Dear Parents and Caregivers,

Thank you for supporting safe bicycling in your community by allowing your child to participate in the Cycles of Change “Drive Your Bike” safety program during Dec. 4, 5, 8 and 9 at Wood Middle School. This program is a part of Alameda County's Safe Routes To Schools initiative and is funded through Measure B taxes thanks to the Alameda County Transportation Commission.

Our six-hour curriculum prepares students for riding safely with traffic and encourages them to start riding more often. The unit starts in the classroom, moves to the blacktop, then culminates with an off campus neighborhood bike ride. We provide bikes and helmets for the entire class. If a student wants to use their own bike, it needs to have hand brakes and be recently tuned up. If your child does not know how to ride a bike, we can help them get started!

During this program students will learn:

- Traffic Law, Rules of the Road, and Right of Way
- How to Communicate with Traffic
- How to Perform a Pre-Ride Bike Safety Check
- Proper Helmet Fit and Bike Fit
- Braking and Shifting
- Obstacle Avoidance
- How to be Visible, Predictable, and Aware in Traffic
- Where to Ride in the Road and How to Make Left Turns
- How to Choose Safe Routes

In order for this program to be sustainable at your school, we depend on the help of parent volunteers!!! We particularly need help from parents that can stay for one or more full days! If you don’t have a bike, let us know and we can loan you one. Please sign-up on the bottom of the attached permission slip if you're able to volunteer or donate a bike to our program!

Cycles of Change’s “Drive your Bike” program is committed to providing a safe and healthy learning environment. Please visit our website at www.cyclesofchange.org, for more information of contact us at clare@cyclesofchange.org with questions, concerns, or feedback.

Sincerely,

Clare Gordon
Safety Coordinator
“Drive Your Bike” Program
Cycles of Change
Dear Parent/Guardian,

Your child has the opportunity to be part of an exciting bicycle safety course! Students learn to: perform bike safety checks, adjust a helmet, use hand signals, read traffic signs, maneuver through intersections and navigate safely on the road. These important lessons will give your child confidence and the skills they need to bike to school safely. This program is brought to you by Cycles of Change, Transform, and the Alameda County Public Health Department and is fully funded by the Alameda County Transportation Improvement Authority and Cal Trans, so it is completely free! It will be held on campus and on nearby neighborhood streets. This program will take place __________________________________________. Please remind your child to wear comfortable clothes, closed-toe shoes, and carry their necessary inhalers and/or medications with them at all times. We will provide bicycles, helmets, and other safety equipment.

We emphasize safety in all of our programs in order to keep every child as safe as possible. Bicycle riding will occur on school grounds and on streets, and therefore, all activities are potentially dangerous. Participants must agree to follow all rules and agreements to ensure they stay as safe as possible. The purpose of the bicycle safety course is to teach safety and skills in an effort to reduce the risk of bicycle injuries.

(To be completed by parent/guardian) Please check appropriate box/s:

- I DO NOT GRANT PERMISSION for my son/daughter to attend the above field trip.
- I GRANT PERMISSION for my son/daughter to attend the above field trip. By granting permission for my child to attend the above field trip, I understand that under California law my child’s participation in the field trip will be deemed a waiver of all claims against the District or the State of California, and their officers, trustees, agents, and employees for injury, accident, illness, or death occurring during or by reason of this field trip. (Education Code section 35330.) I release and hold harmless CoC/SR2S Alameda and any of their agents, employees and volunteers, and any other program participants from any and all liability or responsibility, causes of action, claims, demands, and damages of every kind, for negligence, gross negligence, strict liability, or any other kind of claim which may arise out of my child’s participation in bicycle safety course. I hereby allow my child to be photographed during the bicycle safety course for promotional materials or news media purposes.

- I have medical insurance covering my child in case of illness, accident, injury (attach insurer’s name and policy number). E.C. 35331
- I do not have medical coverage for my child.

If a student is unable to provide proof of insurance for financial reasons, the student shall not be prevented from attending a field trip; however, the District shall have no responsibility or liability for any medical or other similar expenses of students or other persons incurred as a result of, or arising from, any field trip regardless of whether or not a student provides proof of insurance.

In the event of any injury or other medical emergency, I authorize the movement and/or transportation required and authorize any qualified physician and/or surgeon to administer any treatment, medication, surgery, therapy, or radiology that he/she may deem necessary in such an emergency situation. I further authorize the transportation of my child by ambulance, if necessary, and agree to pay the expenses incurred.

Parent/Guardian Signature ___________________________ Date ___________________________

Home Telephone ______________ Work Telephone _______________ Cell/Pager # ______________ Emergency ______________

☐ My child has no experience riding bicycles and/or needs special tutoring.

☐ WE NEED PARENT VOLUNTEERS TO MAKE THIS POSSIBLE!!!!

☐ YES, I can volunteer on these dates ___________________________.

We may be able to provide a bike for you if you let us know you need one. Please write your best contact phone number here: ___________________________.

☐ If you have an extra bike to donate, please have your child drop off at the PE bike storage area.