

# CYCLE SENSE

## A BIKE SAFETY PROGRAMME FOR NORTH CANTERBURY'S YEAR 6 STUDENTS

Dear Parents/Caregivers

Your child has the opportunity to participate in the NCSRT "Cycle Sense" education programme on the following dates...

Parental permission is required and a return slip is attached.

### Grade 1A Theory and practical

- Helmet fitting and clothing for cycling
- Cycle parts and maintenance
- Cycle and helmet safety check

### Grade 2D Practical on road training

- Right Turns – Into and out of T and Cross Intersections

### Grade 1B Practical

- Starting a journey (Kerb Ride Out)
- Finishing a journey (Stop and Dismount)
- Look behind skills (balanced and in a straight line)
- Left/right signal and turn (balanced and in a straight line)

### Grade 2E Practical on road training

- Group ride including Give Way signs, Stop signs, traffic signals and roundabouts, if available within school area.

### Grade 2A Theory and practical

- Give Way Rules, Traffic Lights, Road Signs
- Using gears and emergency stopping

### Important Notes

- Your child's cycle and helmet will be checked for safety before it can be used. If it is not safe or your child does not own one, Cycle Sense supplies 10 bikes & 15 helmets to use on the programme.
- Cycles and helmets are required for ALL sessions.
- Appropriate clothing and footwear must be worn.
- Progression to Grade 2 on road sessions is dependent on meeting the required standard of Grade 1 sessions.

### Grade 2B Practical on road training

- Correct on road riding position
- Riding past an intersection and parked cars

### Grade 2C Practical on road training

- Left Turns – Into and out of T and Cross Intersections



To The Principal,

I have read and understand the attached information about my child's participation in the Cycle Sense Programme.

I do/do not give permission for my child \_\_\_\_\_ to participate in the Cycle Safe Programme.

Name \_\_\_\_\_ Sign \_\_\_\_\_

Date        /        /