# April 23, 2019

Dear Parents and Guardians,

Our students have the opportunity to participate in the Recreation and Parks Association of the Yukon’s (RPAY) **CYCLE SMART** on-bike safety playground workshops and road ride to learn and practice safe bicycling skills.

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| --- | --- | --- | --- |
| Thursday, May 9 | Destruction Bay | 1:00 - 2:30 | Workshop |

**All students should bring the following to school** (please label with your name):

|  |  |  |
| --- | --- | --- |
| * Bike
 | * Helmet
 | * Bike lock
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For students who cannot bring their own bike and/or helmet, a limited supply of loaner bikes and helmets is available.

**These activities will be held rain or shine**. All students should wear suitable clothing and dress for the weather. Wear pants/shorts and runners; tie hair back with an elastic; bring a clip or elastic for wide legged pants.

We need parent volunteers for the on-bike workshops. **Please contact your child’s teacher if you are available to volunteer. Volunteers should arrive 15 minutes before the workshop begins.**

How to prepare your child’s bike for the on-bike workshops:

* Check the brakes, adjust the seat height (at least both toes touching ground when child is seated) and lubricate the chain and all moving parts.
* Ensure the tires have enough air.

Take a good look at the helmet:

* Adjust the straps so you can slide one finger under the chin when it’s on and done up.
* Remember, the helmet goes across the forehead (two finger width only between helmet and brow) and not tilted back on the head.
* Adjust the slider on both straps under the ears to form a “Y” shape under, and slightly in front of, the ears.
* Make sure it doesn’t have any cracks to the shell or core.

Thank you!