

20.3.2019

Dear Parents/Carers,

### Learn to Ride

As you may already be aware, Bikeability Training is currently offered to children at West Hill Primary School and is free of charge. A parent has approached us to ask if there would be an opportunity for a private session to help children learn to ride a bike.

We are happy to provide this if parents are interested. We have been in discussion with the Head Teacher at West Hill and are prepared to offer a 2 hour session on **May 13th** from **3.30pm – 5.30 pm** as an after school club.

It is possible that funded Learn to Ride training could be offered following the scheduled Bikeability training in July for Year 5 children, but this is not known at this stage.

Therefore, Learn to Ride training may be of interest for anyone wanting to support their child to pedal before the scheduled level 1 and 2 training, or who are not yet in Year 5. Learn to Ride sessions are suitable for children who are either not yet pedalling, unable to start off or can pedal around a metre but are unable to sustain.

The cost per child for a 2 hour session is £15 and to make this viable we would like a minimum of 4 children with a maximum of 6, from **Years 2 – 6**.

Your child would need to have a roadworthy bike and helmet which fits and is the right size. See attached guide.

We are National Standard Cycle Instructors, registered with Devon County Council and the Department of Transport and are currently working on Bikeability Programmes in Schools and with Adult Confidence sessions.

If you are interested please call us directly using the numbers below.

A consent form will be sent out to interested families nearer the time.

Ed Shaw and Stephanie Houghton

National Standard Instructors

*Stephanie Houghton: 07443570161*

*Ed Shaw: 07990720708*

## Bicycle and Helmet Fitting Guide



**Step 1: Size**  
Should fit snugly and not rock side to side.



**Step 2: Position**  
No more than two finger widths above eyebrows.



**Step 3: Straps**  
Should form a "V" under, and slightly in front, of ears.



**Step 4: Buckles**  
Center the buckles under chin and lock sliders.



**Step 5: Chin**  
No more than one or two fingers should fit under strap.

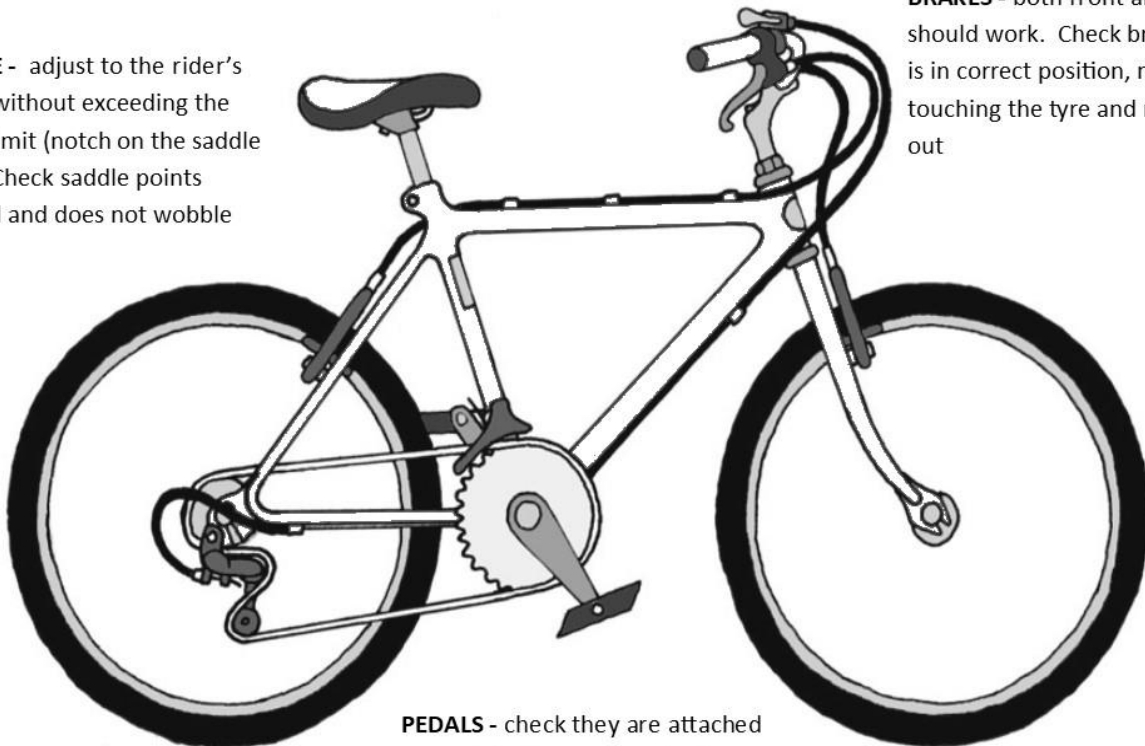
**BIKE SIZE** - rider should be able to reach the handlebars and touch the ground easily with toes of both feet

**HANDLEBARS** - check handlebars can't be twisted out of the line of the wheels and are straight. Bar ends must not be exposed

**CABLES** - check are not frayed, broken or loose

**SADDLE** - adjust to the rider's height without exceeding the safety limit (notch on the saddle post). Check saddle points forward and does not wobble

**BRAKES** - both front and back should work. Check brake block is in correct position, not touching the tyre and not worn out



**PEDALS** - check they are attached securely to the crank and spin freely

**CHAIN & GEARS** - check the chain is well oiled and not too tight/ loose. Check all the gears can be changed easily

**TYRES** - check firmly pumped up, no damage, punctures or excessive wear

**WHEELS** - check they spin freely and straight, no damage to spokes. Nuts and levers are securely tightened