



Ell Court South
The Castle
Winchester
Hampshire
SO23 8UG

Participation.lifelong.learning@hants.gov.uk

Dear Parent / Guardian,

Hampshire Outdoors would like to offer your child the opportunity to take part in Bikeability Balance training. This is mainly aimed at children in Year R. This cycle training programme is supported by the Department for Transport. Bikeability also has three other levels which your child will be able to access in KS2 and KS3 - Level 1 which is based on the playground and builds confidence in children who can already ride a bike, Level 2 which teaches children to cycle on local roads and Level 3 which uses more challenging roads.

Bikeability Balance is a series of school-based sessions that will provide your child with a positive early experience of being on two wheels. The programme involves fun games carried out on balance bikes (bikes without pedals) to develop handling and awareness.

They will learn how to: identify parts of a balance bike, get on and off a balance bike, push and glide, stop safely, control and steer a balance bike, be aware of their surroundings, share space with others.

Children may use their own balance bikes, but balance bikes will also be provided, if you need to borrow one. If your child is already able to cycle, on a balance bike or bike with pedals, they can still take part to practise their skills.

All our Bikeability training is delivered by qualified, professional, DBS checked, National Standard Instructors.

At the end of the training the children will be given a certificate and sticker confirming they have completed the course.

If you would like your child to participate in the training, then please could complete the attached permission slip and return to your school as soon as possible in order that we can ensure every child is provided for.

Should you have any questions please do not hesitate to contact us via your school.

Yours Sincerely,

Bikeability team
Hampshire Outdoors
Email: bikeability.enquiries@hants.gov.uk

Please return this form to your school representative / class teacher

Bikeability training date:
20-01.2025- 23.01.2025

Student name:

Class:

Please put a tick in the appropriate boxes below;

Current cycling level	
1. My child hasn't been on a bike before	
2. My child currently rides a balance bike	
3. My child currently rides a bike with stabilisers.	
4. My child currently rides a bike with pedals and doesn't require support	
Equipment needs	
<i>My child has a bike in good working order and can bring it in for the training</i>	
<i>My child will need to borrow a bike</i>	
<i>My child will need to borrow a helmet</i>	

Please use the box below for any additional relevant information including medical needs that the Bikeability instructor will need to be aware of during the training.

I give permission for my child to take part in the Bikeability training and allow for relevant adjustments to be made to their bike and/or helmet where considered necessary.

Signed Parent / Guardian:

Date: