Our Ref: AG/RS171

Dear Parent/Guardian,

Bikeability Balance Training

The reception children at your child's school have been offered the opportunity for a Free Bikeability Balance Bike Course run by WSCC Bikeability Instructors on **w/c 23rd November 2026**.

If you want your child to participate, you must provide *online* consent before the training. *Either* scan the QR code *or* use the URL link below to enter your child's information and provide consent (please do not use both). Consent only needs to be entered once by one parent/guardian. **The last day you can enter consent online is the day before the training (Sun 22nd Nov 2026).**

https://westsussex.cycleready.co.uk/Invitation/validate/ec67d380e863423b597b08decbad65f1.RMUHkPjCUbe8MM/IBtzhtd2RVwaprI82HlLQgT8zSmI=

Bikeability balance is a series of school-based sessions that aims to achieve basic cycling balance for children in reception. It involves fun games carried out on balance bikes (Bike without pedals) to develop handling and awareness skills. Evidence shows that children learn to cycle much more quickly via this method rather than using bicycles with stabilisers. If they can already ride it is still very beneficial in developing spatial awareness and gross motor skills.

Bikeability balance will provide your child with a positive early experience of cycling and help provide them with the skills they will need to take part in Bikeability level 1 and 2 which is delivered in year 6.

Bikeability balance will be delivered over 4 days with your child receiving 45 minutes training each day. For this course, all balance bikes and safety equipment, including helmets will be provided for your child. When providing online consent, simply answer 'No' to the question about providing your own bike/helmet.

Training includes understanding and names of different bike parts, basic control skills including swerving and emergency stops; all done through play and fun activities. The course also offers guidance on riding etiquette when sharing a space with pedestrians and other riders.

We are certain your child will find Bikeability balance both enjoyable and beneficial. Our instructors look forward to working with them soon.

Kind Regards,

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