

Thursday 16th November 2017

Dear Parents and Carers,

RE: Balance Bike Training

We have been given the excellent opportunity to provide free **Balance Bike Training** at George Eliot Primary School on the week beginning 20th November. This safe, structured and standardised programme is designed to make your child a more competent cyclist and prepare them for cycling without stabilisers.

In order to secure your child's place on this course, please make sure you read the information below and sign the consent form. Please see above which Bikeability level your child is offered. Training will be carried out by Cycle Confident, the borough's cycle training provider, and will be delivered by 2 fully accredited National Standards cycling instructors with enhanced DBS checks.

The following information is provided by Cycle Confident and aims to answer any questions you may have.

Bikeability is the nationally recognised cycle training programme.

It's about acquiring the practical skills to cycle safely and with confidence on today's roads.

What if my child does not have a bike?

Cycle Confident has provided balance bikes for George Eliot Primary School.

What should my child wear to take part in Bikeability?

In most cases, your child may wear their normal school clothes, suitable for the season and weather. Excessively loose clothes may be hazardous and should be avoided. In colder months, warm layers and gloves are recommended. High visibility tabards will be provided by Cycle Confident.

Does my child need a cycle helmet?

Your child needs to wear a helmet although we have some in school which we can provide.

My child is not able to participate in Bikeability. Can he/she do it outside school time?

In many boroughs, Cycle Confident runs free holiday courses that cover the same outcomes as the Bikeability school courses. Children are welcome to join these whether or not they have done training at school. Check out the services the council offers on the Cycle Confident website www.cycleconfident.com

What will my child receive on completion of Bikeability training?

Children who successfully complete Bikeability training are awarded a badge and certificate.

Kind regards,

The George Eliot Team

