

Research to explore perceptions and experiences of Bikeability training amongst parents and children

Report prepared by Ipsos MORI

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Executive summary

Executive summary

Launched in 2007, Bikeability is the government's flagship cycle training programme, designed to give people the skills and confidence to ride on today's roads. The following report presents findings from a survey conducted on behalf of Cycling for England and the Department for Transport to establish attitudes towards cycling, current cycling behaviour and awareness of, participation in and experience of Bikeability. The Bikeability programme is available to people of all ages. This research, however, focuses only on the experience of children in school years 5 and 6, garnering feedback from both children and their parents.

Fieldwork took place from 3rd to 29th March 2010, during which a total of 940 face-to-face interviews were conducted. Parents and children were interviewed in tandem (470 interviews with parents and 470 interviews with children) using different versions of the questionnaire. The wording and format in the children's questionnaire was specially designed to take into account their particular cognitive abilities and requirements, many questions were asked of both parents and children to enable comparisons to be made between the opinions expressed by each group.

Overall, feedback from parents and children is very positive indeed, both in terms of cycling in general and the attraction and impact of the Bikeability training scheme. Cycling clearly has a broad appeal, particularly among children. This appeal is exemplified by the fact that nearly all children interviewed can cycle (97%) and most do so on a regular basis (four in five (82%) say that they usually ride their bike at least once a week). Children see cycling as fun and exciting, whereas their parents tend to place greater emphasis on the health benefits that cycling can confer.

In fact, parents associate cycling with a range of advantages, from the positive impact that it can have on their child's fitness and wellbeing, to the role it can play in promoting their child's independence. However, parents also clearly harbour concerns about their child's safety when cycling on the road. While they feel their children have the *ability* to ride safely, they are concerned about the speed at which cars travel (54%), the level of traffic their children are likely to encounter (52%) and other road users in general (45%). Similar concerns are shared by all parents, with no difference by age, gender or location and regardless of whether or not they themselves cycle.

Understandably, safety will always be an issue for parents, particularly from dangers that they and their children cannot control (hence the emphasis on 'other road users'). The fact that nine in ten children are taught to ride a bike by their parents (89%), but only six in ten parents

express confidence in their ability to train their child to ride on the road (60%) may explain why there is a strong demand for formal cycle training of the type that Bikeability provides (95% of parents feel that such training is important).

Encouragingly, Bikeability training addresses these concerns, equipping children with the necessary skills to respond to these dangers. Children who have taken part in the scheme feel safer and more confident when riding on the road (86%) and their parents feel more confident in allowing them to do so (87%). Children who have participated also feel more confident about riding their bike more often (87%) and, attested to by their parents, report an increased frequency in cycling having taken part in Bikeability (51% of children say they ride more having taken part in Bikeability and 49% of parents report an increase in the frequency with which their child rides). Participation also seems to encourage children to make new types of journeys using their bike, with children who have taken part more likely to cycle to get to places (friends houses and shops) and more likely to say that they always or sometimes cycle on the road than those who have not.

In light of these positive outcomes, it is perhaps unsurprising that Bikeability training itself is rated very highly by both parents (97% say that they are very/quite satisfied with the training) and children (95% describe it as fairly/very good), and children who have taken part say that they would recommend it to friends (91%). Indeed, children who have not yet participated (and their parents) are keen that they should do so, indicating a high level of latent demand for the scheme.

Introduction

Background and objectives

Launched in 2007, Bikeability is the government's flagship cycle training programme for children and young people, designed to give them the skills and confidence to ride on today's roads. This study was commissioned by Cycling England and the Department for Transport (DfT) to help understand the impact that the Bikeability programme has had to date on a sample of children in school year groups 5 and 6. The research provides initial feedback on experience and impact of Bikeability, including key messages about attitudes to cycling and cycle training which may be relevant to developing communications about the programme in future. At a later date, Cycling England intends to conduct a full scale cohort study to evaluate the long term impact of Bikeability.

The overarching aim of this research project was to provide an indication of how the Bikeability programme has influenced perceptions of and attitudes towards cycling, in particular whether it has increased the appeal and frequency of cycling among children.

More specifically, the objectives were to understand the following:

Cycling attitudes and behaviours:

- General attitudes towards cycling amongst children and parents, the perceived benefits of cycling from both parents' and children's perspectives, and any concerns parents have about their children cycling
- Cycling behaviours amongst children and parents, including. frequency of cycling, journey types, leisure and sports cycling, where cycling takes place (e.g. on the road, cycle paths, pavement, etc)

The impact of Bikeability training:

(for those who have completed Bikeability training to L2)

- On parental attitudes towards children cycling, e.g. does completion of the Bikeability scheme lead to more positive attitudes towards or greater confidence in their children cycling?
- On children's attitudes towards themselves cycling e.g. do they feel more confident? do they feel safer when cycling on roads?

- On children's cycling behaviour, e.g. does it encourage cycling more frequently? does it encourage children to make different types of journeys?
- On children's road awareness / other road behaviours

(for those who haven't completed Bikeability or any other cycle training)

- What are the perceived benefits of completing formal cycling training?
- What demand is there for Bikeability training from this group?

Methodology

The objectives of this research were to look at Bikeability awareness of and attitudes towards the Bikeability programme among children in years 5 and 6 of primary school and their parents. Interviewing therefore centred on regions where the programme is available and where many schools are already taking part. These details were provided by Bikeability and interviewing itself was carried out by LVQ, a fieldwork agency which specialises in conducting research among children and their parents.

In order to gain a balanced picture, two main sampling methods were used. These consisted of a 'mainstage' survey of parents and children who live in Bikeability areas and a 'booster' survey which targeted parents and children who have actually been involved in Bikeability training already. Sampling for the mainstage survey was conducted on a house-to-house basis, whereas respondents on the booster survey were recruited from directly outside schools which were known to have offered Bikeability to its pupils. Fieldwork took place from 3rd to 29th March 2010, during which a total of 940 face-to-face interviews were conducted. Parents and children were interviewed in tandem (470 interviews with parents and 470 interviews with children) using different versions of the questionnaire. The wording and format in the children's questionnaire was specially designed to take into account their particular cognitive abilities and requirements, many questions were asked of both parents and children to enable comparisons to be made between the opinions expressed by each group.

