



Contextual Safeguarding- April Edition



We are all hoping for a bit of sunshine and warmer weather over the Easter holidays, which means that many of us may think about enjoying a ride out on our bicycles or scooters with our friends or family. This is a great idea, as regular exercise can have a positive effect on physical, mental and emotional health. ~~that weak~~ stay safe whilst out and about!



TIPS TO KEEP SAFE:

Wear it Properly

Sit it **evenly** between your ears and flat on your head.



Wear it low on your forehead – 2 finger widths above your eye brows.

Tighten the chin strap* and adjust the pads inside for a snug and secure fit.

*Specific to bicycle helmets.

Before they took part on their Bikeability course last month, the Year 5 children had to carry out some important checks on their bikes:

1. MECHANICAL CONDITION:

Are the saddle, handlebars and wheel fixed on tight?

2. FRAME & SEAT POST:

Is the frame the appropriate size for your child?

Can your child comfortably touch the floor with their toes whilst sat on the saddle?

4. TYRES:

Are both tyres inflated to the required tyre pressure stamped on the side of the tyre?

5. CHAIN:

Have you cleaned and oiled the chain?

3. BRAKES:

Does the cycle have a working front and rear brake capable of stopping the cycle?

Can your child comfortably reach and operate the brake levers?

6. GEARS:

If present, do the gears change smoothly without any delays?

Did you know? Many local bike shops offer free cycle checks for Bikeability participants.

