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Our Ref: DP/RS.BILL1702

Date: January 2017

Dear Parent/ Guardian,

**Bikeability Balance: Billingshurst Primary School  
16<sup>th</sup> – 19<sup>th</sup> January 2016**

**Session 1: 09:30 – 10:15 Session 2: 10:20 – 11:05**

**Session 3: 11:10 – 11:55 Session 4: 13:15 – 14:00**

Bikeability balance is a series of school based sessions that aims to achieve basic cycling balance for children in reception and year 1. 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.

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.

Training includes understanding and names of different bike parts, basic control skills including swerving and emergency stops. The course also offers guidance on riding etiquette when sharing a space with pedestrians.

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

Kind Regards

Ed Clark

Cyclist Training Development Officer  
West Sussex County Council