



Bikeability Balance

What is Bikeability Balance?

Bikeability balance is a great introduction to cycling and Bikeability. It is an exciting and fun series of sessions to prepare children with basic balance and co-ordination skills they will need to learn to ride using games and balance bikes to develop their handling and awareness. The training will take place in the school hall or playground.

What will my child be doing?

- Fun activities to develop control
- Getting on and off a balance bike comfortably
- Push and glide
- Stop with control (with feet and with brakes)
- Make the bike go where you want
- Be aware of your surroundings (look around)

How much will it cost?

The course will cost £5.00 per child

What should I do next?

- Complete the consent letter and return the form with payment to the Teacher or school office

What do I need to have for my child to take part?

- Suitable clothing for weather on the day if outside (i.e: Lightweight waterproofs if wet and gloves if cold)
- Sun cream to protect from sunburn when hot
- Sensible footwear

Balance bikes and helmets will be provided.

HAPPY CYCLING!!!!

All courses that the Road Safety Team offer are also available during school holidays at Eastbourne Sports Park. To find out more regarding costs and how to book your place, contact cycletraining@eastsussex.gov.uk

email: cycletraining@eastsussex.gov.uk

Visit us at:



East Sussex Cycle Training



@wheeliesafe



BIKEABILTY BALANCE - CONSENT FORM

School:

Date of Course: Course Times:

Course Duration: 4 X 30 MINUTE SESSIONS Cost: £5.00 PER CHILD

Please return the signed consent form to the school to confirm your booking.

Payment for the course: PLEASE MAKE PAYMENT VIA PARENT PAY

Child's Name: Class:

Parent/Guardian's Name:

Contact Number/Email address:

- I agree for my child to have photos taken for media promotion of the event
- I give permission for my child to take part
- I can confirm that I am happy for mine and my child's personal data to be processed in line with terms set out in the Privacy Notice (visit the below link or ask your school for a copy).
www.eastsussex.gov.uk/privacy/cycle-training/

Signed: (Parent/Guardian)

Date:

Please let us know if your child has any special requirements (medical or behavioural) that the cycle trainers will need to be made aware of, or that may have an impact on their cycling ability. Please provide details below including any medication that your child may require during the course:

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PLEASE NOTE CYCLE TRAINERS ARE FIRST AID TRAINED BUT ARE NOT TRAINED TO ADMINISTER MEDICATION; OTHER ARRANGEMENTS WILL HAVE TO BE MADE VIA THE SCHOOL

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