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Primary 6 Bikeability 1 & 2

Dear Parent/Carer,

As we begin to prepare for our annual Bikeability 1 & 2 Programme starting in June, we have organised dates, times and information to share with you in advance. The Bikeability programme enables our pupils the opportunity to develop safe and confident bike skills which support them in use of their bikes on roads.

In advance of this we ask that your child's bike is properly checked and roadworthy. However, should you need us to do this for you, we can check your child's bike but we are unable to do any repairs. If your child's bike requires any adjustments or repairs, you will receive a note regarding this. We have included with this letter further information on how to do this yourself and also how to fit a helmet correctly.

For all our Bikeability lessons please provide a padlock for your child's bike to be used during the school day. Children will also need alternative suitable clothing to change into for safety and an appropriately fitted helmet to wear. We would also appreciate our children pushing their bikes when in the school playground as this is for the safety of others at school.

Children can bring in their bikes on the dates below and one of our staff will check your child's bike over for you. **Please let the school office know if your child will be unable to bring a bike to school to use and we can then organise a loan of one of our bikes.**

Class	Session	Dates	Timings
P6a	Bike check date Thursday 12 May 2022 please bring in your bike		
P6a Bikeability 1	1	Wed 25.5.22	9.15-10.15am then 11.15-12.15pm in the playground
P6a Bikeability 2	2	Wed 1.6.22	9.15 – 12.15 on the local area roads –see map
P6a Bikeability 2	3	Wed 8.6.22	9.15 – 12.15 on the local area roads –see map

Class	Session	Dates	Timings
P6b	Bike check date Friday 13 th May please bring in your bike		
P6b Bikeability 1	1	Thursday 26.5.22	9.15-10.15am then 11.15-12.15pm in the playground
P6b Bikeability 2	2	Tuesday 31.5.22	9.15 – 12.15 on the local area roads –see map
P6b Bikeability 2	3	Thursday 9.6.22	9.15 – 12.15 on the local area roads –see map

During on road lessons (Bikeability 2), the children will use the local area. We will walk the children with their bikes to a safe and quiet area to do this. We will walk the children across Fenwick Road with helpers, to then walk up to Hathaway Drive. We will also use Church Road. A map of the area used is included so you can see where we will be practising. We have also organised a risk assessment and additional helpers to ensure that this activity is fully supported.

Bike Helmet Clothing Check Form
For Delivery of Bikeability Levels 1 and 2 to Schools during COVID-19
Version 3 18.03.2021

The following basic checks of the bike, helmet and clothing should be carried out by parents/ guardians in advance of the day of the Bikeability session, to help ensure that the equipment is safe to use.

Please click here for a video explaining a simple bike check (or paste into your toolbar):
<https://www.bing.com/videos/search?q=cycling+scotland+m-check+video&docid=608016685308511280&mid=AD9F6C669111D1FA617CAD9F6C669111D1FA617C&view=detail&FORM=VIRE&adlt=strict>

Please note that at the start of **every** Bikeability session, each child will have to successfully undertake a Bike M check (see below) and must fit and check their own clothing and helmet, with support from the Cycle Trained Assistant (“CTA”)/ Bikeability Scotland Instructor (“BSI”), in order to take part in a session.

If a CTA/BSI (for Level 1) or an ERC Cycle Trainer (for Level 2) decides there is a safety issue with a child’s helmet or bike which renders it unsafe to be used on the day of the session, then the child cannot take part in that session. In that event, weather permitting, the child concerned can watch the session, from a 2m distance for the entire activity.

Bike and Helmet Checks

Helmets are mandatory for all riders when participating in Bikeability Scotland Level 1 and 2. By completing the following basic checks of your cycles and helmets, you will ensure that the equipment is safe to use. Please ensure you have checked your child’s helmets/bikes as detailed below - if they are deemed not safe by the CTA/BSI (for Level 1) or the ERC Cycle Trainer (for Level 2) then they cannot be used in the session.

Please see below a list of local bike repair centres in East Renfrewshire, for information:-
Fox Cycles 37 Kingston Avenue, Neilston G78 3JD 07761 021083; **Barrhead Melo Velo** The Barrhead Centre, 8 Carlibar Road, Barrhead, G78 1AA 0141 577 8506 ; **Veloworld** Young Enterprise Scotland, Rouken Glen Park, Giffnock, G46 7JN 07842 474879 ;
Clarkston Cycles 681 Clarkston Rd, Netherlee, G44 3SE 0141 633 1152

