

O.M. MacKillop Public School Update

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Did you know that Ryder Hesjedal started his record breaking cycling career learning how to ride his bike safely?

Well, next month our students will have a chance to spin toward the record books. In partnership with the Region of York and the Healthy Communities Fund we are able to provide students from grade 1 to grade 6 an opportunity to participate in our School Cycling Education Program for FREE! We are planning this event for June 17 and/or June 19 depending on the number of students who will be involved.

Certified CAN-BIKE Instructors, along with certified CAN-BIKE Junior Instructors from local high schools, will conduct the safety program on site at our school, during our school schedule.

The program curriculum includes the following:

- _ Proper selection of a bicycle helmet
- _ Correct way to wear the helmet
- _ How to select a bike to fit the student
- _ What types of clothing to wear
- _ Which food and fluids to drink
- _ The anatomy of a bike
- _ How to inspect that a bike is safe to ride
- _ Riding the bike in a straight line
- _ Positioning on the road
- _ Correct use of signals
- _ Turning left and right
- _ Effective braking applications
- _ Efficient use of gears
- _ Pothole and other road debris avoidance
- _ Dealing with aggressive drivers
- _ Road etiquette

Students must already know how to ride a bike to participate in this event.

DOS & DONTS

- 1) Helmets are mandatory for the entire time while riding the bicycle;
- 2) Students must have appropriate footwear that is securely attached;
- 3) Sandals, flip flops, open toed shoes and leather soled shoes are **not permitted**;
- 4) Suitable clothing must be worn; No baggy pant legs or dresses/skirts
- 5) Water and snacks should be readily available;
- 6) No freewheeling, racing, trick riding, skidding and jumping;
- 7) Sunscreen is highly recommended;

- 8) Must follow the instructor's directions at all times during the instruction period;
- 9) No riding during recess/lunch & a teacher's permission to take the bike at lunch
- 10) Students using inappropriate language, behaviour, not cooperating or ignoring instructions will be referred to the duty teacher/staff

If you are interested in having your child participate in the School Cycling Education Program you must sign a waiver. I've included the information from the waiver in this e-mail for you to review. If you decide to allow your child to participate, please send me an e-mail and I will send hard copies of the waivers home for you to sign. The students' bicycles will be stored in the gym during the day.

This event has been a wonderful success at other schools. I know that our MacKillop students will thoroughly enjoy participating in the event.

Jacqueline Linton
Principal

SAMPLE OF THE...

GENERAL RISK WAIVER AND CONSENT FORM

I recognize the risk, or the potential risk that may be involved in the participation in the cycling program named above. I hereby willingly assume such risk of injury or health risk for child and assume full responsibility during and after participation in the above named program/activity.

In consideration of the acceptance of my application and the permission for my child to participate in the above named cycling program, I, for myself, my child, my heirs, executors, administrators, successors and assigns hereby waive, release, and forever discharge Michael J. Trigiani, and all his associates (related or not), all other organizations, associations and companies, and volunteers, associated with the programs/activities co-ordinated by Michael J. Trigiani and all their respective agents, employees, officials, servants, contractors, representatives, successors and assigns of and from all claims, demands, damages costs and actions whatsoever and however caused, arising or to arise by reason of my participation in the program and any of its associated activities.

DISCLAIMER

I understand that the school cycling safety festival my child is participating in does not provide on-road instruction, and that by participating in this one-day event does not qualify my child to ride alone on public/private roads, or public/private trails, or other public/private locations and that adult supervision is

recommended. I also understand that this one-day cycling safety festival does not take the place of a full cycling program.

Website:

<http://www.yrdsb.ca/schools/ommackillop.ps/Pages/default.aspx>

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