

Formby High School

'Determined to Achieve'



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KBL/DMM

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Dear Parents

Cycling is a very good form of exercise and travel. It is fun, keeps you fit and gives you independence. At Formby High School we encourage cycling to school. We have, however, recently had students involved in road traffic accidents whilst cycling around Formby. In the interests of every child's safety, I should be obliged if you would talk through the following information with your son/daughter and stress the importance of safe, sensible and considerate cycling.

We would encourage you son /daughter to:

- Wear a cycle helmet and don't worry about 'helmet hair'. Nine out of ten cyclists who are involved in road accidents suffer head injuries, so make sure you're not one of them
- Never cycle with earphones in – you can't hear the traffic
- Cycle whilst holding onto the handlebars – without hands in pockets – *think through the risk you take when you do this*
- Once you get to school with your bike, dismount and wheel your bike – **it is against school rules to ride your bike on the school premises**
- Park safely and considerately; never leave your bike in a place where it will be a danger or obstruction to others
- Secure your bike to proper stands in the bike shed. Lock your bike through the frame, not the wheels.

It is also important that your son /daughter looks after their bike :

Cycle maintenance checks should be carried out regularly to ensure your bike is safe. This includes checking:

- Brakes are working properly
- Tyres have a good tread and are inflated to the correct pressure
- Gears and chain are properly adjusted
- Handlebars and saddle are at the correct height and position
- Front and rear lights and reflectors are working and clean.

Your support, as ever, is greatly appreciated.

Yours sincerely

Mrs K Blanchard
Deputy Headteacher (Pastoral Care)

