



Bike Skills sessions

Thursday 15th November 2018

On Thursday 15th November we are running cycling sessions with Paula from 'Bike-it'. These are open to children in Blue, Yellow and Green Base

Children participating in these sessions should already be able to ride without stabilisers. They may have just learnt to ride or be confident cyclists (We will run separate sessions). Limited places are available for this activity.

For children to be able to take part the following must be checked and correct when bringing bikes to any cycling sessions:

- Helmets are in good condition and have all the pads inside
- Tyres are correctly inflated
- Brakes are working properly and the levers are in the right place on the handle bars so children can reach them comfortably
- Seats and handles are at the correct height so children can place their toes comfortably on the ground



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Child's Name.....

Class:.....

My child has recently learnt to ride and would like to take part in the skills session.

My child is a confident rider and would like to take part in the skills session.

I confirm that:

- My child's bike is in safe working order
- My child will wear a helmet

Signed: (parent/carer)

We will ensure that all data provided is processed in line with our Privacy Notice and other relevant policies.