



Sheep Dip Lane
PRIMARY SCHOOL

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Sheep Dip Lane, Dunscroft,
Doncaster, South Yorkshire, DN7 4AU.
Telephone- 01302 842464 Fax- 01302 351792

Head Teacher- Mrs F Parish



Doncaster Metropolitan Borough Council Education Department



Dear Parent/Carer

Sheepdip Lane Bike Ride

On **Friday June 30th**, we would like to take pupils from Year 4 and Year 5 on a bike ride. The ride will be led by Tom Collister and Mr T Storey, our school's Bike It officers, with support from members of school staff. We will aim to start from school at 10.30am. The ride will be approximately 5 miles long and on quiet roads and off road tracks.

To take part in the ride your child needs to:

- 1) It is essential that your child's bike has **good working front and rear brakes, well pumped up tyres** and must be in **good condition** as there is no time to do maintenance before the ride. If there are any problems with your child's bike, **they need to be fixed before the ride**. Any bikes not in a suitable condition will not be allowed to take part. Please see M check guide overleaf or contact your local bike shop.
- 2) Your child must be able to ride a bike confidently and be competent at braking, steering and riding out of their seat. A playground assessment will take place before we set off. Any child who we feel will be unsafe on the ride will unfortunately have to remain at school. **All participants must wear a helmet.**

Please make sure that your child has a packed lunch, waterproof clothing, suncream, a water bottle, as necessary. Also, if your child suffers from asthma or requires any medication, please ensure that they bring their inhaler/medication to school with them.

Please return the consent form below before **Friday 23rd June 2017**

Kind regards,

Tom Collister

Sustrans Bike It officer for Doncaster

Name of Child:

Class:

I am happy for my child to take part in the Bike Ride. I confirm that they can confidently ride a bike and agree that they will wear a helmet.

I would like to join the bike ride as a parent helper (please tick box)

Signed: _____ **(Parent/Carer)**



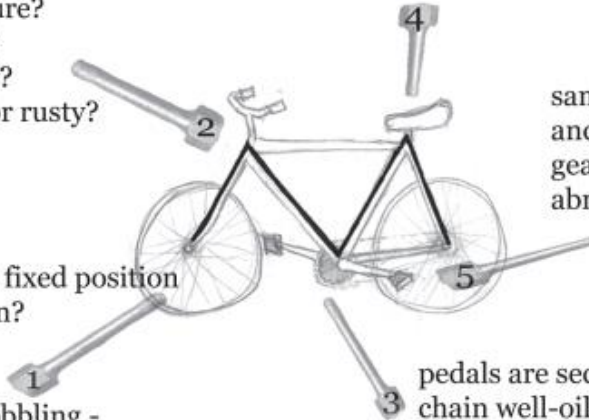
The beautifully basic M-check

Here's the commonly used and cleverly named 'M-check' to help you remember all the things you should check regularly on your bike:



seat in comfortable, fixed position (fully tightened)?
seat at ideal height (are you on tip toes when seated)?

handlebars fixed and secure?
... and in line with wheel?
both brakes working fully?
brake cables not fraying or rusty?



same checks as front wheel
and you could also check the
gears and chain here for any
abnormalities.

spokes tight?
tyre has good tread?
brake pads in correct & fixed position
... and in good condition?
tyre fully pumped up?
wheel nuts tight?
wheel turns without wobbling -
(ie. buckled rim or loose cones)?



pedals are securely fixed to crank and axle?
chain well-oiled?
chain slackness minimal?

If the answer to any of these questions is no, then tighten it, heighten it, lower it, pump it... if you're not sure, or don't have the tools, take it to your local friendly bike shop or make friends with a Bicycologist.
If the answer is yes, then pedal away, but don't forget to keep on M-checking...

