

6 June 2023

Dear Parent / Carer

Sustrans are offering the opportunity for children between 8 and 11 years old to take part in **National Standard Cycle Training – Level 1**. A free training session will take place on **Wednesday 21st June 2023, 6pm to 8pm in Conway Square, Newtownards** as part of the **Ards Cycling Club Criterium event**.

The training is aimed at your child gaining skills and confidence which helps to prepare them to ride their bikes for short journeys. Level 1 training takes place in a traffic free area.

What your child will learn:

- Clothing for cycling and helmet fitting
- A basic bike check before starting any journey
- Starting and pedalling
- Stopping with control
- Manoeuvring
- Looking around
- Signalling
- Using gears

What your child will need:

- They must already be able to ride a bike
- A bike with tyres pumped up, chain oiled and **both brakes working**
- A helmet; if your child won't be wearing one, please tick that box on the consent form.
- Suitable clothing for weather conditions
- Any medication needed (e.g. inhaler or EpiPen).
- A drink and snack

How to take part:

A consent form is to be completed to register for the session at the Ards Art Centre (Old Town Hall), Conway Square. There are limited number of places for the session (16) so they will be allocated on a first come basis from 5.15pm on Wednesday 21st June 2023.

Sustrans reserves the right to terminate training if there is a perceived risk to the safety of an individual or the group.

Personal data collected in the consent form will only be used by Sustrans for relevant purposes and to assist in the training being delivered in the safest manner. It will not be shared with any third parties and will be destroyed when no longer required.

We hope you are able to avail of the training session.

Sustrans.

How to prepare for the session – Checklist

What to Bring:

Bike – We recommend doing a bike safety check to ensure things like the **tyres are pumped** and **brakes working**. Watch our 'M-Check' video on the Sustrans YouTube channel to see how or use the handy guide below!

Weather appropriate clothing

Medication if required (E.g. Inhaler)

Helmet – if wearing one please check to ensure it fits well, adjusting straps at home beforehand if necessary.



Bike Fit - Please check that your child can sit comfortably on the saddle and that they can place their feet on the ground for stability. Saddle height should be adjusted if the child is on their tip-toes or if the saddle is too low.

Safety Check your bike! You'll see in the guide below that the various parts of the bike can be checked following the shape of an 'M', starting and finishing in the middle of the wheels. Please take some time to check over your child's bike with them and ensure that any problems you spot are fixed before the session. In the instance where a bike is not fit for purpose due to condition or fitting, the participant may not be able to participate.

