



bikelife
Outspoken!
 Training



“Being put on a balance bike made my daughter more determined to cycle on her bike - she achieved her goal and now happily cycles whenever she can!”

Bikeability Balance Training

Course Information

Bikeability Balance is a development programme that uses specially designed bicycles to get young children active and having fun.

Your child will be taking part in balance bike training to be run by Outspoken Training. Balance bikes have no pedals and give young children the confidence to develop their agility, balance and coordination skills. The programme is suitable for all children, whether they can ride a bike or not. During the course, participants will cover:

- Identifying parts of a cycle
- Getting on and off a cycle
- Setting off with control
- Pushing and gliding
- Stopping with control
- Making the cycle go where they want
- Being aware of surroundings
- Communicating with other cyclists
- Communicating with pedestrians
- Responding to verbal instructions
- Understanding the Green Cross Code

Course Information:

Training Dates: 17th November 2025 - 20th November 2025

Course Length:

The course is delivered in 4 x 45-minute sessions over 2/4 consecutive days in 1-week.

Where:

The training will take place outside on the school's playground.

Consent

Full Name of Child: _____

School: _____ School Year: _____

Ethnicity: _____ Gender: _____

Medical Conditions and/or Additional or Special Educational Needs: _____

Are you happy for your child to be photographed and/or filmed during Bikeability training? ☐ Yes ☐ No

These images may be used by the school, Outspoken Training or The Bikeability Trust to promote cycle training or the organisation.

By consenting, I confirm my child:

- will bring and wear a helmet provided by Outspoken Training which conforms to British Standard EN 1078:1997 for each session. I understand that Outspoken Training will not be held liable for the results of any injury which it is later established may have been caused by wearing a helmet. The instructor will advise on the fit of the helmet but will not necessarily be able to judge from its appearance if it is in good condition.
- will have cycling and weather appropriate clothing for each session.
- may be refused cycle training if their behaviour or ability puts them or others at risk.

By consenting for my child to take part in Bikeability, I understand that pupil data will be collected and shared between my child's school and Outspoken Training. This will be used to support the delivery and monitoring of training courses. More information on how Outspoken Training processes data can be found in their 'Privacy Policy' on their website.

I confirm I have read all the information enclosed in the 'Parental Information' and consent to my child (or the above child for whom I take responsibility) to take cycling training lessons, which may include basic cycle maintenance.

Signed: _____ parent/guardian

Date: _____