As well as asking some general questions about attitudes to bikes and current cycling behaviour, the questionnaire also included a section aimed at children who had taken part in Bikeability and their parents. This section asked about their perceptions of the programme and the impact that it had had on their cycling habits.

Interpretation of the data

For the survey to produce meaningful and actionable results it was necessary to ensure that the sample included sufficient numbers of people who had taken part in Bikeability. The approach used in the booster sample for instance was specifically designed to do just this. Similarly, in the mainstage sample, interviewing only took place in areas where the Bikeability programme was already in action. Taking these considerations into account, it was agreed to adopt an ad-hoc approach to sampling, as a more traditional approach would not provide sufficient numbers of eligible respondents.

As the availability of Bikeability is not evenly distributed across the country and uptake of Bikeability is not evenly distributed across those areas where it is available, the data contained in this report should not be considered representative of parents and children in school years 5 and 6 in the sampled areas. Also, due to the fact that the booster survey necessarily targeted Bikeability participants, the views of this group are likely to be over-represented in the data which follows.

With these limitations in mind, it was agreed that the population profile of the achieved sample was felt to be the best possible match for the households surveyed. Therefore, no population profile weights were applied to the data. Similarly, as parents of children who have taken part in Bikeability and the children themselves are over-represented in the data, it was not deemed accurate to down-weight the proportion of Bikeability respondents in the achieved sample because the actual profile of Bikeability parents and children in the sampled areas is unknown.

When interpreting the findings, please note that all data included in the following report is unweighted. Significance testing has been carried out to identify key differences between subgroups and differences are only reported on where they are statistically significant.

Publication of data

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Attitudes towards cycling

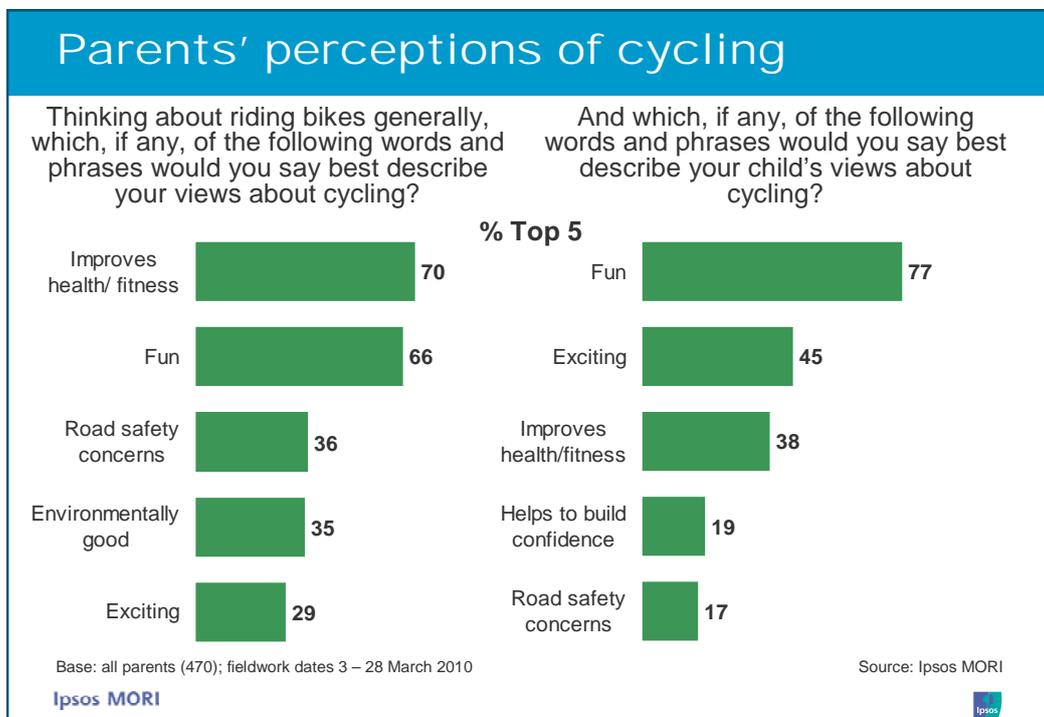
Attitudes towards cycling

This section of the report explores both parents' and children's attitudes towards cycling and the words and concepts that they associate with cycling.

Parents' perceptions of cycling

At the start of the interviews, we presented parents with a list of words and phrases and asked them to select those that best describe their views of cycling. Seven in ten parents say that they associate cycling with health and fitness (70%), two thirds describe it as 'fun' (66%) and just over a third associate it with road safety concerns (36%). Around a third of parents associate cycling with having a positive impact on the environment (35%) and a slightly smaller proportion describe it as 'exciting'.

We then asked parents to indicate which words and phrases best describe their children's views. In contrast to their own attitudes to cycling, parents are more likely feel their children associate cycling with it being 'fun' (77%) and 'exciting' (45%) than with the health benefits of cycling (38%), or with danger or road safety concerns (17%). This contrast is illustrated in the figure below.

