

The Hazeley Academy

Joins



Schools across
the UK will
be supporting
Bike to School Week

What is it?

Bike to School Week is a week-long event taking place on the 28 September – 2 October 2020.

At Hazeley we celebrate all the fantastic things we can do to encourage cycling.



Don't forget road safety!

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Pump your tyres



Always do a safety check before cycling



Brakes

- Do your brakes stop your bike well?
- Look at the brake blocks, are they worn?
- Are the brake levers tight and level?

Wheels & Tyres

- Check tyres are pumped up and feeling firm. Is the tyre tread on both wheels in good condition or worn?
- Do the wheels turn easily?

Steering

- Handlebars should be straight.
- Does the front tyre line up in the middle when you look down?



Always wear
your
crash
helmet

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Choose a safe route



You can get this map online.

file:///H:/Downloads/MK_Redway_Poster_PRINT_NOcrops.pdf



Meet up with friends

What a great way to spend a day!

What refreshments would you take?

If you do meet up, don't forget social distancing.



Enjoy the ride!
What protective
clothing do you
need?

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Bike seats are fab for little ones!



Be aware of other cyclists,
especially young ones – give
them space and be respectful
of distance.



Bike to school week competition



Bling Your Bike Competition



Top Tip!

Try and think of a theme for the design, make it creative and **colourful**.

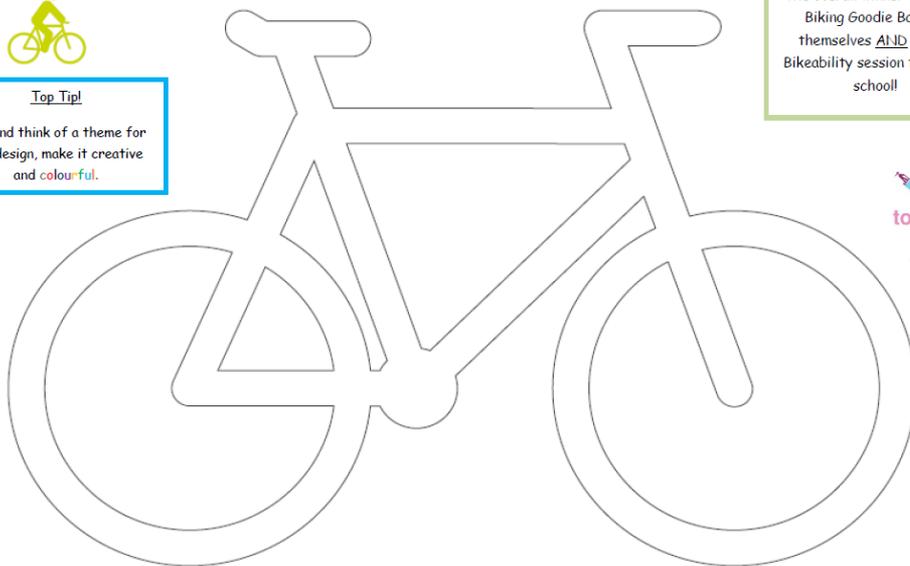
Your task is to either:

1. Bling up your own bike
2. Bling up the bike below



PRIZE!!

The overall winner will win a Biking Goodie Bag for themselves AND a free Bikeability session for their school!



Bling your bike!

Either put your designs on paper or actually bling your bike and send in a photo to Ellie at MK Council by Friday 2 October:

ellie.williamson@milton-keynes.gov.uk



Win an Apollo kid's bike from **halfords**

1. During Bike to School Week, take a short video or post a photo and message telling us why you love to or would like to cycle to school
2. Follow and tag **@Sustrans** on Facebook, Twitter or Instagram
3. Post your entry with **#SustransWin** by Monday 5 October to be in with a chance of winning a brand new Apollo kid's bike

www.sustrans.org.uk/biketoschoolweek



Sustrans is the charity making it easier for people to walk and cycle.

Registered charity no. 326550 (England and Wales) SC039263 (Scotland). Competition T&Cs apply: www.sustrans.org.uk/btswphotocomp

#BikeToSchoolWeek

Have fun and keep safe!



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If you need
help planning
a route to cycle to
school, please see
Miss Mckenzie

Sustrans is the charity making it easier for people to walk and cycle.

We connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute.

Join us on our journey.

www.sustrans.org.uk

Registered Charity No. 326550 (England and Wales) SC039263 (Scotland)
VAT Registration No. 416740656.

