



## **Bikeability Cycle Training Course**

### **Thursday 19<sup>th</sup> May and Friday 20<sup>th</sup> May**

A reminder that Cycle Training will be taking place next week. All children signed up will be involved in the training on **both** days.

- Every child must bring a roadworthy bike and a cycling helmet. Please ensure that your child's bike fits correctly and is safe to ride.

#### **A roadworthy cycle has:**

- Inflated tyres, as hard as an apple
  - Two working brakes
  - A well-oiled chain
  - A saddle and handlebars fixed on tight
- Children will need to wear suitable, wet weather/outdoor clothing (preferably bright coloured) and suitable footwear for cycling e.g. school or training shoes.
- Children will need to attend **all** of the training.

The Cycle Circle team will carry out bike checks on the first morning (basic adjustments will be made if required), however, we would encourage you to arrange for your child's bike to be checked over by a reputable person/bike shop before the training to ensure it is roadworthy, ready for Thursday 19<sup>th</sup> May.