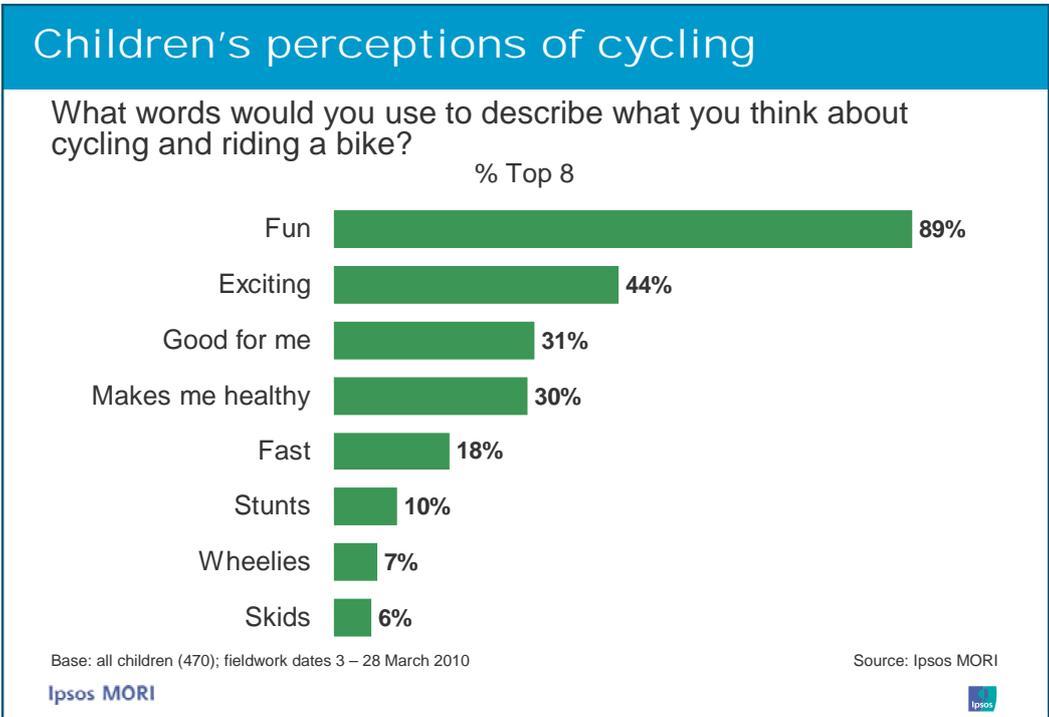


Parents who have ridden in the last 12 months also cite the environmental benefits of cycling (48%, compared to 25% of those who don't ride), as well as the health benefits (78%,

compared to 63% of those who don't ride) and the relatively low cost of cycling (30%, compared to 18% who don't ride). Parents in higher social grades are more likely to associate cycling with environmental benefits (49% of ABC1s, compared to 23% of DEs).

Children's perceptions of cycling

The views that children hold about cycling closely reflect the views that their parents *think* their child holds. As illustrated in the following chart, children are far more likely to describe cycling as 'fun' and 'exciting' (89% and 44% respectively). Again reflecting parent's perceptions, a sizeable minority associate cycling with improved health: around a third say that it is good for them (31%) and a similar proportion say that it makes them healthy (30%). Only 5% of children see cycling as something that is risky or dangerous, lower than the 17% of parents who think their children associate cycling with road and safety concerns.



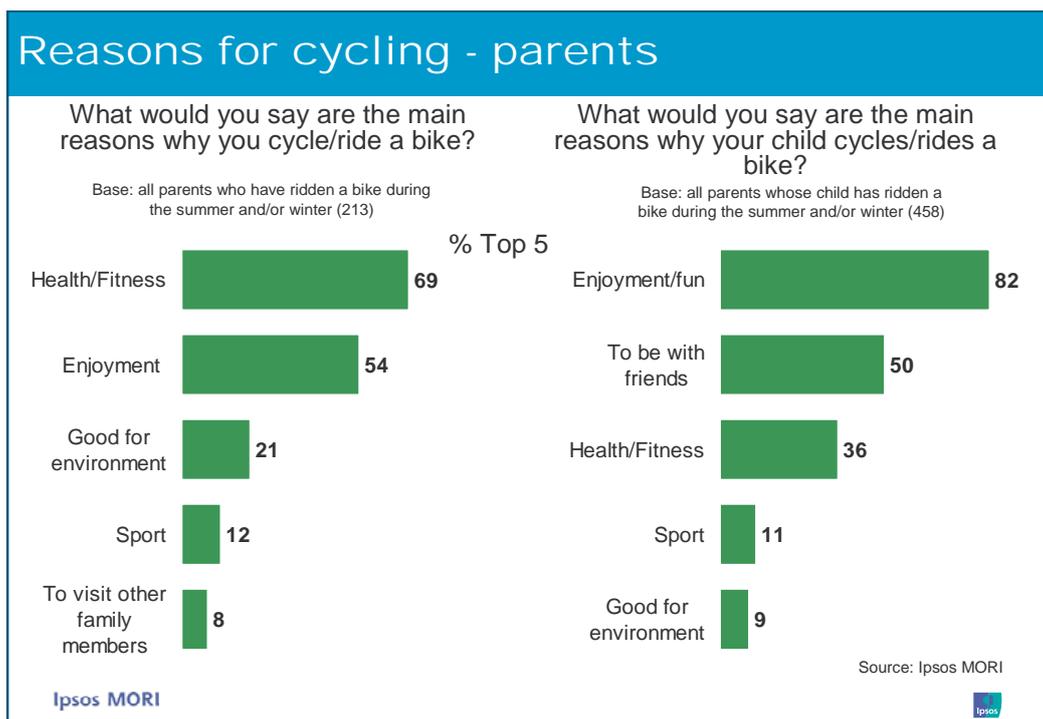
While there is no difference in the opinions of those who have taken part in Bikeability compared to those who have not, boys and girls do express slightly different attitudes. Boys are more likely than girls to say that cycling is 'fun' (91% vs. 86%), 'exciting' (50% vs. 38%) and 'fast' (23% vs. 12%). Opinions also vary depending on whether children have a parent who cycles. Those who do are more likely to mention that cycling is good for them (38% vs. 25% of those whose parent doesn't cycle) and that it makes them healthy (37% vs. 24% of those whose parent doesn't cycle).

Reasons for cycling - parents

Parents were asked about their motivations for cycling, as well as those of their child. By and large, the answers given correspond with the associations already discussed above: The top reason why parents say that they cycle is to improve their health and fitness (69%). Just over half say that they cycle for enjoyment (54%) and a fifth say that they do so for environmental reasons (21%).

