

Learn to Ride - Parents Information

Parents information letter

Your school will be running Learn to Ride Bikeability Courses

Week commencing: **1 Dec 2025**



Year 4

Borrow a bike OR bring your own!



This playground based course aims to develop your child's control skills. Whether your child is a complete beginner, a wobbly rider or can already ride, they will develop their skills using fun games!



Places are limited so sign up today. Please complete the online form here <https://consent.bikeability.org.uk/woo-pipe-beach> or scan the QR code

Key Information

Learning to ride may involve the instructor supporting your child to balance on their bike by holding their back or shoulders. We ask your permission to do this in the registration form.

The instructors are accredited to the National Standard for Cycle Training, are trained in basic first aid and have DBS clearance.

To prepare for the training it would be helpful if you could please adjust the saddle height so that your child can put both feet flat on the ground whilst seated. Please also **remove any stabilisers.**

Our instructors use a method that has a very good rate of success. They might vary what they do depending on how close your child is to riding a bike but the method is:

- Get used to steering their bike and using the brakes
- Get on and off their bike with confidence
- Walking, scooting and stopping whilst seated
- Initial use of the pedals and balance
- More independent periods of riding

We can't guarantee that your child will be able to ride their bike after this training but if they can't they will have a really solid basis for further practice.

Course requirements

- If not provided by the school, a **Bike**
- A well fitted approved **Helmet**

Bike Check Guide and Conditions for Parents and Guardians

This course is suitable for children in Year 4.

They must live or attend a school in the Borough.

*** If any, please remove stabilisers before the course***

Before the course:

If you provide your own Cycle

Bikes must be in a mechanically safe condition; please check your child's bike as we cannot make repairs. You can use 'ABCDs' of cycle maintenance to check your child's cycle:

- **AIR:** Have your tyres got enough air?
- **BRAKES:** Do the front and back brakes work properly?
- **CHAIN:** Have you oiled it recently?
- **DIRECTION:** Are your handlebars fixed on tight? Is your seat tight and pointing forward?
- If you're still unsure - [just watch this short video](#)

If you provide your own Helmet

You **must** provide a **well fitted approved cycling helmet**

- Measure and match your child's head size to the size of the helmet.
- Your helmet should sit on top of your head, not too tight or too loose, with the peak sitting about two fingers width above your eyebrows.
- The side adjusters should sit below your ears and form a nice V on the side of your head. The chin strap should allow for two fingers to fit between it and your chin.
- If you're still unsure - [just watch this short video](#)

Clothing

Sports kit is perfect for bikeability, we will go out if it is rain or shine so be sure to check the weather and be **appropriately dressed** for the weather conditions during the training. It is suggested that a waterproof coat is worn if it is raining and sunscreen if it is hot and sunny. A water bottle is advisable.

And, Finally

All participants will receive a **Bikeability certificate**. Bikeability awards recognise every rider's progression during the course. Please support and encourage your child to continue cycling after their training.

Help ! my child has outgrown their bike ...

Standard bike hire for adults and children is available for £30 per month through Try Before You Bike Scheme: peddlemywheels.com/try-before-you-bike

Bikes are insured, come with helmet, lights and lock, and you can hire for up to six months, plus if you buy your bike, they give you the rental cost back with no hidden costs or tie-ins.