



Take YOUR CYCLING seriously, don't miss out on Bikeability!

Bikeability Balance

Dear Parents & Carers

Please read this information carefully and complete the consent form link. The school will inform you about dates when the course for your child is due. **This course is for children who cannot yet ride a bike.**

What is Bikeability?

Bikeability is the national cycle training programme, supported and funded by Active Travel England on behalf of the UK Government.



Bikeability Balance is a series of school-based sessions that aims to prepare children in Reception, Year 1 and Year 2 with the skills that they will need to take part in further Bikeability training.

By using games and balance cycles with no pedals, our sessions focus on developing balance, handling and awareness, rather than the ability to pedal. Achieving this helps children make the transition to using a cycle with pedals with ease.

Other benefits of Bikeability Balance include learning gross motor skills which can accelerate other types of learning and improving early years' fitness. Children learn in groups of up to 5 per instructor and courses take place either in an indoor area or in a playground.

All Bikeability training is delivered by professional, nationally qualified and DBS-checked instructors who have all completed a First Aid Course and the training takes place at risk-assessed locations. The Bikeability Trust have lots of information that we recommend you look at and go through with your child before their course visit www.bikeability.org.uk for more information. All registered Bikeability providers must follow national guidance when delivering Bikeability training. Devon County Council has all necessary Bikeability policies, risk assessments and procedures in place (copies available on request).

Regular cycling, whether for transport, sport or just for fun can improve physical and mental health and give young people skills for life. Cycling offers low-cost and independent travel for young people and their families and helps to reduce traffic congestion which means greater road safety, air-quality and community benefits.

HOW TO BOOK:

The school will inform you about dates when the course for your child is due. If you would like your child to take part in Bikeability, please follow this link to book a place:

<https://consent.bikeability.org.uk/train-basis-match>



If you do not have internet access, please ask for a paper form from your school.

- Please tell us about **any** additional needs for your child (physical, medical, learning or other) that we need to be aware of before training starts.
- If you think your child may benefit from extra support before or during training, please ask their school to speak to the instructor (or contact us direct) **well in advance** so we can make appropriate arrangements.
- We will ask you for information about your child's gender, ethnicity and if they are eligible for Pupil Premium. This information is used by Active Travel England who fund Bikeability and by Devon County Council to monitor delivery of the programme and ensure that everyone has fair access to training. The data is collected and analysed across the whole training programme and does not identify individuals. There is an option on the form if you would prefer not to say.
- All other personal information about your child that you provide is only used to provide appropriate training for your child and is deleted once training is complete. You may choose to opt in to future communications from the Bikeability Trust who govern the national programme.
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For your child to take part in this course you will need to provide and check the following:

Clothing – they should wear comfortable clothing that allows them to ride easily, including shoes that fit securely, such as trainers. If the training is being delivered outside, be prepared for the weather to change! On cold or wet days, make sure that they have a warm and waterproof coat, gloves, and an extra layer or two. On warm, sunny days they should use sun cream and bring a bottle of water.

If your child uses an adapted cycle or tricycle because of disability or medical needs, that's fine – just let us know on the consent form.

Whilst every care will be taken to ensure your child's safety, your instructor provides public liability insurance only and not personal accident insurance for anyone taking part in this course, nor do they accept responsibility for the actions or personal behaviour of participants. Devon County Council, the Plymouth School Sports Partnership, your training provider and instructor are not responsible for any injury to persons, or loss or damage to property, which is not the result of the negligence of an instructor.