Parents' perceptions of their children's reasons for cycling also closely match the associations made in preceding questions. Overwhelmingly, parents feel that their children cycle for pleasure and enjoyment (82%). Around a third say that their children cycle for health and fitness (36%). Additionally, half of parents say that their children cycle to be with friends (50%).

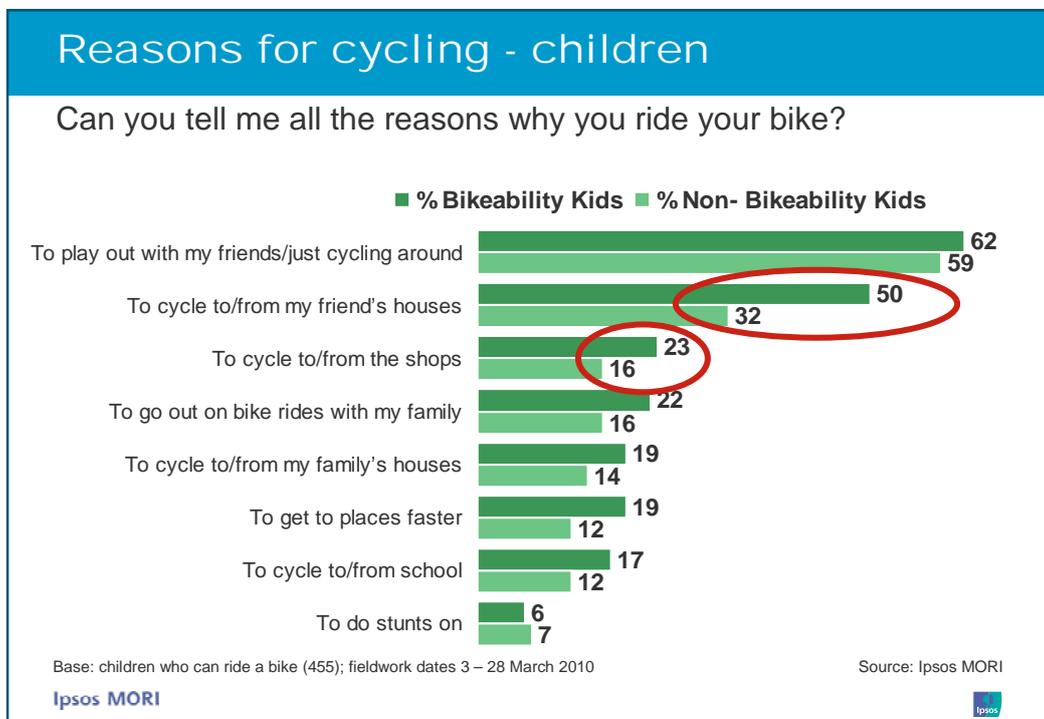
Analysis of the responses across the demographic sub-groups reflected very little difference in the reasons given for cycling, suggesting that these motivations are fairly universal.



Reasons for cycling - children

We then asked children why they ride. Again, their responses accord with those given by their parents. The majority say that they do so to play (60% overall) and many say that they do so to visit friends' homes (41% overall). The high frequency of both of these responses serves to highlight the social aspect that cycling has for children of this age.

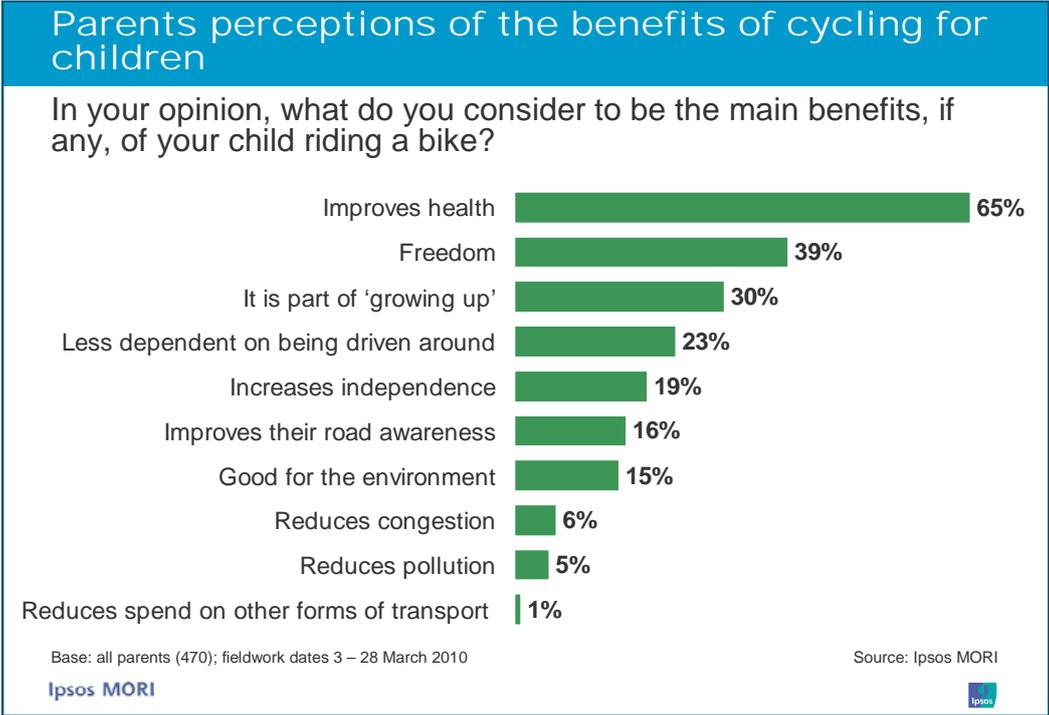
When we consider whether or not the children have taken part in Bikeability some interesting patterns emerge. For example, children who have taken part in Bikeability are more likely to say that they ride to visit friends' houses (50%, compared to 32% of those who have not taken part). Bikeability children are also more likely to say that they cycle to get to and from shops (23%, compared to 16%).



