

All aboard the Campus View Bike Bus!



Capital Bike

Here you'll find all the important information about this exciting program. Please review the information carefully.

Capital Bike Instructors: Your Bike Bus lead Leaders are trained to work with elementary school students and are First Aid certified. They will be your main points of contact and can answer any Bike Bus-related questions. They also have some ideas to make your bike bus experience a lot of fun! Such as music, bike decorating, costumes, theme days and more. They are eager to hear your ideas too! They will also pre-ride the route before each trip to ensure the route is still safe (free from road closures, etc).

Communication: We have set up a [WhatsApp](#) community group so everyone can stay up-to-date on events, announcements and changes ie: if your child will be absent, if the routes or times change, etc. [Here is the link to the WhatsApp group](#). It's important to let us know if your child will be present or not! Please respond to the WhatsApp events for each ride. You can also watch the [live location](#) of the bus on this platform.

Bike Bus Rider Rules: [Here](#) is a short video to watch with your kids to get familiar with the Bike Bus rules.



Bike Safety Checks: Safety is our priority! Your Capital Bike Leader will be discussing bike safety rules throughout the rides. Since we need to get to school on time, please see page 3 for how *you* can perform safety checks before each ride. Capital Bike Leaders are happy to answer bike safety questions.

Bike Locking: The bike bus is scheduled to arrive at Campus View with enough time for students to lock up their bikes. Please ensure your child comes prepared with a bike lock. It can help to practice using the lock at home before joining the bike bus.

The Bike Bus Route: Here is the Google Map of the bike bus route: [Bike Bus route to Campus View](#), you can also see the route map at the end of this document.

Bike bus schedule: The bike bus will run every Tuesday, before and after school. Please note the times and locations for each point where the bike bus will pick up students.

Your student has been scheduled according to your preference on the [registration form](#). If you need to make changes, please email Aliya at educationmanager@capitalbike.ca. Any changes after the launch can be communicated with your bike bus lead Leaders or via WhatsApp chat.

During the bike bus program, we might find we need a little more or less time at some locations. If the pick-up/drop off times change you will be notified with plenty of notice via the lead Leaders and the WhatsApp community chat.

Important Notes:

- Please arrive at your chosen location **5 minutes early**. The bike bus will **slow down but not stop fully** at pick-up and drop-off points.
- **Afternoon rides:** Parents may meet their child at the chosen drop-off point, or students may continue home independently.
- **Schedule changes:** Times may shift if CB Leaders or volunteers adjust the route. Any changes will be shared in advance through the WhatsApp community chat.

Registered Students: Students who have been registered are listed on the schedule in **blue** according to the location they chose to join the bike bus.

Parent Volunteer: Huge thanks to all the volunteers! Those who've indicated they can volunteer are listed on the schedule in **purple**. We're always looking for more, if you are interested in becoming a volunteer but can't make it to our volunteer training session reach out to educationmanager@capitalbike.ca and we'll share the recording with you. Info Session will be Sunday Sept 14, 5-6pm (details below).

MORNING BIKE BUS -Tuesdays before school				
TIME	LOCATION	ACTIVITY	PARTICIPANTS	
8:05	Harvest Lane Park Meeting Point	Students arrive at meeting point, Capital Bike instructor performs bike and helmet safety checks - Bike bus leaves promptly at 8:05am	STUDENT Gwendolyn Luka River	VOLUNTEER Crystal Reynolds
8:18am	Point #1 Torquay/San Juan	Bike bus approaches Point #1, slows down as students join in, and continues to point #2		
8:25am	Point #2 Larchwood/Blair	Bike bus approaches Point #2, slows down as students join in, and continues to point #3		
8:30am	Point #3 Larchwood/Teakwood	Bike bus approaches Point #3, slows down as students join in, and continues to Campus View	Dash	
8:35am	Campus View	Arrive at Campus View -Students lock up bikes at bike racks. The morning bike bus route ends	Students arriving at Campus View Gwendolyn Luka River Dash	

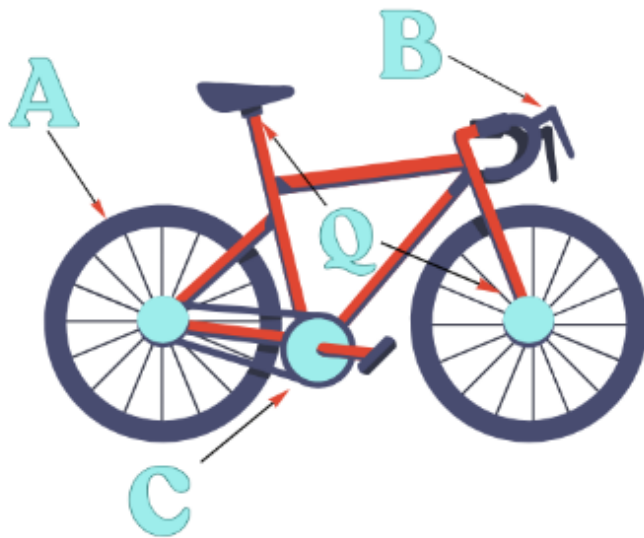
AFTERNOON BIKE BUS -Tuesdays after school				
TIME	LOCATION	ACTIVITY	PARTICIPANTS	
2:37-2:45pm	Campus View	Students meet at the bike racks. Capital Bike instructor performs basic bike and helmet safety checks -Bike Bus leaves promptly at 2:45pm	Students Leaving Campus View Dash River	
2:51pm	Point #3 Larchwood/Teakwood	Bike bus approaches Point #3, slows down as students depart the bike bus, and continues to point #2	STUDENT Dash	VOLUNTEER
2:59pm	Point #2 Larchwood/Blair	Bike bus approaches Point #2, slows down as students depart the bike bus, and continues to point #1		
3:07pm	Point #1 Torquay/San Juan	Bike bus approaches Point #1, slows down as students depart the bike bus, and continues to Harvest Lane Park		
3:13pm	Harvest Lane Park Meeting Point	Arrive at Harvest Lane Park - Afternoon bike bus route ends.	River	