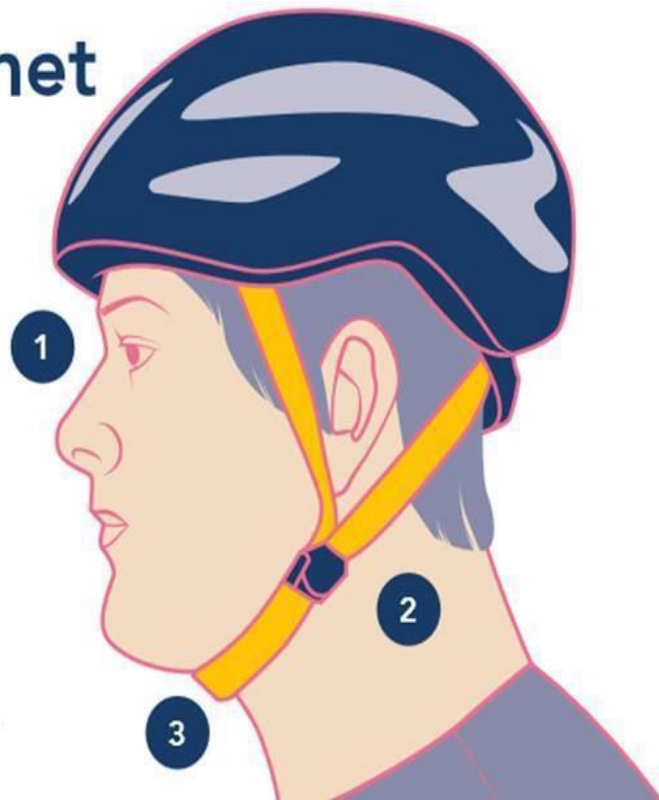
Clothing Check

Your child should dress appropriately for Bikeability sessions and depending on the weather – for example a waterproof jacket if rain is forecast. Trainers on their feet and leggings/jogging trousers would be appropriate as are a pair of gloves. If required, sunscreen should be applied before the session begins.

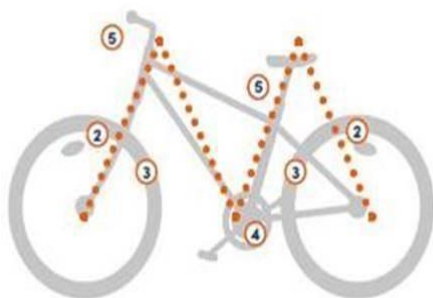
Fitting a helmet

When you shake your head from side to side, a correctly fitted helmet will stay in place.

- 1 Place level just above the eyebrows
- 2 Side straps meet below the ear to form a Y shape
- 3 Less than two fingers space between your chin and strap



- **Is your child's bike suitable for training?** Ensure the bike is a comfortable fit for your child and is safe to cycle. **Check the following:**
 1. Your child should be able to touch the ground with both feet when sitting on the saddle.
 2. The bike must have two brakes and both must stop the bike when you push it forwards and backwards.
 3. The tyres are pumped up and free of rips and bulges.
 4. The chain moves smoothly and has been lubricated.
 5. The saddle & handlebars are at the correct height and are tight.
 6. The bar ends are plugged.
 7. If you are unsure, you can take it to a local bike shop to be checked.



The M check

- Start with the front wheel.
- Move up to the handlebars.
- Move down to the pedals and chainset.
- Move up to the saddle and seatpost.
- Move down to the rear wheel.

Important - ensure there is air in the tyres, brakes are working and the chain is oiled.

Helmet Check

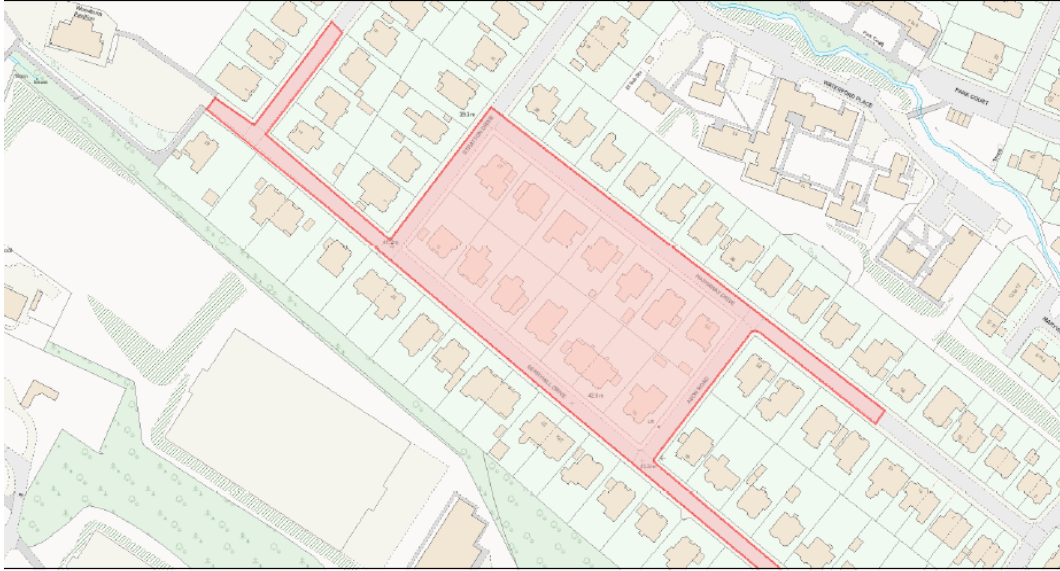
The current British Standard for helmets is BS EN 1078. If you find any helmets with a Snell Foundation B-90 (or higher) sticker in them, that's a substantially stronger standard. Note: there is no law specifically prohibiting the sale of helmets that don't conform to any standard. Please note, full head helmets which cover the face and ears are not permitted for these sessions.

Is the helmet free from any visible damage (inside and out)? Y/N

Does the helmet circumference fit the rider's head? Y/N

Does the helmet cover the forehead and is it level? Y/N

Does the chin strap buckle work properly? Y/N



September 21, 2018

1:1,250

Giffnock Primary Church Road Huntly Avenue RA/PTB2/010