Children who cycle on the road are also more likely to say that they ride to visit friends' houses (49% vs. 41% overall). Similarly, those who say that they are confident cycling on the road are more likely to say that they cycle to get to and from shops (26%, compared to 19% overall). Those with a parent who rides are more likely to say that they go on rides with their family (33%, compared to 19% overall).

The benefits of cycling

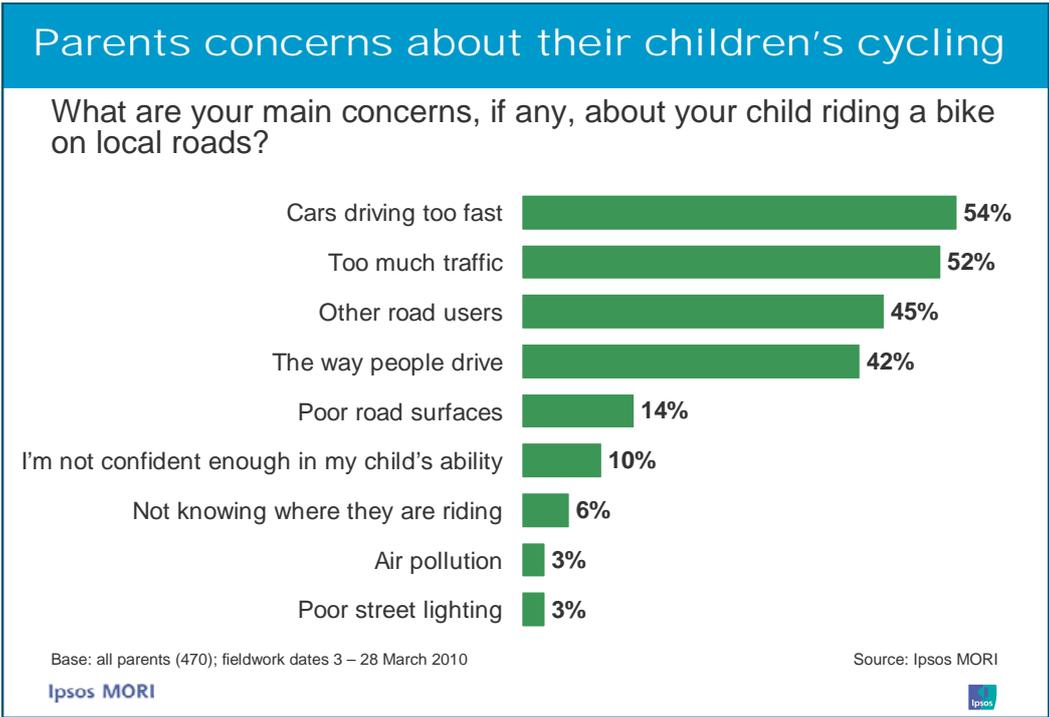
Parents feel that the main benefit of their children cycling is that it improves their health and fitness (mentioned by 65% of parents). Again, this is in line with the association that parents consistently make between cycling and physical well-being, both for themselves and their children. There is also a fairly strong sense among parents that cycling helps children to develop their freedom and independence and that riding a bike is 'part of growing up'.



These attitudes are fairly consistent between demographic sub-groups, though parents in the South of England are more likely to mention that cycling improves their child's health (72%) and that it gives them more freedom (48%), than parents in other parts of the country.

Parents' concerns about cycling

The majority of concerns expressed by parents about their children cycling on local roads centre on the dangers posed by traffic and other road users. Over half say that they are concerned that cars drive too fast (54%) and a similar proportion says that there is too much traffic (52%). By contrast, only a small percentage mention issues which are not related to concerns about other traffic – only 14% mention poor road surfaces for example.



All of these concerns seem to be shared by parents regardless of whether they themselves cycle and regardless of whether or not their child has taken part in Bikeability training.

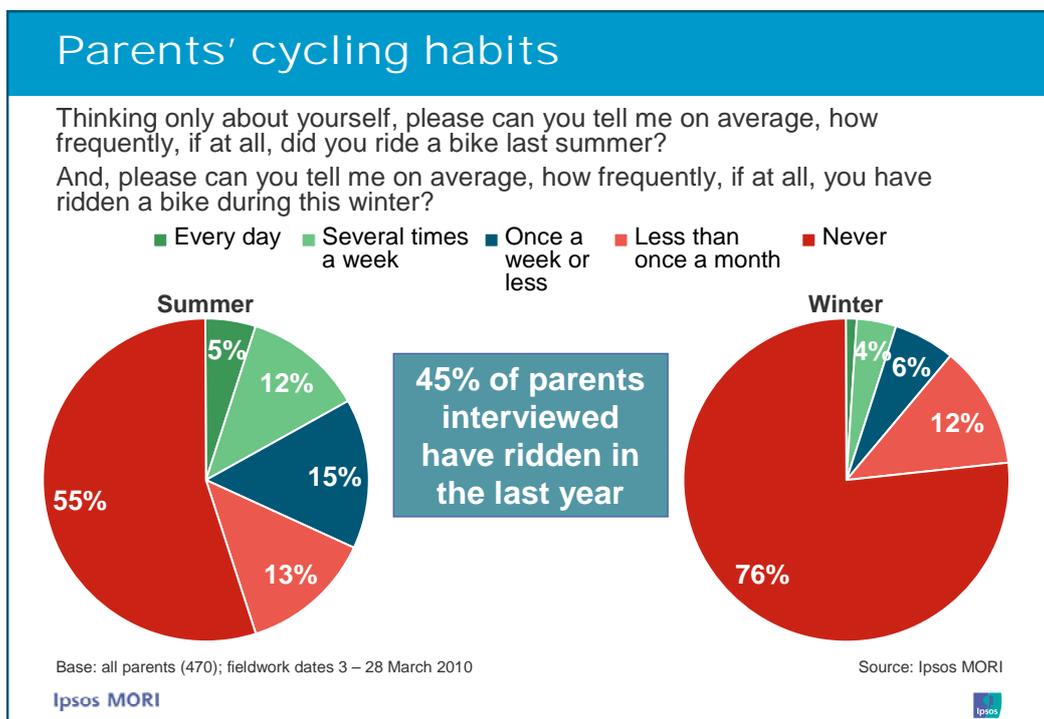
Cycling behaviour

Cycling behaviour

This section focuses on current cycling behaviour of children and parents, looking at when, where and how often they cycle and their reasons for doing so.

