

# Cycle Safe

Helping kids ride safely so they're Good-to-Go



**Dear parents/caregivers/whānau,**

Your child is invited to participate in the Christchurch City Council Cycle Safe Programme on

Parental permission is required. Please fill out and return the slip below to school.

## The Cycle Safe Programme aims to teach your child how to:

### Grade 1

- Wear a helmet correctly
- "Be Bright" on their bike
- Do a basic bike check
- Follow cycling laws in Aotearoa New Zealand
- Understand basic road rules
- Use their gears

### On the court:

- Use both brakes to come to a controlled stop
- Ride and manoeuvre with control
- Look behind over their shoulders
- Signal left and right and stay in control
- Ride slowly and with control
- Stop quickly if they need to

### Grade 2

#### On the road:

- Start and end a journey on a straight road
- Pass a parked car ("door and a bit more")
- Pass a side road from a main road
- Turn left into a side road
- Turn left out of a side road
- Turn right into a side road
- Turn right out of a side road
- Continue through a cross intersection
- Be aware of their surroundings
- Ride in the correct position on the road
- Use a roundabout
- Ride in a group and navigate give way signs, stop signs, traffic signals and roundabouts (if available in their immediate school area).

## Important notes:

- Bikes and helmets are required for ALL sessions.
- Your child's bike and helmet will be checked for safety before use. If they don't have a bike or helmet, Cycle Safe provides a limited number of bikes and helmets.
- Appropriate clothing and closed-toe footwear must be worn.
- Progression to the on-road sessions is dependent on meeting the required standard of on-court sessions.



To find out more about the Cycle Safe Programme visit:

[ccc.govt.nz/cyclesafe](http://ccc.govt.nz/cyclesafe)



Christchurch  
City Council 

## To the Principal,

I have read and understand the above information about my child's participation in the Cycle Safe Programme.

- ☐ I give permission for my child to participate.
- ☐ I do not give permission for my child to participate.

Child's Name: \_\_\_\_\_

Parent/Guardian Name: \_\_\_\_\_

Signature: \_\_\_\_\_

Date: \_\_\_\_\_

Emergency Contact Number: \_\_\_\_\_