

## Bikeability Learn to Ride Frequently Asked Questions



### How much are Learn to Ride lessons?

Lessons cost £45 for an hour for 1 person or £65 for 2 siblings or friends learning together. The advised maximum lesson time for a child under 5 is 45 mins and the cost is £35.

### What age does my child have to be to have lessons?

Lessons can normally be booked from the age of 4. Children can often be ready to learn earlier if they can scoot and glide on a balance bike but some don't have the strength to hold a pedal bike upright. It's then better to leave it a year or and continue to let them enjoy their balance bike

### Where do you teach?

We hire school playgrounds or use large tarmac usually quiet community spaces so that your child has a good sized and safe area to learn in. The main teaching venues are in , Robertsbridge, East Sussex and Halstead, Kent. We can sometimes offer lessons in Tunbridge Wells during school holidays and at Vinehall School, for children attending that school.

### When do you teach?

Lessons are offered most Saturdays during term time in Robertsbridge and Halstead and some Saturdays/weekdays during holidays. We can sometimes offer lessons in Tunbridge Wells during Easter and summer holidays.

### My child is very nervous about learning, how do you teach?

CycleSafe Learn to Ride is a step by step programme which develops confidence, competence and safe riding skills. We work at the speed of the child and don't move on to the next step until we feel they are ready.

Your child will start by learning to scoot the bike without pedals to develop balance and braking skills. (We ask parents to remove the pedals before the lesson using a no. 15 spanner and to lower the saddle so the child can place their whole feet comfortably on the ground). Once he/she is moving the bike confidently by "scooting" and "gliding" and able to use brakes, exercises are carried out with one pedal on. When the second pedal is added your child is encouraged to pedal with a little light support if needed until the point she/he is ready and confident to pedal independently.

We include games in the lessons to develop confidence and to make learning to ride a bike fun and a positive experience.

## **My child is worried about falling off**

While the step by step process helps to minimise a child from falling off, it has to be accepted that sometimes they can suddenly lose balance and it's all part of the learning process. It's important for them to get them back on their bike as quickly as possible and we usually take them back a step or two to help them regain their confidence.

## **How many lessons will my child need?**

Most children are pedalling within one to two lessons. Children with co-ordination , balance difficulties or other additional needs can take a little longer.

## **My child's bike is too small/too large/not in good condition. Do you hire out bikes?**

Yes - please refer to Bike Hire information on the Learn to Ride page of the website.

## **Do you offer lessons for children who have already learnt to pedal but lack control skills or confidence?**

Yes - we assess the competencies gained so far and then use a variety of activities to develop the skills to Bikeability 1 (National Standard).

## **How do I book a lesson**

Ring us or send an email with details including the name and age of your child and your contact phone numbers.

Let us know the date and time you require (two choices of dates/times in case one is already booked) and we will confirm availability.

Read through the Booking Conditions on the Learn to Ride page of the website

Complete and return the website booking form

Transfer/send a cheque for full payment for lessons booked including bike hire if you have requested it. Payment details are on the booking form.

## **Is there anything I have to do before the lesson?**

To help ensure your child's lesson runs smoothly please read through [Preparing Your Child's Bike/for the Lesson](#) on the website at least a day or two before and check their helmet fits. [http://www.cyclesafesoutheast.co.uk/learn\\_to\\_ride.asp](http://www.cyclesafesoutheast.co.uk/learn_to_ride.asp)

## **What should my child wear for the lesson?**

For your child's safety as well as comfort, please dress your child in sports clothing including trainers appropriate for the weather conditions. (long or baggy clothing could get caught on bike parts)