Parents' cycling behaviour

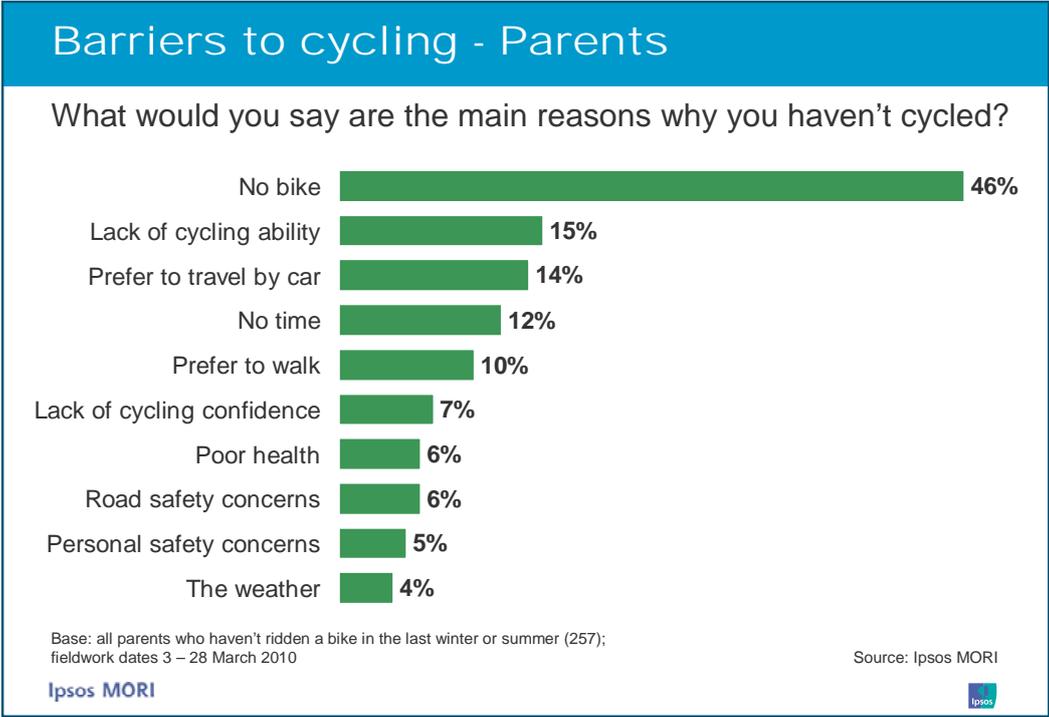
Overall, 45% of parents interviewed say that they have ridden a bike at least once in the last year. Predictably, parents are more likely to cycle during the summer than in winter (with one in six (17%) cycling at least once a week in summer vs. 4% in winter).



Those in social classes A and B are more likely to cycle than those in other social grades (70% have cycled in the last year, compared to 45% overall), as are those in full-time employment (60%, compared to 41% of those not working full time). By contrast, 79% of Ds and 72% of Es have not ridden in the last year. Parents in single adult households are also less likely to ride (65% have not, compared to 55% overall).

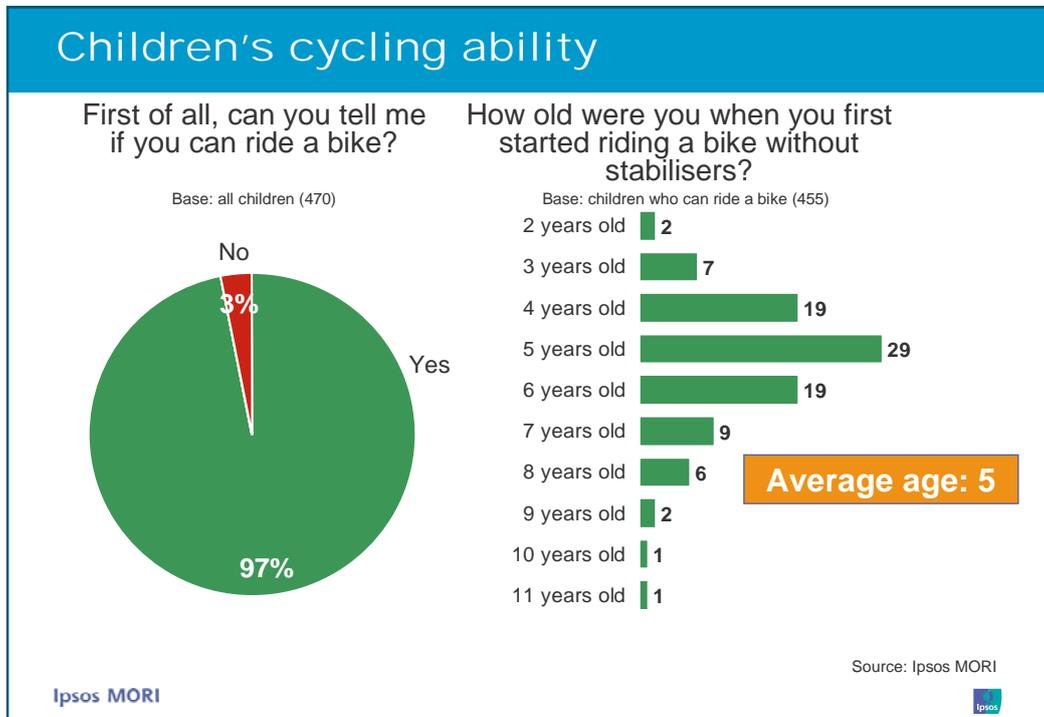
Barriers to cycling - parents

Among those who have not ridden a bike in the last year, the most common reason is that they do not have a bike (46%). This is particularly true of parents living in the north of England (64% of whom say that they do not have a bike), and single parents (53% compared to 41% of married parents).

