An Introduction to Bikeability

Bikeability is the government’s national cycle training programme. Each year more than 410,000 children in half of all primary schools in England do Bikeability training. Since 2007 more than 3.1 million school children have received training.

Managed by the Bikeability Trust and delivered in partnership with local highway authorities, the programme outside London currently receives an annual grant from the Department for Transport (DfT).

Bikeability is based on the UK-wide National Standard for cycle training – a complete guide to cycling ability for everyone:

- For all levels of experience
- On any type of cycle
- Everywhere cycling is allowed
- In all weather and traffic conditions
- At any time of day or night.

Independent research shows Bikeability gives children the skills and confidence to cycle more often and more safely on today’s roads. By encouraging more people to cycle more often, Bikeability helps address some of society’s biggest challenges, such as childhood obesity, pollution levels and climate change.

Our son was overjoyed when he achieved his Level 2, and his passion for cycling has gone from strength to strength. He goes out with his friend on his own on a regular basis on trails and is happy to go to the shop on his bike.
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<tr>
<th>BIKEABILITY TRAINING 2018/19</th>
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<tr>
<td><strong>410,000</strong></td>
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<td>TRAINING PLACES DELIVERED</td>
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<td><strong>341,000</strong></td>
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<td>BIKEABILITY LEVEL 1, 2 &amp; 3</td>
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<td>PLACES DELIVERED</td>
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<td><strong>2,750</strong></td>
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<td>ACTIVE INSTRUCTORS</td>
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<td><strong>70,000</strong></td>
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<tr>
<td>BIKEABILITY PLUS MODULE</td>
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<td>PLACES DELIVERED</td>
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<td><strong>340</strong></td>
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<td>BIKEABILITY PROVIDERS</td>
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<tr>
<th>BIKEABILITY TRAINED CHILDREN ARE</th>
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<td><strong>MORE</strong></td>
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<td>TO CYCLE TO SCHOOL</td>
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<td>OF HOW TO RIDE ON ROADS SAFELY</td>
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<td><strong>MORE</strong></td>
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<td>TO BE ALLOWED TO CYCLE BY THEIR PARENTS</td>
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<th>BIKEABILITY TRAINING TO DATE</th>
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<td><strong>3.1 MILLION</strong></td>
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Statistics available here: bikeability.org.uk/support/publications/
What does Bikeability look like?

The Bikeability programme comprises three core Bikeability levels, supplemented by 10 Bikeability Plus modules. The National Standard and Bikeability teach four essential ways that safe and responsible cycling can be done everywhere cycling is permitted:

- Making good and frequent observations
- Choosing and maintaining the most suitable riding positions
- Communicating intentions clearly to others
- Understanding priorities on the road, particularly at junctions.

Riders are introduced to these ‘four core functions’ at each Bikeability level:

- Bikeability Level 1 develops cycle handling skills away from traffic
- Bikeability Level 2 develops skills and confidence for cycling on single-lane roads and simple junctions with medium levels of traffic
- Bikeability Level 3 develops skills and confidence for cycling in complex, often busy roads and junctions sometimes with speed limits above 30 mph.

Most delivery in primary schools is up to Bikeability Level 2.

For more information visit bikeability.org.uk
Additional Bikeability **Plus** modules may also be delivered to increase the take up of Bikeability or increase cycling after Bikeability.

- Bikeability **BALANCE** – develop young children’s cycle handling and awareness skills
- Bikeability **BUS** – group rides to school for pupils, parents and school staff
- Bikeability **FIX** – learn how to prepare cycles for a journey and fix a puncture
- Bikeability **LEARN TO RIDE** – intensive one-to-one training at any age
- Bikeability **ON SHOW** – for parents, carers and school staff to observe National Standard cycling
- Bikeability **PARENTS** – Bikeability training for parents, carers and school staff
- Bikeability **PROMOTION** – promoting Bikeability for family and community cycling
- Bikeability **RECYCLED** – redistribution of cycles within the community
- Bikeability **RIDE** – led family rides along predetermined routes
- Bikeability **TRANSITION** – route planning and additional training for cycling to secondary school.

**BIKEABILITY PLUS – AMPLIFYING THE BENEFITS OF CORE BIKEABILITY**

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**Bikeability BUS**

**Bikeability BALANCE**

**Bikeability LEARN TO RIDE**

**Bikeability FIX**

**Bikeability PARENTS**

**Bikeability RIDE**

**Bikeability ON SHOW**

**Bikeability RECYCLED**

**Bikeability TRANSITION**
Who can take part?

DfT funding for Bikeability Level 1 is aimed at children in school years 4 and below, Level 2 (and combined Level 1 and 2) at children in school years 5 – 6 inclusive, and Level 3 at all people in full-time education or training. **Bikeability is an inclusive programme, and providers and instructors will ensure that reasonable adjustments are made so everyone can participate.**

A short history of Bikeability

• Cycling Proficiency started in 1950, starts to decline in 1980s, patchy at best by 1990s
• The National Standard for Cycle Training, overseen by the Department for Transport (DfT), was agreed in 2005 by over 20 organisations
• Bikeability was launched in 2007 in England
• Since 2007 over 3.1 million children have received Bikeability training
• Bikeability has gone from 10,000 places to 410,000 per annum
• Roughly half a year group now does Bikeability annually across England
• A quality assurance process was introduced in 2012
• There are 2,750 instructors that are trained, registered and paid to deliver Bikeability
• There are 340 registered Bikeability providers (including independent businesses, local authorities, School Game Organisers and School Sports Partnerships)
• Bikeability Plus was launched in 2016 as a series of complementary activities to increase the take up of Bikeability and maximise its impact on children’s cycling.

