



BIKEABILITY PLUS – LEARN TO RIDE

INFORMATION AND CONSENT FORM FOR PARENTS & CARERS

The East Riding of Yorkshire Council's Road Safety team offer Learn to Ride training.

This course helps to build children's confidence while improving balance and core strength. The aim is to provide participants with the skills and ability to ride a bike independently.

Children will be taught how to:

- Get on and off the bike correctly
- Balance
- Brake
- Steer



Training takes place in a traffic free environment, e.g. playgrounds, and lasts 90 minutes.

Parents/Guardians are required to remain with children for the duration of training.

Ideally, riders will bring their own cycles and helmets, though a small amount are available to borrow if the Road Safety team are made aware in advance.

Parents / guardians must read and give consent to the following:

- My child can attend the Bikeability Learn to Ride training.
- (If using their own helmet) My child has a correctly fitting helmet, in good condition that conforms to British safety standards.
- (If using their own cycle) My child's cycle has two working brakes as stated in the Highway Code and I am aware the instructors will not be able to adjust them on the day of training should they be faulty.
- I will make instructors aware of any special educational needs, medical conditions or disabilities that my child has.

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If you have any queries regarding learn to ride training, please email road.safety.training@eastriding.gov.uk



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