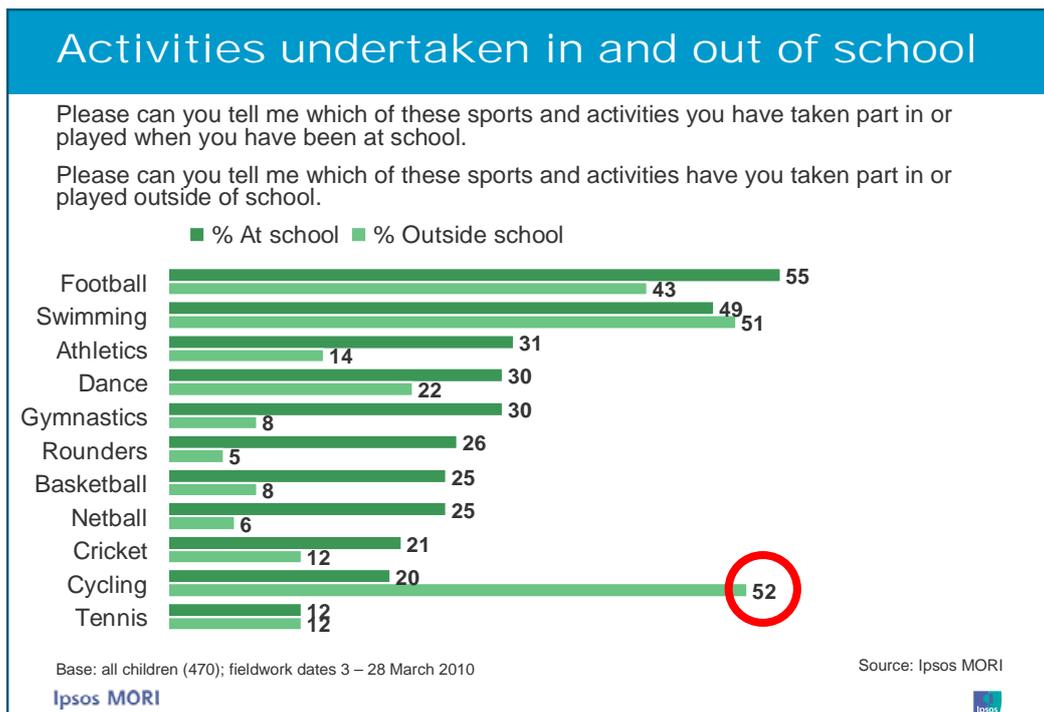


Children's cycling behaviour

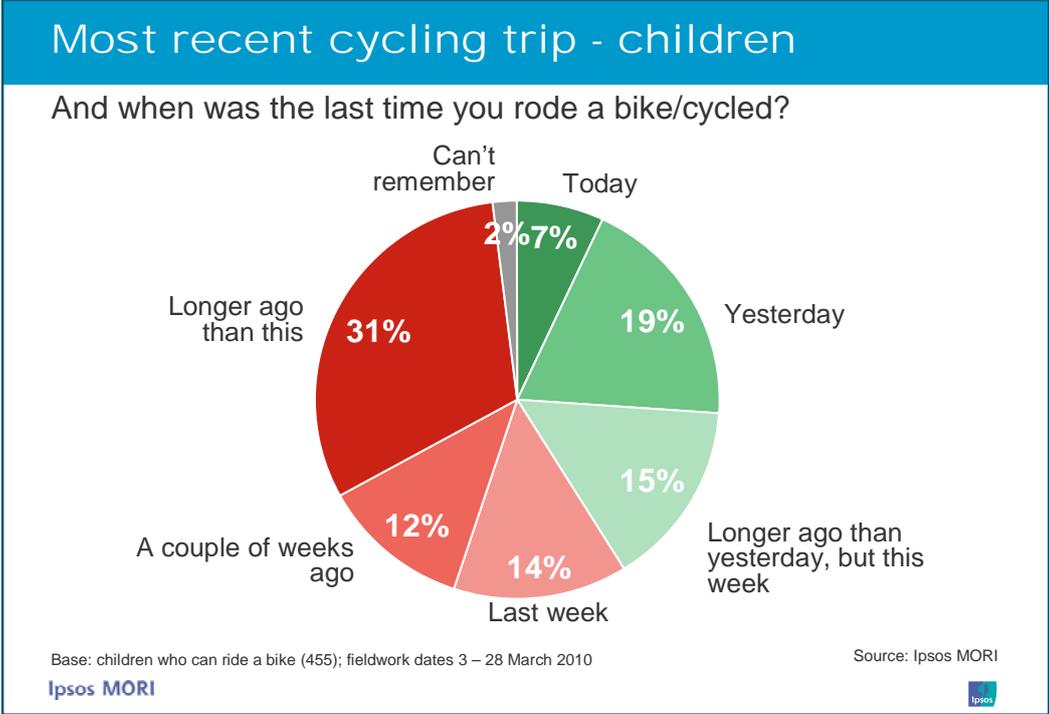
Nearly all children surveyed are able to ride a bike (97%); in fact all boys interviewed are able to do so (compared to 95% of girls). The average age for learning to ride a bike without stabilisers is around 5 years old.



All children who are able to cycle have ridden at least once in the last year (97%) and cycling is actually the most common sport undertaken by children outside of school.



