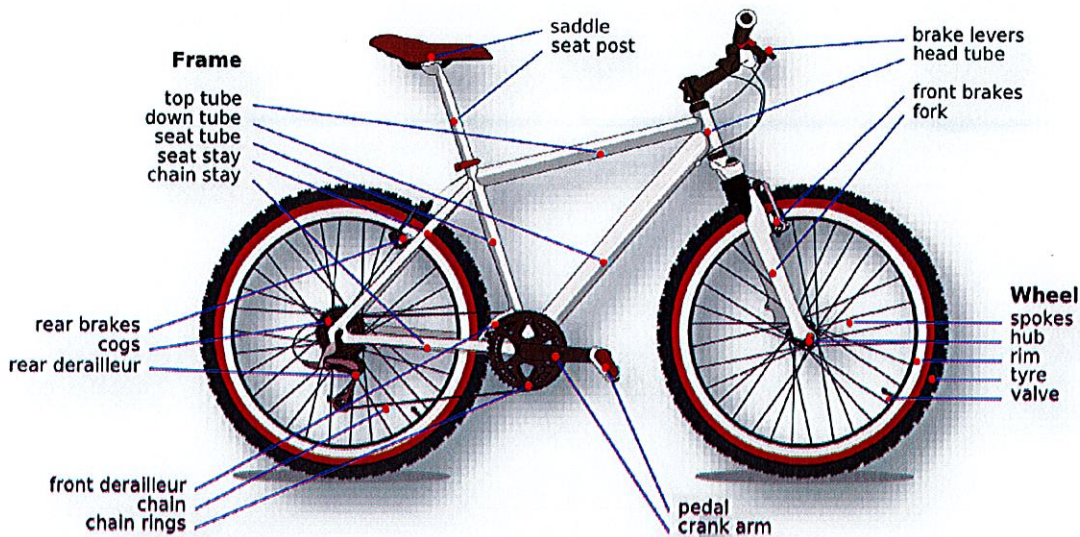


Please check your cycle and helmet a few days before the training



A quick cycle check:

1. Does your cycle have both a front and back brake?
2. Can the brakes stop you quickly when you pull the levers?
3. Is the saddle the right height? Your feet should be able to touch the ground when you are sitting on it, but don't have the saddle much lower than that.
4. Are the tyres pumped up?
5. Is anything loose or about to fall off? Include the saddle and forks when you check this.
6. Is the chain rusty? If it is, put some oil on it.
7. Can you spin the wheels around without them rubbing against the frame or brakes?
8. If your cycle has gears, do they work? If your cycle does not have gears, that's OK.

If you find a problem with your cycle, please get it fixed before coming on the Bikeability course, as our Instructors do not make repairs.

Adjust your cycle helmet

Step 1: Is your helmet the right size for your head?	
<p>Step 2: Wear your helmet so it's level</p> <p>Your helmet should sit level on your head - one or two finger-widths above your eyebrows. That way it helps to protect the front of your head should you fall off your cycle.</p>	
<p>Step 3: Adjust the side straps</p> <p>Adjust the slider on both straps to form a "V" shape under your ears. Lock the slider if possible.</p>	
<p>Step 4: Adjust the chin strap</p> <p>Buckle your chin strap. Tighten the strap until it is snug, so that no more than one or two of your fingers fit under the strap</p>	

IMPORTANT INFORMATION FOR PARENTS

PEDALS for Year 1 and Year 2 pupils.

A course for pupils using bikes, trikes, scooters or on foot.



This is an excellent opportunity for pupils to begin their road safety education, and sows the seeds for a safe future.

The aim of the course is to:

1. Learn how to start, travel along and stop.
2. Explain how wearing a tabard and helmet can improve safety.
3. Stop, look and listen before crossing the road in a simulated traffic environment in the playground.

The course is aimed at pupils who have:

- a bicycle **which they must be able to ride**, with or without stabilizers
- a tricycle
- a scooter

However pupils, who don't have one of the above, are most welcome to attend the course on foot.

The pupils will discuss and practice the following practical skills in the playground:

- Stopping – for a signal, as an instruction, to decide for yourself.
- Crossing the road – with an adult. How to cross the road safely including the dangers of playing near a road.
- Understanding the difference between pavement and road and using shared space with pedestrians – cycling, scooting and walking.
- Looking - Starting a journey safely by looking behind, and stopping safely.
- Understanding traffic lights - what the colours mean and how to use them safely.

Fun activities such as obstacle courses and games are used to reinforce what the instructors have talked about during the 1 hour session. Your child will receive a certificate of participation.

Instructors are accredited to the National Standard for Cycle Training, are trained in basic first aid and have DBS clearance.

Conditions

1. If a trainee's behaviour endangers the safety of themselves or others, they will not be able to continue the course.
2. A helmet will cushion a blow to the head within the limits of its design standard. We very strongly recommend that your child wears a helmet. Please also check to see if your school has rules about wearing helmets.
3. We will aim to continue training in most weather conditions, subject to keeping the trainees safe. Please make sure that your child is dressed appropriately for the conditions.