

Cycle Skills Training programme

Dear parent/caregiver,

West Park School has agreed to participate in the Pedal Ready cycle skills training programme. The programme is aimed at delivering best practice cycle skills training.

The training will take place September 7th – 16th.

Your child will complete a short Grade 1 refresher and will then move on to Grade 2 training if they are ready.

The expected outcomes for the grades are:

Grade 1	Grade 2
<p>Grade 1 trainees develop balance and bike control skills for:</p> <ul style="list-style-type: none"> starting/stopping and steering riding with one hand to signal looking all around (including behind). <p>They begin to build their knowledge of:</p> <ul style="list-style-type: none"> what makes a safe bike and helmet the legal requirements for cycling on-road bike control skills and observation techniques. 	<p>Grade 2 trainees refine their bike handling skills to: be able to 'look, signal, look again, move' when making turns, and develop observation techniques and hazard awareness for cycling on the road.</p> <p>They build their knowledge of:</p> <ul style="list-style-type: none"> defensive cycling strategies basic road rules how to cycle on the road, including the importance of cycling in the appropriate lane position (to 'see and be seen') and in a variety of simple traffic situations.

Your child will need:

- a bike in good working order (available at school or can be brought from home)
- a standards-approved helmet that fits well (available at school or can be brought from home)
- closed toe shoes
- to be able to ride a bike **(please let the school know if your child is a complete beginner)**

Thank you for your support of cycle skills training. Please fill out the consent form on the [back of this page](#) and [return it to your child's classroom teacher](#). If you have any questions, please contact info@pedalready.org.nz

Cycle skills Training Consent Form

Please complete this consent form and return to [West Park School](#) by [Friday 4 September 2020](#).

Name of child:

Child's date of birth:

I give permission for my child named above to take part in the cycling skills training programme as outlined on the back of this page. I understand that as part of Grade 2 training, training will take place on suitably selected low-traffic public roads. There may also be an extension ride on off-road tracks, cycle ways or shared paths.

Please indicate if your child has any medical conditions or other needs that the course instructor needs to be aware of:

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Signed:

Relationship to child:

Print name:

Date:

ACC and Waka Kotahi NZ Transport Agency provide a subsidised national cycling education system called BikeReady, providing training for bike riders. By having better-trained riders, it is believed they will have fewer and less severe injuries.

To understand more about how successful the training is at reducing injuries, ACC would like to track future cycle injuries of as many participants as possible. This will be done by matching your child's name and date of birth to ACC bike injury claims. All responses will be confidential, and results grouped so that individual responses cannot be identified. Taking part will not affect any current or future ACC claims. You are able to withdraw your consent at any time.

For more information about this research visit www.bikeready.govt.nz/accresearch or contact Nicola Wilson at Nicola.Wilson@acc.co.nz.

If you **don't wish** to have your child's information used in this way, please tick the box below.

I DO NOT want my child's information being used to track the effectiveness of this programme.