

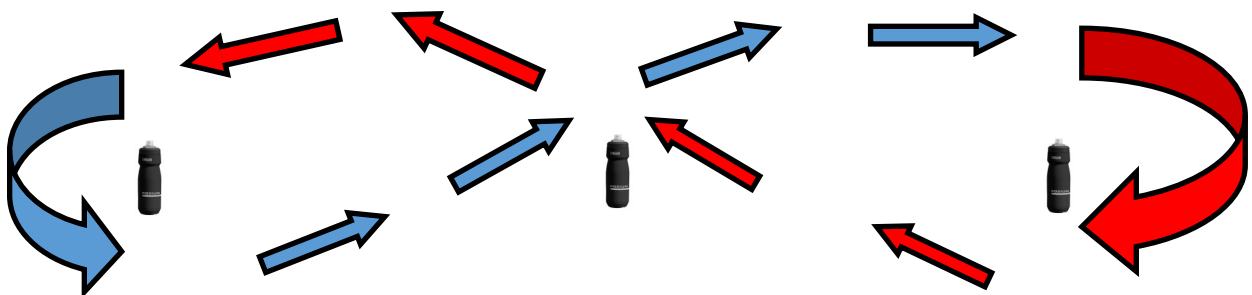
East Bradford Virtual Saturday Bike Club.

Instructions will be given via our Zoom group and the meeting code and ID will be in our East Bradford Zoom group. If you are not a member of the group, just message me by PM or text me and I will send you the codes if you are unable to join the Facebook group.

You will need to be able to access our Zoom video both inside at the beginning of the session (no bikes required) and outside for the On bike session - weather permitting.

Parent notice - As I am running remotely, I can't risk assess the area your child is riding in. Please ensure the area is clear of protruding/potentially dangerous obstacles and is safe for them to ride on. Grass lawns and drive ways are ideal, especially if not really steep. Ensure your child's bike is in good working order and check it after any bike challenge that involves removing and replacing wheels etc. UI also ask that you supervise the on bike activities.

Figure of 8 Set up : Make it longer gap between bottles for younger ones and closer together for older riders. Can use rolled up socks or anything you have to hand.



Slalom - Using five pairs of rolled up socks or anything else you have to hand to lay out a course as below. For younger kids, make the gap between objects wider apart, for older ones, narrower. Advanced mtb riders can bunny hop round.

