

Balance Bikes

Operating Policy

Last Revised On: 08.11.2018
Qualification: In house trained and assessed.

Location and Site Specification

- A suitable area with no obstructions or hazards.
- Adequate space for the size of the group and nature of the game.

Equipment

- Suitable equipment specific to the games being played must be used (See session plan).
- Helmets and bikes must be uniquely coded and inspections need to be logged on a monthly basis.

Pre Activity:

- Ensure area to be used is appropriate and free of hazards.
- Set up session in accordance with training given.
- Check equipment to ensure that it is suitable for use.

During Activity:

- Check participants are wearing suitable footwear.
- Check participants removed jewellery and objects from pockets.
- Do a warm up before the participants begin the Balance Bikes session.
- Place any equipment not in use in a safe area.
- Explain and demonstrate the correct techniques for each skill.
- Skills must follow a natural progression allowing participants to develop throughout the session.
- Check participants are wearing helmets correctly and that balance bikes are fitted to the individual.
- Remain vigilant at all times making sure that all participants stay within the boundaries of the activity.
- Explain and demonstrate to all participants how obstacles are to be negotiated.
- Assist participants when transporting equipment from one area to another.
- Let all participants know when they are to move around the obstacles.
- Explain the dangers of equipment and emphasise the need for spacing out while practicing skills.
- Competitions must be relevant to the groups/individuals age and ability.
- Remain vigilant and ensure participants are using the equipment in the correct manner.

Post Activity:

- Check equipment and secure in a safe place.
- Leave activity area tidy and ready for next session.