



Dear Parent or Carer,

Bikeability Balance Training

Bikeability is the Government's programme of Cycle Training for the Future and Durham County Council is the Bikeability 'National Standard' training provider for County Durham.

I write to inform you that Reception and Year 1 children at **Byers Green Primary** have been invited to take part in the cycle training programme.

The course will take place during school hours and will be held on **22nd, 23rd and 24th May, 2023**. The courses are delivered by professionally trained, qualified, and registered instructors and each participant will receive a certificate at the end of the course.

The aim of the course is to give children the basic balance and co-ordination skills they will need to learn to ride a bike. The children will be taught to use balance bikes (bikes without pedals). If your child has a balance bike, it would be helpful if they could bring it into school for the training dates, although bikes can be provided if required. Any balance bike brought from home must have foot pegs and be of an appropriate size for the child. Children may not use bikes with stabilisers or scooters.

All children wishing to take part in the course must wear a cycle helmet during training. If you are buying a helmet, make sure it has the EU standard number BS EN 1078: 1997. A limited number of helmets will be available for loan.

Please scan the adjacent QR code or visit <https://forms.office.com/e/k1Tb3XiyWS> and complete the online form if you wish your child to take part in the training. **Please be aware that children can only receive this vital training if you complete and submit the online form.** If you do not have access to the Internet, please contact the school or call the Bikeability Officer on 03000 268169.



Should you have any queries or concerns regarding the training, please do not hesitate to contact the Road Safety Section on 03000 268169.

For more information on Bikeability visit:
<https://www.bikeability.org.uk/get-cycling/cycle-training-for-children/>