

## The Downs Primary School and Nursery

Friday 17<sup>th</sup> September 2021

Dear Parent/Carer

We would like to invite all children, parents & staff to a **FREE BIKE SAFETY CHECK** on **Wednesday 6<sup>th</sup> October 2021** to encourage cycling to school which will help with congestion, air pollution and wellbeing. This will be delivered by Hub and Spoke, the Harlow Community Cycle Hub on behalf of the Harlow and Gilston Garden Town.

### What does Dr Bike do?

Sustrans will be carrying out a simple safety check on your bike. A typical check will involve pumping up tyres, checking brakes, handlebars, the saddle and pedals. If there is time left, we may also be able to make minor adjustments but put simply this is **not** a substitute for a full service and any bikes which are identified as needing a lot of work will be referred on to a local cycle mechanic shop, of which details will be supplied.

### How it works?

All bikes must be registered for an appointment when you arrive at school on the morning of the **Wednesday 6<sup>th</sup> October** using the consent form below. All checked bikes will be issued with an accompanying prescription for any additional work, where necessary. Therefore, it is important that you come back to collect your bike at the end of the day, so that any necessary repairs that may need to be carried out can be discussed.

Bikes are to be left unlocked in the cycle storage area where Dr Bike will be able to check them. Locks and keys can be left in order that bikes can be secured then collected at the end of the school day.

**Please complete the consent form and return to the main office.**

If you have any questions about the event please contact the school office.

Yours sincerely,

**Ms J Allen**  
**Headteacher**

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Parent's or Carer's consent form for Dr Bike event:	
Your child's full name/your full name:	
Class:	
Name of event:	Dr Bike
Date of event:	6 <sup>th</sup> October 2021
Parent's or guardian's signature:	