For more information visit bikeability.org.uk
How effective is Bikeability?

Independent research shows that Bikeability contributes to more people cycling, more safely, more often.

In 2019, SQW/BPSR found Bikeability has a positive impact on:

- Children’s propensity to cycle on roads
- Parent’s preparedness to allow children to cycle on roads
- Children’s road safety knowledge.

In 2015, NFER found:

- Trained children were better at perceiving and appropriately responding to on-road hazards
- Children reported increased confidence cycling on the road after training.

**Source:** Bikeability Impact Study Final Report - A study commissioned by the Department for Transport, May 2019

www.bikeability.org.uk/support/publications/

**Source:** Research into the impact of Bikeability training on children's ability to perceive and appropriately respond to hazards when cycling on the road, February 2015

www.nfer.ac.uk/publications-research/
In 2012, **SDG** found:

- Higher levels of Bikeability funding associated with more children cycling to secondary school
- More children cycling to secondary school where all feeder primary schools offer Bikeability
- Sustained local authority funding for Bikeability associated with more children cycling to secondary school.

In 2015, **Ipsos MORI** found:

- Bikeability is viewed positively by parents and children
- Children report improvement in their ability to judge risks
- Parents report Bikeability has improved their child’s safety
- Parents and children say Bikeability has a positive impact on children’s cycling confidence
- Both parents and children report cycling more after training.

### Parent’s Satisfaction with Child’s Bikeability Training Received

- **31%** Quite Satisfied
- **63%** Very Satisfied

### Increase in 11-15 Year Olds Cycling to School by Longevity of Funding

Source: Research to explore perceptions and experiences of Bikeability training among parents and children, May 2015

Source: Cycling to School – a review of school census and Bikeability delivery data, March 2012

www.bikeability.org.uk/support/publications/
What can Bikeability do for pupils?

**ATTAINMENT**

Bikeability can contribute to attainment and achievement.

- Pupils with better health and wellbeing have higher levels of school attendance and more likely to achieve academically*
- The effective social and emotional competencies developed through Bikeability are associated with greater health and wellbeing
- The culture, ethos and environment of a school influence the health and wellbeing of pupils and their readiness to learn. Bikeability can contribute to this ethos*.

**PERSONAL, SOCIAL, HEALTH & ECONOMIC DEVELOPMENT**

Bikeability strengthens opportunities for pupils to:

- Learn how physical activity and cycling positively affects physical health and wellbeing
- Recognise that choices can have positive, neutral and negative effects
- Recognise, predict, assess and manage risks responsibly
- Increase independence
- Work with others to assess, review, enjoy, celebrate and set goals, have high aspirations and a desire to improve
- Develop strategies for keeping physically and emotionally safe.


www.gov.uk/government/publications/
Bikeability can help pupils to:

- Understand how an active lifestyle can support emotional health
- Enjoy recreational cycling with friends and family
- Increase confidence, decision-making and self-esteem
- Develop perseverance and resilience
- Understand that pressure to behave in an unacceptable, unhealthy or risky way can come from a variety of sources.

Bikeability provides pupils with a pathway to:

- Competent and confident active travel habits
- Develop lifelong physical activity habits
- Enter cycling competitions (intra-school, inter-school and club)
- Participate in cycling leadership opportunities
- Experience a range of cycling opportunities (i.e. BMX, road racing, time trials, cyclo-cross)
- Achieve an average of at least 60 active minutes per day across the week*.

*Source: Physical Activity Guidelines UK. Chief Medical Officers’ report, September 2019

www.gov.uk/government/publications/
Bikeability creates opportunities for pupils to:

- Develop an understanding of, and be able to describe the rules and laws relating to cycling
- Recognise legal boundaries and respect the civil and criminal law of England in relation to safe cycling
- Develop critical thinking skills through making choices about routes, speeds, environments
- Appreciate diversity, understand different viewpoints, collaborate for change.

Bikeability enables pupils to:

- Understand the consequences of their behaviour and actions, making appropriate decisions while cycling
- Use a range of social skills both in and out of school as they participate in and advocate the benefits of cycling safely
- Willingly participate in sporting or physical activity opportunities, having the confidence to enjoy cycling out of school hours.
Bikeability creates opportunities for pupils to:

- Develop speaking and listening skills
- Read a variety of non-fiction texts (handbooks, signs, instructions)
- Enhance scientific knowledge and understanding (of cogs, wheels, forces, power, air, speed)
- Use Bikeability as a source for topics in English (instructional, creative, report writing, poetry)
- Apply learning achieved in maths (shapes, direction, distance, speed)
- Develop geographical knowledge and confidence (maps, routes, pathways)
- Support outcomes and progress in physical education (balance, stability, coordination).
Join our active Bikeability Club

WELCOME TO THE
BIKEABILITY CLUB

Join the Bikeability Club to receive newsletters with more information about Bikeability training, as well as useful hints and tips on riding together as a family and enjoying cycling after your Bikeability course, plus offers, promotions and other opportunities.

www.bikeability.org.uk/bikeability-club

SIGN-UPS SINCE AUGUST 2018

3,500
If you would like to know more about Bikeability, visit www.bikeability.org.uk