

# Bike It

## Get off your Stabilisers sessions

Learn to cycle with out your stabilisers for complete beginners

Dear Parent/Carer,

As part of the Sustrans Bike It project in York, we are organising a 'learn to ride without your stabilisers day'. The 'Get off Stabilisers' sessions will take place on the school playground during the school day. The sessions will be supervised by Erin Gray, your Bike It Officer.

**Date:** Friday 14<sup>th</sup> October 2016  
**Time:** 9.00-10.10am OR 10.35-11.45am OR 1.10-2.20pm  
**Who:** Reception to Year 2 pupils  
A parent guardian must be present to participate in the session  
**Where:** On the playground at St. Barnabas Primary School

### Essential Information

These sessions are designed for children who are complete beginners and are unable to cycle without stabilisers. During the session the pedals will be removed from the bike and the height of the saddle maybe adjusted. In order to give the children as much learning to ride time as possible **it is important that the stabilisers are removed before you bring the bike to school.**

Your child will need:

- a bike which is small enough for their feet to touch the ground easily
- a cycle helmet and comfortable, close fitting clothes
- a coat and gloves/suncream (the session will be outside)
- a big smile!

The bike must be in good condition as there will not be any time for maintenance. **Please ensure that the tyres are pumped up, the brakes are working and the saddle can be easily adjusted in height and that the pedals can be removed.** If you lock the bike in the bike shed in the morning please ensure your child/school office has a key. The session may need to be cancelled in adverse weather conditions.

Places are limited and will be allocated on a first come first served basis. You will be contacted to confirm your time. We'll aim to provide your chosen timeslot but cannot guarantee this due to demand.

Erin Gray, Sustrans Bike It Officer, York. Email: erin.gray@sustrans.org.uk

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**St. Barnabas Primary School – Friday 14<sup>th</sup> October 2016**

*Please return this slip to the school office by Wednesday 12<sup>th</sup> October if you wish your child to take part.*

Name of your child: \_\_\_\_\_ Class: \_\_\_\_\_ Parent contact no: \_\_\_\_\_

**I would like my child to take part in a 'Get off Stabilisers' session. My child cannot cycle without stabilisers at the moment. I have read and understand all of the essential information listed above and agree a parent/guardian will be present on the day.**

We would like to attend the following session: (Please number in order of preference, e.g. First choice = 1, Second choice = 2, Third choice = 3)

9.00-10.10am	
10.35-11.45am	
1.10-2.20pm	

Signed: \_\_\_\_\_ Parent/Guardian Date: \_\_\_\_\_