



Balanceability Training

Is coming to your Child's School.....

Balanceability training is an important life skill that your child will learn. It will help them develop their balance skills and gain confidence along the way. Below is an overview of what they will learn over the 6 week course. Once the training has been completed, they will then be awarded with an attendance certificate. they've just been taught some important life skills which will help them when learning to ride a bike and then go onto complete Cycle Training on the roads in year 6.



What will the children learn?

They will learn lots of different balance techniques such as:

- The bench Shuffle
- Walk the Bike
- Ride the lane
- Beanbag race
- Glider rider
- The Wiggly Weaver
- Balance Buddy
- Stop Box
- Squeeze the Gap



Certificates

They will receive their certificates in an “Awards Celebration Assembly” So, the children get recognised by their peers/teachers for their achievements by accepting their certificates in front of the class/school and awarded a certificate.

Balanceability Training Consent Form

Balanceability Training has been organised for your child's year group by Newport City Council's Road Safety Team.

This training will involve your child attending 6 practical sessions experiencing balancing techniques and having the opportunity to have a go on a balance bike. Groups with a ratio of 1 adult to max 3 children to learn an important life skill as this will help them build confidence to learn to ride a bike unaided in the future. It will also help fill in those building blocks for when they are in year 6 taking part in National Standards Cycle Training which is road-based training. If you wish your child to participate and agree with the following responsibilities, please sign the consent form below and return it to the class teacher.

Your Responsibility's:

- *I will make sure on the day of the training sessions that my child will be appropriately dressed for training outside and bring to school a coat to wear.*
- *I accept that Newport City Council and school staff are responsible for his / her safety during training times only.*
- *I will inform the school of any medical condition that might affect my child's training or cause an emergency.*

Privacy Policy

By completing this form, you consent to Newport City Council as a data controller to process this information. Your information will be collected and processed for the purpose of Child Pedestrian Training and will be handled, processed, and stored securely in line with the General Data Protection Regulations (GDPR). The information will be retained only for as long as is necessary to fulfil the purpose above. After that we will securely remove and delete it. The legal basis for processing your personal data is consent and you may withdraw your consent at any time by sending an email to the contact address: road.safety@newport.gov.uk

Child's Name:	School:
I give/do not give my permission for my child to take part in the training.	
Signature of parent/guardian:	Date:
Medical Conditions / Disability:	
Allergies:	
I give/do not give permission for photos/videos to be taken for social media awareness.	
Signature of parent/guardian:	Date: