



PETERBOROUGH
CITY COUNCIL



“Being put on a balance bike made my daughter more determined to cycle on her bike - she achieved her goal and now happily cycles whenever she can!”

Bikeability Balance Training

Course Information

Bikeability Balance is a development programme that uses specially designed bicycles to get young children active and having fun.

Your child will be taking part in balance bike training to be run by Outspoken Training. Balance bikes have no pedals and give young children the confidence to develop their agility, balance and coordination skills. The programme is suitable for all children, whether they can ride a bike or not. During the course, trainees will cover:

- Identifying parts of a cycle
- Getting on and off a cycle
- Setting off with control
- Pushing and gliding
- Stopping with control
- Making the cycle go where they want
- Being aware of surroundings
- Communicating with other cyclists
- Communicating with pedestrians
- Responding to verbal instructions
- Understanding the Green Cross Code

Course Information:

Training Dates: w/c 7th February 2022

Course Length:

The course is delivered in 4x 45-minute sessions over 2 consecutive days in 1-week.

Where:

The training will take place outside on the school’s playground.

Consent

I understand that:

- I. Instructors may at any time refuse to continue to train my child if his/her behaviour or cycling ability is deemed unsuitable, (including breaking social distancing rules);
- II. Outspoken Training is not responsible for any injury or any loss or damage which is not caused by an instructor’s negligence;
- III. Outspoken Training are following current government guidance on Covid-19 and will constantly be updating and amending their policies and procedures to any changes made; and
- IV. I will inform the school if anyone in our household is isolating or shielding due to Covid-19 before or during the training.

I agree for my child to wear a helmet. I understand that Outspoken Training will not be held liable for the results of any injury which it is later established may have been caused by wearing a helmet. The instructor will advise on the fit of the helmet but will not necessarily be able to judge from its appearance if it is in good condition.

I recognise that having participated in off-road training does not necessarily mean that it is safe for my child to ride a bicycle independently. To become a proficient cyclist takes more practice than lessons of this kind can provide.

I agree that pupil data collected will be shared between your child’s school, Outspoken Training and Peterborough City Council. This will be used to support the delivery and monitoring of training courses. More information on how Outspoken Training processes data can be found in their ‘Privacy Statement’ on their website.

Photography and filming may also take place solely for the purpose of advertising for Outspoken Training.

Full Name of Child: _____

School: _____ School Year: _____

Ethnicity: _____

Are there any medical/ educational needs we need to be aware of?:

If you are happy for your child to be photographed and/or filmed, please tick here:

I confirm that I have read all the information enclosed in the ‘Parental Information Form’ and consent to my child (or the above child for whom I take responsibility) to take cycling lessons and related activities, which may include cycle maintenance.

Signed: _____ (parent/guardian) Date: _____