



O'Connor Cooperative School

Ride your Bike



Dear families,

On Wednesday 26th August we will be holding a 'Ride your Bike' at school session as part of our Active Kids Physical Activity Challenge. During the morning session we will have a course set up in the park behind the school where the children can practise their riding skills on the footpath and through the grassed areas.

All children are invited to **bring their own bike to school**. To participate each child must wear a correctly fitting **helmet** and appropriate clothes for bike riding including closed in **shoes**.

The children will move through various 'stations' which will include parents sharing their knowledge showing the children how to check their bikes, looking at brakes, chain, tyres and discussing safety when riding. For those students who are not confident riding on the paths or through the grass in the park, we will set up a course within the playground and the school bikes will be available.

The session is designed to be all about fun, fitness and the benefits of riding a bike. There will be various challenges set up during the session for those who wish to participate. If your child does not own a bike or you are unable to get their bike to school on the day please let me know in advance jenny.loudon@ed.act.edu.au and we will do our best to provide a bike for them to share the use of on the day. If you have an extra bike you would be willing to share on the day, please let me know.

If you are able to help out on the day with bicycle maintenance, riding technique or out in the park to assist with supervision please indicate on the permission note.

Staff accompanying students during this event will take all reasonable care while the students are in their charge to protect them from injury and to control and supervise their behaviour and activities. Parents should be aware that staff members are not responsible for injuries or damages to property which may occur on an excursion where, in all circumstances, staff have not been negligent. Parents should warn children of the risk to themselves, to others and to property, of impulsive, wilful or disobedient behaviour.

We are looking forward to this fun session with the students.

Regards,
Jenny

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Ride your Bike Activity Session - Wednesday 26th August 2015

I give permission for my child _____ to ride a bike in the O'Connor Cooperative School Active Kids Physical Challenge bike riding activity.

I understand that I am responsible to provide a bike and fitted helmet that is suitable for my child (or to notify the school to seek an alternative).

Are there any medical condition or medication requirement that we should be aware of? **Yes / No**

If yes, please provide details: _____

Parent/carer signature _____ Contact number on the day _____

Date _____

I am able to assist on the day.

My preferred role will be (please circle)

Bicycle maintenance

Riding technique

General supervision