



WEST SUSSEX COUNTY COUNCIL

## SUMMERLEA C.P. SCHOOL



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*'Growing thoughtful learners and independent thinkers'*

Monday 15<sup>th</sup> January 2024

### Bikeability – W/C 19<sup>th</sup> February 2024

Dear Year 6 Parents/Carers,

We are keen to encourage as many pupils and parents as possible to cycle to school. As well as the health benefits, cycling to school with your child would help to reduce congestion in the local area, especially during the school run.

During the week commencing **19<sup>th</sup> February**, Year 6 have the opportunity to complete their Level 1 and Level 2 'Bikeability' training. The course enables children to be 'safe cyclists' and understand the rules of the road by giving the children the skills and confidence to cycle in different traffic conditions, teaching road sense and bicycle maintenance. More information can be found at: [www.bikeability.org.uk](http://www.bikeability.org.uk).

In order, to participate in Bikeability, you child will require a helmet and a working bike and to cycle without stabilisers. Accompanying this letter, is the 'M-check' detailing a 'road-worthy' bike. Participating children will not need to wear school uniform on their training day/s. Instead, children will need to wear comfortable and weather-appropriate clothing each day, including a waterproof jacket.

This letter is an expression of interest and we hope that many of your children will be want to take part in Bikeability this year. This year, due to increasing budget restraints, a £10 fee is required for your child to take part. This will be payable by ParentPay. As a school, we are pleased to let you know we are able to subsidise the remaining £10 per child.

**Please complete and return the attached form Friday 19<sup>th</sup> January.**

If you have any concerns or questions, please feel free to ask your child's class teacher.

Thank you for your continued support.

Kind Regards,

Mrs Radley & Miss Gilmour

Child's name: \_\_\_\_\_

Child's Class: \_\_\_\_\_

I wish for my child to take part in Bikeability. I understand that a fee of £10 is required, and agree to make this payment via ParentPay by Friday 1<sup>st</sup> February 2024.

Signed \_\_\_\_\_



# 'M' Check

Before setting out on any journey, it is important to check your bike, to make sure that it is safe and in good condition. The following should be checked before you ride:



## 1 Front wheel/tyre:

- › Check the wheel spins freely without rubbing against the forks or brakes.
- › Check the quick release levers or wheel nuts are fully tightened.
- › Check the tyres are not worn and there are no bald patches.
- › Ensure the tyres are pumped up hard.
- › Check the inner tube valve is straight.
- › Ensure there are no loose or broken spokes.

## 2 Front brake:

- › Look at the brake blocks; they should grip the side of the wheel rim exactly when the brake levers are applied.
- › If the brake blocks are worn down they should be replaced.

- › Check the cables are not frayed.
- › Ensure that you can operate the brake levers easily.

## 3 Headset and handlebars:

- › Make sure the handlebars do not turn independently of the front wheel.
- › If the handlebars have been raised ensure that they are not raised past the 'limit mark'.
- › Ensure handlebars are clamped firmly in the stem.
- › The handlebars should be aligned with the front wheel.
- › Ensure that the end plugs are inserted in the end of the handlebars.

## 4 Frame and forks:

- › Check for damage on the frame and forks.
- › Look for cracks and rust.

## 5 Bottom bracket cranks, pedals and chain:

- › Ensure the bearings are not loose or seized on the bottom bracket.
- › Make sure the cranks are not loose on the bottom bracket.
- › Inspect the chain ring for damage.
- › Pedals should not be damaged, check for loose or seized bearings.
- › Ensure chain is oiled and not too loose or too tight.

## 6 Front gears:

- › Ensure the front derailleur works correctly and the gears change smoothly.

## 7 Saddle:

- › Ensure the saddle is at the correct height (you should be able to touch the ground with both feet at the same time.)

- › Ensure the saddle is fitted correctly and at the correct angle.

- › Make sure the saddle is not raised past the 'limit mark' and is securely clamped.

## 8 Rear brakes:

- › Four checks as per front brake (see 2).

## 9 Rear brakes:

- › Six checks as per front wheel (see 1).

## 10 Rear gears:

- › Ensure the rear derailleur works correctly and the gears change smoothly.

⚠ Check for and fix any unsafe accessories – mudguards, racks, reflectors, locks, chain guards etc.

⚠ Please note that it is the responsibility of parents/guardians to ensure that bikes are checked and roadworthy before the start of the course.

