Hello Fifth Grade Families!

It’s that time again! Bike Safety is back at Conley!

We have begun showing our intro videos to classes during our PE classes but wanted to communicate what we will be doing and let you know some of our expectations for the unit so that we can keep everyone safe.

First, in order to ride a bike during this unit, students MUST wear a helmet. The Pilot Club of Tallahassee donates bike helmets to every student that does not already have one so they can use it for the entire unit and then bring home when we are finished.  Students that have previously been at Conley for third and/or fourth grade were all given helmets.  Students that are new to Conley this year and don’t already have one at home will be fitted for helmets next week. Next week, feel free to start sending in helmets from home.  We will keep them at school and they will bring them to class with them when they have PE.  If for some reason your student forgets their helmet, we will have some on campus for them to borrow. Helmets must be able to fit properly for safety, so please make sure that students with long hair have it secured down low. Hair styles that secure at the top of the head do not allow helmets to sit on the head correctly.

Students must also wear appropriate shoes in order to ride a bike. Shoes must have closed toes and be able to secure over the heel. Sneakers, slip on type shoes like Vans, and Crocs that are able to be put in “sport mode” are fine. If a student is wearing slides, flip flops, slippers, or sandals where their toes are exposed will not be able to ride that day. They will still participate in the lesson, just not while riding on a bike.

This unit is teaching your student how to ride a bike safely while riding on sidewalks or crossing streets.  This is not a unit where we teach students how to ride bikes.  Those that are not comfortable riding with the pedals will still be able to use the bikes like a strider bike and participate in our lessons.  Any student not comfortable riding in that way will be able to walk next to a bike to still meet their benchmarks for the unit.  During our free play days, we will give those students opportunities to practice and give some pointers on riding.

While we want the students to have fun, we have some very specific rules for participating in this unit in order to keep everyone safe as well as protect the bikes which we get to check out yearly through LCS.  Students not following the safety rules and guidelines will be given a warning.  After that point, if we feel like the student is still not following protocol and putting themselves or others at risk, they will no longer be able to ride for the remainder of the unit.  We will contact families when their student has received a warning so they are aware.

Fifth grade also gets the chance to participate in a bike ride through Southwood which is guided and escorted by the TPD Bike Patrol at the end of our unit. Students must pass a bike safety test in order to be able to participate in the ride. Students that do not pass the test, are not comfortable riding, or were removed from continuing to participate for not following protocol, will have an alternative walking path that they will take while other students do their ride. We will be sending out opt out forms closer to the ride in case you do not want your student to participate in the ride.

Looking forward to your students having a great time and learning a lot during this very important unit! Please email any questions you might have.

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