

**This is an important notice. Please have it translated.**

Carson Graham Secondary School  
2145 Jones Ave, North Vancouver, B.C., V7M 2W7  
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www.carsongraham.ca

## Informed Consent – Safe Cycling Education

April 17, 2014:

Parent/Guardians  
Destination: Carson Graham Secondary School  
and surrounding neighbourhood.

Transportation: Bicycle  
Trip Date: During PE class from May 9 - 23  
Cost: \$10 per student

**PURPOSE:**

To teach the student safe on-road cycling. It is hoped that students will use the skills learned in this unit to help lead an active lifestyle that includes cycling. **NOTE: This school field trip is optional. Alternate arrangements will be made for students who do not participate.**

**DESCRIPTION OF ACTIVITIES:**

Students will learn about the bicycle, its parts and how to maintain it; proper helmet use, key traffic laws and how to stay safe on a bike; school-ground road safety training; and finally an on-road neighbourhood ride in which the students can practise their cycling skills..

**TRANSPORTATION:**

Students will be using their own bicycles or loaner bicycles to complete the neighbourhood ride.

**SUPERVISION:**

John Buchanan, Tom Larisch, Ian MacDonald, Mike Schafer and Krista Wood

**NATURE AND SCOPE OF RISKS:**

There are normal risks involved in cycling, including, but not limited to, falling off the bicycle, collisions with motor vehicles, pedestrians, other bicycles and other unforeseen objects.

**SAFETY PRECAUTIONS:**

Nessecary steps will be taken to ensure student safety.

If you have any questions relating to this field trip, please contact your students teacher.

Sincerely,  
Carson Graham PE Department

----- Return this Informed Consent Approval to School -----

### Safe Cycling Education – PE 8/9 Classes – May 9 - 23

I give my informed consent for my child, \_\_\_\_\_, to participate in this field trip as outlined in the Informed Consent Notice dated April 17, 2014.

\_\_\_\_\_  
PARENT/GUARDIAN NAME (Please print)

\_\_\_\_\_  
PARENT/GUARDIAN SIGNATURE

Enclosed is \$10 for my child



Dear Parent or Guardian,

Your child will be participating in a 5-session Safe Cycling Education unit in school. We are very pleased to be offering this program and hope that it will not only be an active and enjoyable session, but will provide your child with the skills to bike to school and around the neighbourhood safely. The program instructors are certified instructors trained to teach safe on-road cycling.

The sessions include the following activities: learning about the bicycle, its parts and how to maintain it; proper helmet use; an in-class session to teach key traffic laws and how to stay safe on a bike; school-ground road safety training; and finally an on-road neighbourhood ride in which the students can practise their cycling skills.

WHAT TO BRING and WEAR:

- bike (loaner bikes and helmets are available for those who need them)
- helmet
- rain gear & layers of warm clothing (rain or shine event!)

In advance of the sessions, please ensure that your child's bike and helmet are ready to use. Check the brakes and adjust the seat height. If possible, lubricate the chain and all moving parts and add some air in the tires although we will also cover this in class. Take a good look at the helmet. Adjust the straps so you can slide a couple of stacked fingers under the chin when it's done up. Remember the helmet goes across the forehead, not tilted back on the head.



We look forward to having your child participate in this unit and, should you have any questions, please don't hesitate to contact me at [scout@bikehub.ca](mailto:scout@bikehub.ca)

Sincerely,

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**scout gray**

Bike Education program manager  
HUB: Your Cycling Connection