

## Ditch the Stabilisers – Moneynick PS

Mon 24<sup>th</sup> Feb



Dear Parent/Carer

Has your child got a bike but not quite mastered riding it without the stabilisers yet? We could help!

As part of our involvement in the *Sustrans* Active School Travel programme we will be offering 'Ditch the stabilisers' sessions. These sessions will be led by Johnny McCrystal, our Sustrans Active Travel Officer.

For your child to take part we'd ask that 1 parent/carer attend the session to help with their learning. Plus, if they master it on the day, we're sure you'll be glad to be there to see them cycle for the first time! Places are limited per session and the school will confirm which time slot to come along to.

### **What to bring:**

A road-worthy bike (working brakes, tyres pumped etc). **\*Important - Please REMOVE both pedals before the day** as the first part of the session will be focussed on balance. The removal of pedals essentially turns the child's bike into a 'balance bike'. Pedals will be put back on the bike at a later stage in the session so please bring these with you\* [Details of how remove pedals overleaf.](#)

Weather appropriate clothing

Medication if required (E.g. Inhaler)

Suitable footwear – for both yourself and your child as it's a very active session, even for the adults! 😊

Helmet (If you do not want your Dependant to wear a cycle helmet, **please tick this box** )

Child's Name \_\_\_\_\_

Please tick suitable time:      9:15- 10:15 am \_\_\_\_\_      11am - 12 noon \_\_\_\_\_

### **Medical Conditions and other issues**

Medical Issue: \_\_\_\_\_

Instructor to be aware of: \_\_\_\_\_

Learning Support Needs: \_\_\_\_\_

Instructor to be aware of: \_\_\_\_\_

*Sustrans may take photographs of the cycle training to be used to promote the Active School Travel Programme. By ticking the box below, you agree that Sustrans may have unrestricted use of photographs taken for its own publications, website and presentations. Sustrans may also supply photographs to local and national newspapers and magazines, and to relevant funding authorities. Photographs will be supplied only in support of articles which promote Sustrans' aims and concerns. In addition, Sustrans may wish to use photographs on our own social media channels (specifically Facebook and Twitter).*

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Please tick here to grant permission for Sustrans to use photographs as outlined above:

I give consent for the above child to take part

Parent or Guardian Signature: \_\_\_\_\_

Parent or Guardian Name: \_\_\_\_\_

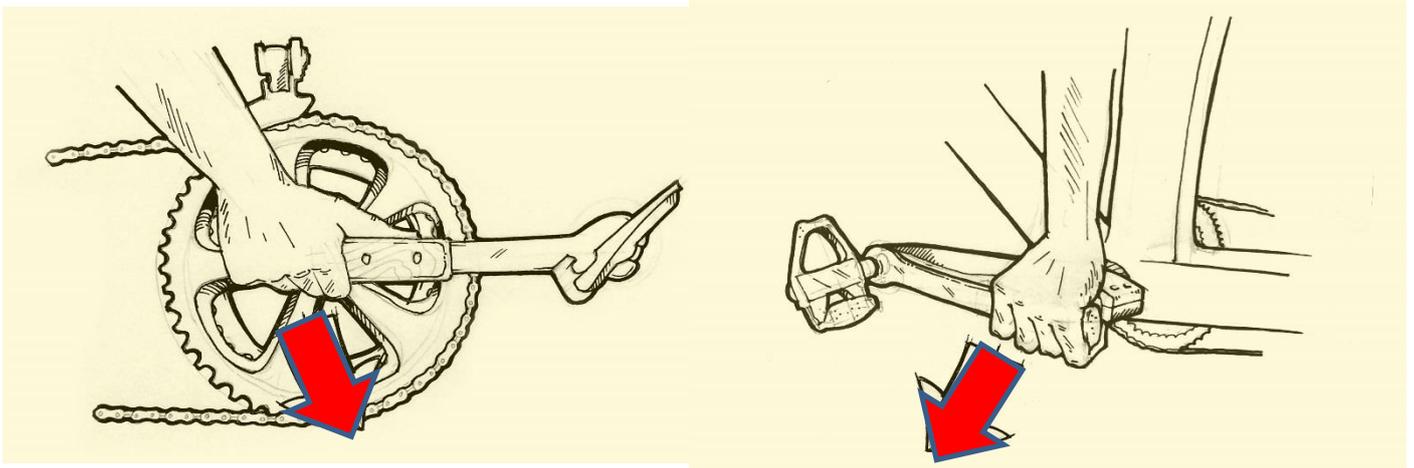
Date: \_\_\_\_\_

## How to Prepare for the Day

### Removal of pedals

Right side

Left side



- Tools required - 15mm spanner

- If the pedals are a little tight or have got rusty, adding some light oil should help to ease them off.

- Please do not remove the entire crank arm, just the pedals.

**\*Please be sure to bring both pedals with you as we'll need these for a later stage of the session\***

**\* Stabilisers should also be removed \***

### Bike fit

**First Bike GOOD Fit**



**First Bike BAD Fit**



Please check that your child can put both feet fully on the ground. If they are on their tip-toes, please adjust the saddle height so they can. Having their feet flat on the ground will ensure children feel safe and stable during the early stages of cycling without their stabilisers.