



New Zealand Cycle Skills Training is here!

Kia ora Whanau

New Zealand cyclist skills training programme

Pukerua Bay School has agreed to participate in the New Zealand cyclist skills training programme. This exciting programme is aimed at delivering best practice cyclist skills training to help achieve the vision of a *New Zealand where everyone has the opportunity to become a confident and capable cyclist.*

There are many beneficial reasons to seek cycle skills training. The training is great for the trainees' health and wellbeing, confidence and skills. Teaching trainees to cycle safely on the road can also boost their confidence enough for them to ride to and from school/work, or to sports games and friends' houses.

Three grades of training can be undertaken and trainees are assessed following the completion of each grade. Grade 1 is taught in a non-traffic environment to enable skills to be developed. Grade 2 builds on the skills of grade 1 and is taught on lightly trafficked, single-lane roads. All trainees' skills will be assessed prior to training on the road and full risk management procedures will be undertaken to ensure the safety of all trainees.

Your child will be undertaking grade/s 1 and 2 during the training. All children will start on Grade one for this session.

The expected outcomes for the grades are:

Grade 1	Grade 2
The trainee cyclist can demonstrate full control of their bicycle in non-traffic environments while carrying out all-round observation, signalling and manoeuvring. They will not yet have been observed using these skills on the road and in traffic.	The trainee cyclist can demonstrate skills to cycle in a variety of traffic and non-traffic environments. They will be able to choose options to deal with minor hazards and demonstrate this in practice. They will show good understanding of traffic awareness and road positioning in these traffic environments.

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The cyclist skills training programme will be taught in Week 3 of this term. Each trainee will require a bicycle and helmet in serviceable condition. If you do not have a bike Pedal Ready can provide a spare - numbers are limited.

Monday - Year 7-8s Tues - Te Motu Year 5s Wed - Wha and Toru Year 6s

Please complete this consent form and return to school by Thursday 11th of May.

I give permission for my child to take part in the cyclist skills training programme.

I do / do not require a loan bike (circle one)

Signed:

Print name:

Telephone number: Date: