



Dear Parent or Guardian,

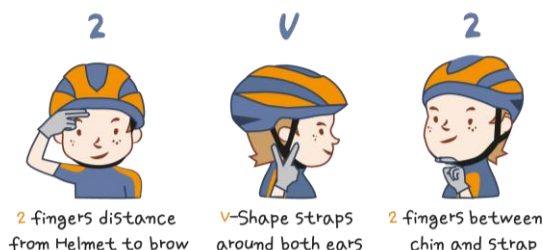
Your child will be participating in a 2-session Safe Cycling program in school. Kootenay Mountain Biking on behalf of HUB Cycling is very pleased to be offering this program and hope that it will not only be an active and enjoyable session, but will provide your child with the skills to bike to school and around the neighbourhood safely. The program instructors are Bike Right certified and are highly trained to teach fun and safe cycling. See the program in action in our video here: <http://bit.ly/HUBlearn2ride>, and by visiting www.bikehub.ca/learn2ride

The program includes the following lessons: learning about the bicycle, its parts and how to maintain it; proper helmet use; key traffic laws and how to stay safe on a bike; school-ground practice of bike handling and traffic safety.

Dates: Friday, October 3 (in-class & on-bike):

WHAT TO BRING and WEAR on October 3 :

- ☐ Bike
- ☐ Water Bottle
- ☐ Rain gear & warm clothing, and gloves (rain or shine event!)
- ☐ Helmet (see photo)



In advance of the on-bike sessions:

- Please ensure that your child's bike is ready to use. Check the brakes and adjust the seat height. If possible, lubricate the chain and all moving parts and add some air in the tires.
- Take a good look at the helmet. Adjust the straps so you can slide a couple of stacked fingers under the chin when it's done up. Remember the helmet goes across the forehead, not tilted back on the head.

HUB Cycling also has an adapted bike program that allows students with special needs to request an adapted bike for their on-bike sessions at the school. Please speak to your classroom teacher to request a bike for your child.

Some degree of risk is inherent in cycling safety activities. **By reading this letter you are agreeing to allow your child to participate in this program.** If you are concerned about your child's participation or would not like them to take part, please contact their classroom teacher.

Sincerely,

Nicole Briggs