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## Sustrans I Bike Bikeability Training

Dear Parent or Guardian,

Sustrans I Bike project is providing Bikeability sessions for students at Abernethy Primary School – level 1 (playground based bike skills) will take place on 20<sup>th</sup> and 21<sup>st</sup> September for both P6/7 classes and from then on, P6/7S will do level 2 on 22<sup>nd</sup>, 23<sup>rd</sup> and 24<sup>th</sup> September while P6/7H will do theirs on the 4<sup>th</sup>, 6<sup>th</sup> and 7<sup>th</sup> October.

During these sessions pupils will play fun playground bike games to help improve their bike handling skills, balance and coordination. We shall also cover helmet safety and how to 'M check' your bike to ensure it is safe to ride before learning how to safely ride on the road.

We recommend that **pupils bring in their own bike to school for these sessions.** However, if pupils do not have a bike of their own they will be able to borrow one from I Bike Perth- please fill out the form below to indicate that you would like to borrow a bike.

All pupils will be required to wear a helmet in order to take part in the bike skills sessions. Again, if your child does not have one of their own there will be an opportunity to borrow one. Again, please fill out the form below to indicate that you would like to borrow a helmet.

Please make sure your child's bike is in working order (i.e. tyres pumped up and 2 working brakes). We recommend that all pupils cycling to school **wear a helmet** and bring a suitable lock to secure bikes at school.

Yours Sincerely, Ali Arnott I Bike Officer Perth and Kinross

I Bike is run by Sustrans and supported by Perth and Kinross Council to encourage and support active travel.

Class:		
	to borrow a bike	
My Child will nee	ed to borrow a helmet	
Parent's or guar	dian's signature:	