Some simple safety checks you and your child should perform before each ride:

ABCQ Bike Safety check

Check Your Bike For Safety

Know your **ABC Qs**



Air

Pinch the tires. They should be hard like a raw potato. Use a pump to fill.

Breaks

Squeeze both brakes and rock the bike back and forth. Check that the wheels don't move.

Chain

Pedal backwards, look and listen. Check for dirt or rust. It should make a steady clicking sound. Use chain oil.

Quick release

Check they are in the 'closed' position - pressed flat against the bike.



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2V2 Helmet safety check:

All participants are required to wear helmets. The helmet should feel secure with very little movement

2



2 fingers distance
from Helmet to brow

V



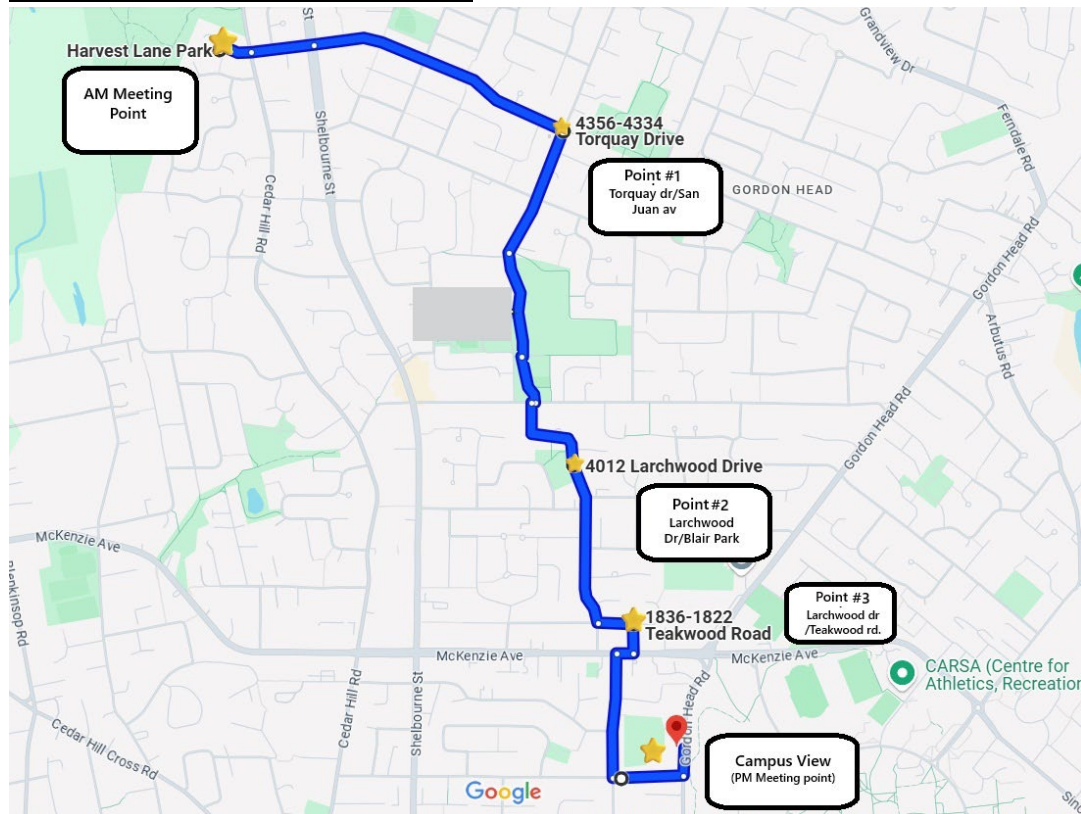
V-Shape Straps
around both ears

2



2 fingers distance
from chin to strap

Campus View Bike Bus Route:



Useful Links:

[Parent-led bike bus resources](#)

Bike Bus [registration form](#)

Bike Bus Rider Rules: [here](#)

Google Map: [Bike Bus route to Campus View](#)

WhatsApp group: [WhatsApp Group Invite](#)

Bike Bus Info Session for Parents/Guardians & Volunteers:

Date: Sunday September 14th, 2025

Time: 5:00 pm-6:00 pm

Microsoft Teams [Need help?](#)

[Join the meeting now](#)

Meeting ID: 268 485 216 977 8

Passcode: WP6Uj3Dp

Happy Cycling!

Aliya Khan, Education Manager
educationmanager@capitalbike.ca



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