



Bikeability Level 3

How it's rolled out in the city of York

Lynne Thomas, the Road Safety Training Coordinator in York organises and manages Bikeability Level 3 across the city. To date Lynne has engaged with 14 secondary schools, delivered 40 Level 3 courses to over 1141 participants.

Working with secondary schools to deliver Level 3 Bikeability in York

Lynne says it is important to

- liaise with the right person in the school, and research shows this staff member could have a number of different roles in different schools, maybe the Transition Manager, SENCO, PSHE lead or PE staff.
- consider offering offer to contribute to a year group assembly where possible, include a short presentation about the Level 3 training course, the benefits and answer any questions for students.
- distribute information letters and consent forms on the day and once collected, create a training schedule with the school.



Flexibility & inclusive practise is key

Lynne says;

"I would be prepared to adapt the delivery for each school. Find out how it will work within their school timetable"

"Initial low uptake in the training has been overcome by asking the school contact/school office to send reminder emails to families and asking form teachers to remind students. Once the training has become established, word of mouth between families and students works well to increase the uptake"

"Being able to supply bikes and helmets made a huge difference to inclusivity at a school where they had a large proportion of students travelling in by bus"

'How can Level 3 Bikeability benefit secondary school students?'



The impact on secondary students

Parents from City of York participating schools have reported;

- Feeling much happier once their child has received the training and now let them cycle more often, to more places.
- Students gaining more overall confidence following the Bikeability courses.

Students say;

- They feel more confident in managing different road situations, cycling on busier roads and are able to make informed decisions.



In summary...

Lynne suggests

- Schools work with providers to share individual school needs and agree what works best
- Highlighting the long term benefits of taking part in the training to students alongside school staff
- Working with schools to increase access to the training and where possible providing bikes and helmets

Developing communication with schools to identify the best person and persevering, re-contacting the school, and if necessary visiting the school to make the connection.

If your school would like to find out more about the impact of Bikeability Level 3 on secondary students take a look at **'How can Level 3 Bikeability benefit secondary school students?'**.