



Your **Cycling** Connection

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Dear Parent or Guardian,

Your child will be participating in a 4 or 5-unit Safe Cycling program in school. HUB Cycling, a regional non-profit organization, is very pleased to be offering this program and hope that it will not only be an active and enjoyable session, but will provide your child with the skills to bike to school and around the neighbourhood safely. The program instructors are Bike Right certified and are highly trained to teach fun and safe cycling. Learn more about this program by visiting www.bikehub.ca/ridetheroad

The program includes the following lessons: learning about the bicycle, its parts and how to maintain it; proper helmet use; key traffic laws and how to stay safe on a bike; school-ground practice of bike handling and traffic safety; a supported group bike ride around the school's neighbourhood.

What to BRING & WEAR on: **day 2, day 3 & day 5 (day 2 & 4 of 4-day program)**

(Remaining sessions will be inside)

- Bike*
- Water Bottle
- Rain gear & warm clothing, and gloves as (we bike rain or shine.)
- Helmet*



**HUB will bring some bikes and helmets in case your child needs to borrow one.*

In advance of the sessions:

- Please ensure that your child's bike is ready to use. Check the brakes and adjust the seat height. If possible, lubricate the chain and all moving parts and add some air in the tires.
- Check that your child's helmet fits. Adjust the straps so you can slide two fingers under the chin when it's done up. (see the illustration above) Remember the helmet goes across the forehead, not tilted back on the head.

HUB Cycling also has adapted bikes for students with disabilities for their on-bike sessions at the school. Please speak to your classroom teacher to request a bike for your child.

Some degree of risk is inherent in cycling safety activities. ***Please sign the permission form if your school requires one***, and return it to your child's classroom teacher before the on-bike session. If you are concerned about your child's participation or would not like them to take part, please contact their classroom teacher.

Sincerely,

Lisa Corriveau, Mónica Perea, & Stuart Lew
Bike Education Program Coordinators, **HUB Cycling**