

Get off your stabilisers sessions

Learn to cycle without stabilisers - for complete beginners

Dear Parent/Carer,

25th September 2018

As part of the Sustrans Travel2School project in York, we are organising a 'learn to ride without your stabilisers day'. The 'Get off your stabilisers' sessions will take place on the school playground during the school day. The sessions will be supervised by Erin Gray, Sustrans Active Travel officer.

Date: Wednesday 10th October 2018
Time: 9.10-10.10am OR 10.45-11.45am OR 1.10-2.10pm
Who: Pupils in Reception, Year 1 or Year 2
Where: A parent/guardian must also be present to participate in the session
On the playground at St Barnabas CE Primary School

Essential Information

These sessions are designed for children who are 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 the session.**

Your child will need:

- a bike in good condition – ensure tyres are pumped up, both brakes are working, the saddle can be easily adjusted in height and that the pedals can be easily removed
- the seat adjusted so they can easily get their feet flat to the ground
- a cycle helmet and comfortable, close fitting clothes (uniform is fine)
- a coat and gloves/suncream (the session will be outside)
- a big smile!

If you lock the bike in the bike shed in the morning please ensure your child/class teacher 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 Active Travel officer, York. Email: erin.gray@sustrans.org.uk

St Barnabas CE Primary School - Get off your stabilisers.
Wednesday 10th October

Please return this slip to the school office by no later than FRIDAY 5th 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 your 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, etc.)

Weds 10 th Oct 9.10-10.10am	
Weds 10 th Oct 10.45-11.45am	
Weds 10 th Oct 1.10-2.10pm	

Signed: _____ Parent/Guardian Date: _____