

Learn to Cycle

Physiotherapy Department

What we provide

We will assist you with removing pedals on the first day if you have been unable to do it yourselves.

We may make small adjustments to the height or fit of your child's bike to make it easier for your child to ride or to mount/dismount.

There are many skills required to ride a bike. We will break down the task into small manageable steps and help your child to achieve these one at a time. Some of the basic skills will include controlling the bike whilst walking with it, balancing on the bike with feet on the ground, and mounting and dismounting safely.

We will practise basic road safety skills such as 'go' and 'stop' in response to both verbal and visual cues; controlling the direction of the bike; using brakes; and attending to obstacles and hazards.

Important principles:

- Make it fun
- Never hurry your child
- Make it safe

What we expect from children/families that attend Bike Group

Parents are required to take an active part in the session to enable them to continue to support their child to learn to cycle at home.

You must bring your child's bike. The bike must fit the child and the child should have the opportunity to ride this bike regularly out-with group sessions in order to practise the skills they are learning.

Your child must bring a **cycle helmet** which **must be worn at all times** whilst cycling. You may also bring elbow and knee pads if you wish your child to wear them but these are not essential.

Please remove the pedals and any stabilisers from the bike before the first session so that your child can push it along using alternate feet. Your child must be able to put both feet flat on the ground while sitting on the saddle. If you are buying a bike make sure it is simple and lightweight, extra suspension or other add-on pieces make it heavy and difficult to handle. Ensure your child can reach the brakes easily.

Please ensure your child is wearing clothing that allows them to move freely and is suitable for wearing outdoors.

Please also bring:

- Any splints that your child normally wears

- A drink and a snack for your child
- Any medications that your child may require, e.g. inhalers, anti-seizure medications
- Details of any relevant medical history.

General information about Bike Group

Aims of the group:

- Help your child to learn to ride a bike
- Give you as a family the skills and information to help them continue to progress with cycling once the group is over.

Some children will learn to cycle a two wheeler bicycle independently within the three days. Other children will need to spend longer at the earlier stages before independent cycling is achieved.

The group usually runs for three days of one week. **You and your child must be able to attend all sessions.**

There is a long waiting list for this group. Non-attendance means that another child has needlessly missed out. If you are unable to attend please let us know as soon as possible to allow us to offer your place to another child.

It is held during school holidays (Easter holidays, summer or half term).

Dates, times and venue will be specified in the invitation letter. The group will start and finish promptly. Please make sure you arrive promptly as we will be unable to wait for latecomers.

We will stop for a drink halfway through the group. We will begin the group indoors, usually in a gym hall, but may take the children outside if the weather permits.

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