

**Alberta Safety Council**  
**Pedal Pushers™ Registration Form**

Dear Parent/Guardian:

The Pedal Pushers™ program combines training in traffic laws and regulations, as well as correct traffic behaviour with skillful and practical driving techniques. Grande Prairie and Area Safe Communities is proud to be able to offer such a great program at Safety City this summer.

Registration fees are \$40.00 per child to cover the cost of materials required for each child.

Children will need to bring their bicycle and helmet, and a lunch that is peanut and nut free. Please make sure that they are wearing close toed shoes and are prepared for the weather conditions of the day. No flip flops please.

Children are required to bring their own bicycles and bicycle helmets and must be able to ride on two wheels (no training wheels). It is recommended that the bikes have all of the equipment required by the Highway Traffic Act. The Alberta Highway Traffic Act requires that:

1. As of May 1<sup>st</sup>, 2002 all individuals under 18 years of age are legally required to wear a helmet at all times while driving a bicycle. It is not required for those 18 years and older, however it is strongly recommended.
2. A person operating a bicycle on a roadway has all the rights and is subjected to all the duties of a driver, and shall obey all the rules of the road.
3. The bicycle must have a bell, horn or gong.
4. If operated at night, the bicycle must have at least one headlight, at least one red taillight and at least one red rear reflector.
5. No bicycle shall be operated on a roadway unless it is equipped with a brake which will enable the operator to make the braked wheels skid on dry, level, clean pavement.
6. A police officer may require the operator of a bicycle to submit the bicycle to examination and tests to ensure that the bicycle is fit and safe for transportation.
7. A bicycle operator who fails to comply with a requirement or order of a police officer regarding equipment or examination of the bicycle is guilty of an offence.

Parents are not required, but are encouraged, to participate with their children and to assist as instructors. If you wish to assist with any or all of the sessions please phone, Cindy at 780 402 2818

Thank you for your participation in the Pedal Pushers™ course. Your contribution to the safety of our youth is greatly appreciated.

Sincerely,

Grande Prairie & Area Safe Communities, Home of Safety City  
and The Alberta Safety Council

## Alberta Safety Council Letter to the Parents

Dear Parent/Guardian:

Bicycles are a part of today's traffic environment and cyclists must be able to participate safely in that environment. In order for traffic to move safely and efficiently, all road users including cyclists must follow the same rules and regulations that govern all vehicle operators.

**Pedal Pushers™** is designed to teach children how to drive safely as part of the traffic environment. Just as you would not start or encourage a beginner driver of a motor vehicle to practice on a freeway during rush hour traffic, neither should we encourage young bike drivers to drive on busy roads or exceed their driving capabilities. As parents, we must take responsibility to decide when our children have the ability to safely cope with the traffic environment and educate and supervise them until that time.

**Pedal Pushers™** has been designed as a proactive countermeasure approach to traffic collisions. We know the most common types of collisions, and have designed the program to teach your children the correct action/reaction to avoid collisions. **Pedal Pushers™** also teaches your children safety practices.

A successful program cannot be taught by an instructor alone. It must have the support, encouragement and participation of the family. We encourage you to discuss the following with your child.

1. Make sure that your child understands that a bike is a vehicle and they are sharing the road with other vehicles, right from the start. **Pedal Pushers™** will instruct them to obey all traffic signs and rules. By reinforcing these rules at home, it will ensure that the behaviours have a better chance of remaining with your child.
2. Bikes come in all shapes and sizes. The right size and design for your child can only be determined by their size, skill and experience. Don't make the mistake of buying a bike you child will "grow" into. It makes learning how to cycle unpleasant and dangerous.
3. Seventy percent of bike injuries are severe head or spinal injuries. The single most effective means we have of reducing head injuries, as a result of bike collisions, is the use of a bike helmet. This is now a legal requirement for children under the age of 18.

Examples set by the parents are those that the children will follow. It is from the parent that children will learn the most. Your parental concern and experience will ultimately teach your child to become a safe road user, whether on a bike or in a motor vehicle.

Safety education and injury prevention for children is a community effort, beginning at home and supported by schools, health care professionals, police agencies and Safety Councils. **Pedal Pushers™** is part of this community effort. Let's make cycling an enjoyable and safe activity for your entire family.

The Alberta Safety Council

**Alberta Safety Council  
Parental Consent and Waiver of Claim**

Student's name: \_\_\_\_\_

Address: \_\_\_\_\_  
\_\_\_\_\_  
\_\_\_\_\_

Telephone: \_\_\_\_\_

Medical conditions, if any  
\_\_\_\_\_  
\_\_\_\_\_

I hereby agree to release **Grande Prairie and Area Safe Communities** and all instructional staff from all responsibility, property damage, bodily injury, costs and expenses, or claims of every nature and kind, arising from, or in consequence of, my child's participation in the Pedal Pusher's Bicycle Safety Program; and to render and save harmless the above named organization and all private agencies who support this program, and all instructional staff from all claim and rights of action which might arise through my child's participation.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_

I, \_\_\_\_\_, hereby give my consent for my son/daughter/ward to participate as a student in the Pedal Pusher's Bicycle Safety Program as put on by the above named organization, subject to all conditions stated in the above waiver of claim.

Parent/Guardian Signature \_\_\_\_\_ Date \_\_\_\_\_