

Birchland Elementary School

1331 Fraser Avenue, Port Coquitlam, BC V3B 1M5

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www.sd43.bc.ca/elementary/birchland

birchland@sd43.bc.ca

Ms. Elspeth Anjos, *Acting Principal*

Activity Information Form

Date of event: May 15 & 16, 2018 @ Birchland – rain or shine

Students will need to bring: Wednesday, May 16th - Bike & Helmet (if not, it will be provided). Due to volume the gym will be open in the morning for students to store their bikes and helmets. See attached for additional information.

TransLink has funded a bike safety education course called Learn2Ride for 4 classrooms at one Port Coquitlam Elementary school. The course is targeted to grades 4 and 5 students, but we encourage grades 3 in smaller schools to allow us to reach all 4 funded classrooms. Learn2Ride is a fun, interactive 2-day course taught by trained instructors to build students' cycling knowledge, skills, road safety and confidence. Day 1 includes a 45 minute in-class presentation, and Day 2 includes a 90-minute on-bike skills training session on the school ground. To make this course accessible to everyone, we provide bikes and helmets to all students who don't have their own.

We have student volunteers from Minnekhada coming to assist. If you would like to join us and help out, please do. No siblings please.

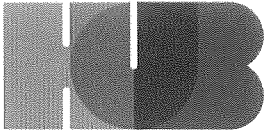
Ms. Lueck, Ms. Tonogai, Mrs. Odberg, Mr. Sung and Mrs. Hamnett



Birchland Elementary School

Permission Slip: Please complete and return by Tuesday, May 8th or sooner

Activity:	Safe Cycling Program – May 15 & 16, 2018
<p>While school staff will take reasonable steps to prevent injuries to students, some degree of risk is inherent in the nature of activities, and may occur without fault on the part of the student, school board, its employees or agents, or the facility where the activity is taking place. By allowing your child to participate in this activity, you are agreeing that the activity described above is suitable for your child, and that there is a risk of injury associated with the activity. My child and I understand that both the district and school's Code of Conduct applies during the field trip. I will be responsible for any costs caused by my child's failure to abide by the Codes of Conduct, including any costs to send my child home.</p>	
<input type="checkbox"/> Yes, will come to help and have completed a Criminal Record Check and School Volunteer Package.	
Your name: _____	
<input type="checkbox"/> Yes, my child has a bike & Helmet	
<input type="checkbox"/> No, my child does not have a bike & Helmet	
Child's name: _____	

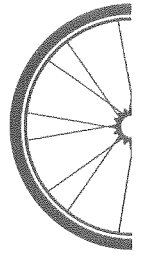


Your Cycling Connection

604.558.2002

info@bikehub.ca

bikehub.ca



Dear Parent or Guardian,

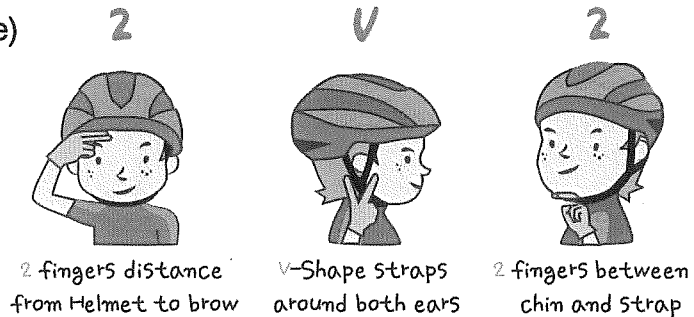
Your child will be participating in a 2-session Safe Cycling program in school. HUB Cycling is very pleased to be offering this program and hope that it will not only be an active and enjoyable session, but will provide your child with the skills to bike to school and around the neighbourhood safely. The program instructors are Bike Right certified and are highly trained to teach fun and safe cycling. Check out the program in action – watch our short video here: <http://bit.ly/HUBlearn2ride> and visit www.bikehub.ca/biketoschool for more information regarding our school programs.

The sessions include the following activities: an in-class session to teach key traffic laws and how to stay safe on a bike; proper helmet use; learning about the bicycle, its parts; and a school-ground session in which the students can practice their traffic safety knowledge and basic bike handling skills.

Dates: May 15th (in-class) & May 16th (on-bike)

WHAT TO BRING and WEAR on May 16th

- Bike
- Water Bottle
- Rain gear & layers of warm clothing (rain or shine event!)
- Helmet (see photo)



In advance of the sessions:

- Please ensure that your child's bike and helmet are 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.
- Take a good look at the helmet. Adjust the straps so you can slide a couple of stacked fingers under the chin when it's done up. Remember the helmet goes across the forehead, not tilted back on the head.

HUB Cycling also has an adapted bike program that allows students with special needs to request an adapted bike for their on-bike sessions at the school. Please speak to your classroom teacher to request a bike for your child.

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.

This program needs parent volunteers for the school-ground session.

Jel Kocmaruk
Bike Education Program Coordinator, HUB Cycling jel@bikehub.ca