

11.10.2018

Inspiring all to learn and grow 

Dear Parent/Carer

## Ditch your stabilisers with Sustrans Bike It Plus

As part of your school's involvement with the Sustrans Bike It Plus project, we would like to arrange a playground based 'Ditch your stabilisers' session. If your child **cannot** cycle without stabilisers please read the following letter and let us know if they would like to take part with the form below. We will arrange dates once we know how many are interested.

The session is designed to guide a child who is completely unable to cycle without stabilisers.

### **ESSENTIAL INFORMATION – Your child may not be able to take part if the instructions below are not followed.**

- You will need a bike that is small enough for both of your child's feet **to easily touch the ground at the same time.**
- The bike must be in good condition with fully working controls.
- Please **remove** the stabilisers **before** bringing the bike to school.
- If you want your child to wear a cycle helmet you need to provide one. Make sure it fits squarely on their head **without wobbling** and covers their forehead. It is the parent/guardians decision as to whether a helmet is used or not.
- Your child should wear long trousers, or have these available to change into for the session.

Jonathan Dixon  
Sustrans Bike It Officer for Dorset  
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*Please return this slip to your class teacher if you wish your child to take part. Thank you.*

Name of your child: \_\_\_\_\_ Class: \_\_\_\_\_

**I give permission for my child to take part in the 'Ditch your stabilisers' session. My child cannot cycle without stabilisers at the moment.**

**Date:** \_\_\_\_\_

Signed: \_\_\_\_\_

- I understand all of the essential information listed above