Bikeability Balance and Learn to Ride Sessions

Your child has the opportunity to take part in exciting cycling activities with the Cycle North Team, as part of the Wakefield Bikeability Plus programme.

Specialist instructors will be in school leading **Balance Bike and Learn to Ride sessions on Monday 15th, Tuesday 16th and Wednesday 17th April.**
Every child will have a 45-minute session each day, 3 sessions in total.

What do Balance sessions involve?

Children will start out on special pedal-less balance bikes and take part in a series of fun activities aimed at building the confidence, spatial awareness and dynamic balance skills that will help your child to cycle. When ready, children will then progress onto pedal bikes with an aim to learn how to ride their bike independently without stabilisers.

Children who can already ride their bike without stabilisers, will take part in fun cycling skills sessions.

Balance bikes, pedal bikes and helmets will be provided for all children.

The sessions are planned to take place outside, so please ensure that your child is dressed for the weather, and preferably wear trousers or tracksuit bottoms and appropriate footwear.

If you'd like any more information, please contact:
Mark Brakefield– Cycle North Administrator – mark.brakefield@cyclenorth.co.uk

www.cyclenorth.co.uk

Bikeability Balance

Parent or Guardian Consent form
Please return this whole sheet to your child's school

Your child's name: _____

Class: _____

Medical Information

Please tell us of any medical condition which we should know about in the box below. For example, poor eyesight, asthma, epilepsy, impaired hearing. It is unlikely that a medical condition will prevent your child from receiving training.

Please read and sign the following declaration

I have read and understood the letter to parents.

I consent to my child _____ (child's name) being trained to ride a bike by Cycle North

I accept that the Cycle North Team can refuse to teach my child if their behaviour or ability level is deemed to be unsuitable.

Signed: _____

Date: _____