



Your Cycling Connection

Dear Parent,

Your child will be participating in a 5-unit Safe Cycling program in school. 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. See a video of the program here: <http://bit.ly/HUBlearn2ride>, and learn more at www.bikehub.ca/bike-to-school/learn2ride. If your child is a new rider, [this video](#) may be helpful to view before the session.

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: _____ (in-class) and

_____ (on-bike)



WHAT TO BRING and WEAR for *on-bike days*

- ☐ Bike*
- ☐ Water Bottle
- ☐ Rain gear & warm clothing, and gloves if the weather is cool (we bike rain or shine!)
- ☐ Helmet*

**We will bring some bikes and helmets in case your child needs to borrow one.*

In advance of the 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.
- Check that your child's helmet fits. Adjust the straps so you can slide two fingers under the chin when it's done up. (see the illustration above) Remember the helmet goes across the forehead, not tilted back on the head.

HUB Cycling has adapted bikes for students with disabilities for their on-bike sessions at the school. Please speak to your classroom teacher to request a bike for your child. HUB also has English Language Learning worksheets and videos on our website here: bikehub.ca/ELL

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,

PS. **AFTER** your child has completed Learn2Ride, use this QR code to complete a short online survey. You will then be entered into a draw for a \$100 gift card.



Guide for New Riders

Intro

This guide outlines the steps to get a New Rider balancing, pedalling, and steering in 7 steps. Remember: Only move on to the next step when you and the learner feel ready!. You can also take a look at our video for more details at: <https://bikehub.ca/new-riders-recources>

1 Teaching Mindset



Action plan

- Introduce yourself, you can mention your first time learning something.
- Ask the learner what they hope to achieve and what they are nervous about.
- Set realistic expectations. They may not learn to ride by the end of one session but they will make progress.

Your role as a guide

- Share knowledge
- Instill confidence
- Remain patient



2 Location

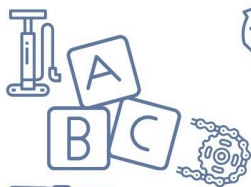
Try to meet as many conditions as possible, but it is fine if you can't meet them all. Use what you have, but always ensure safety.

Ideal

- Calm
- Spacious
- Minimal traffic
- A smooth, paved surface
- On a gentle slope



3 Equipment



Action plan

- Help students to get a bike and a helmet in the appropriate size.
- Adjust the saddle so the students can put their feet flat on the ground when seated.
- Do the 2V2 and ABC quick checks.
- *Optional:* use a balance bike or remove the pedals.



4

Control



Have the students grasp the handlebars and lean the bike side to side, walk with it, and turn it around.

Brake Squeeze Game

Walk beside the bike, fingers on brake levers. Squeeze the brakes to slow down. How far do you squeeze to come to a full stop?



Have the students mount and dismount several times while pressing the brakes.

Keeping fingers on the brakes trains your brain that the hands stop the bike, not the feet. Squeezing the brakes helps to avoid slamming.

5

Balancing



Keep eyes up

looking forward

Avoid looking down

Have students gently release the brakes, and push themselves along with both feet at the same time (like a frog-hop), keeping their weight on the saddle.



Challenge them to keep their feet up between hops for as long as they can.

Invite students to use the brakes when:

- Mounting and dismounting.
- Gaining speed.
- Feeling unsafe.



Rolling down a gentle slope here will make balancing easier.

Students are ready to start pedalling when they are able to coast for 10 seconds or more a couple of times.

6

Pedalling



From a standstill, move one pedal to 2 o'clock power position. Push off firmly to get momentum while lifting the other foot off the ground to find the second pedal.



Use the bike like a scooter. With one foot on a pedal in the down position, the other pushes off the ground until it can find the second pedal.



Start moving by hopping. Push both off the ground at the same time to find the pedals.

Hot Lava Game

Pretend a section of the pavement is hot lava. Try to keep your feet off the ground as long as possible with each and both legs.



Resist holding the students' bikes. They need to learn by feeling the balance.

7

Maneuvering

Practice:

- Wide turns
- Riding on narrower paths
- Riding up and down gentle slopes
- Riding in a single-file



Action plan