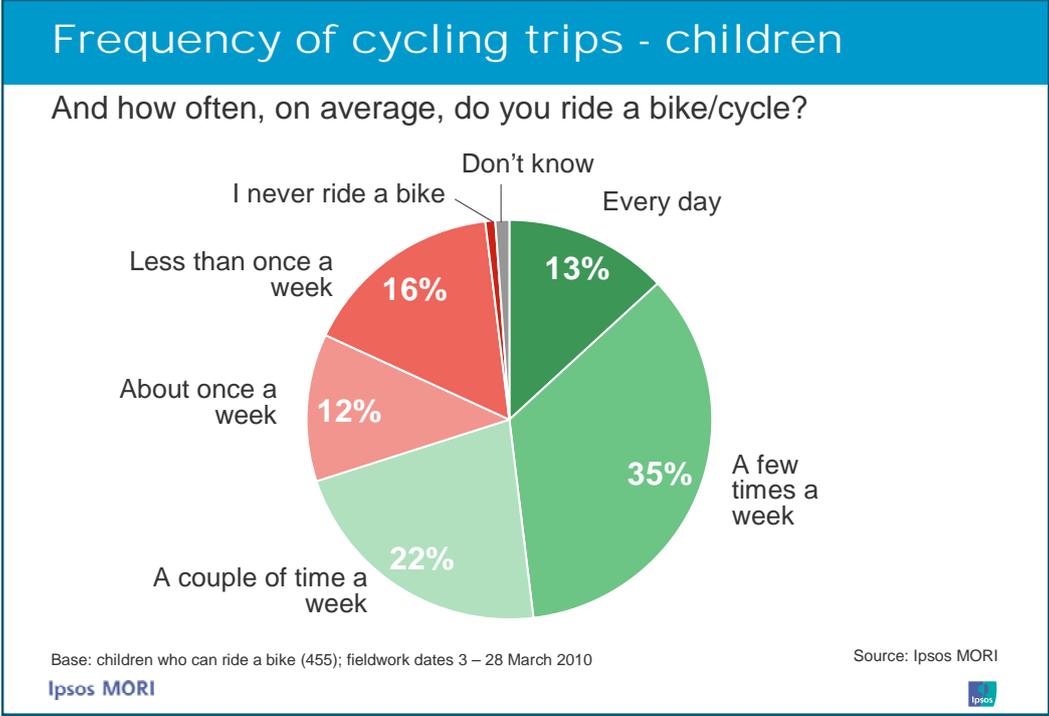
Over half of the children who are able to ride a bike have cycled in the last few weeks (55%) and a quarter have cycled in the last few days (26%)¹. Those who have taken part in Bikeability are more likely to have cycled in the last week (50%, compared to 32% of those who have not taken part in Bikeability and 41% overall).



Children who are able to ride a bike were also asked how often on average they do so. Of these, four in five say that they usually ride their bike at least once a week (82%), with one in ten saying that they do so every day (13%). Boys are more likely to say that they ride every day/a few times a week (56%, compared to 39% of girls), as are those from social grades D and E (57% vs. 48% overall). The latter is particularly interesting, as this contrasts with the cycling behaviours of their parents, where the majority of parents of DE social class have not cycled in the last year. It is perhaps encouraging that their children are not (yet) copying their parents cycling behaviours and are still very much active cyclists.

¹ It is worth bearing in mind here that fieldwork for the survey took place in March.

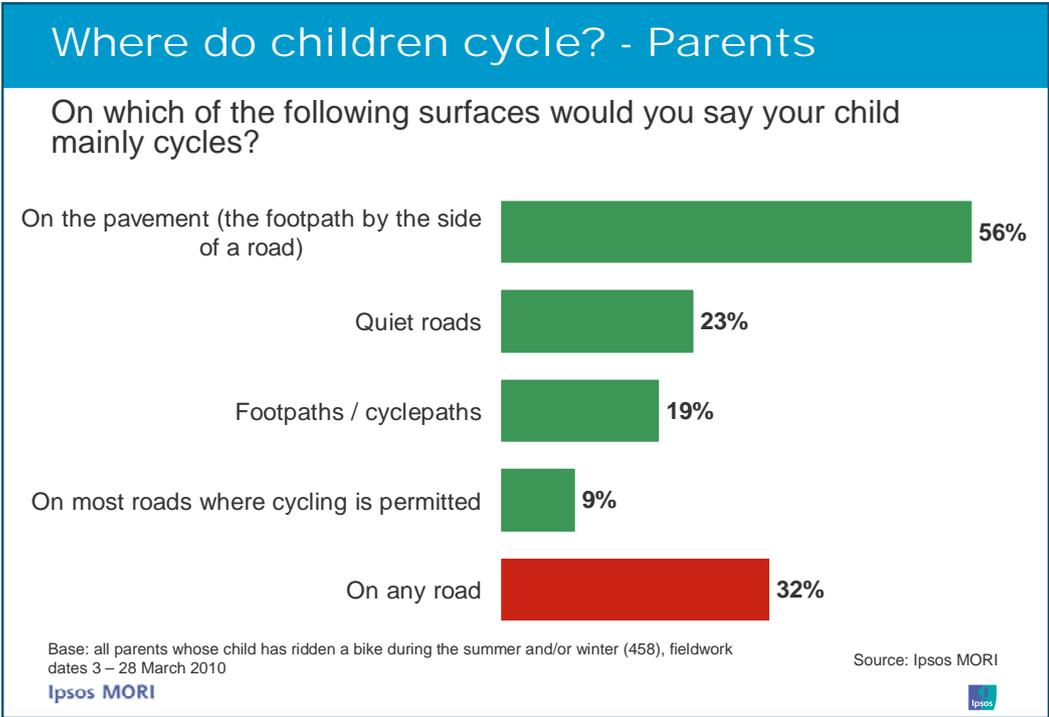
Participation in Bikeability training also seems to have an impact on the frequency with which children cycle. A fifth of children who haven't taken part in Bikeability say that they cycle less than once a week (20%), compared to just one in ten children who have taken part in Bikeability (12%).



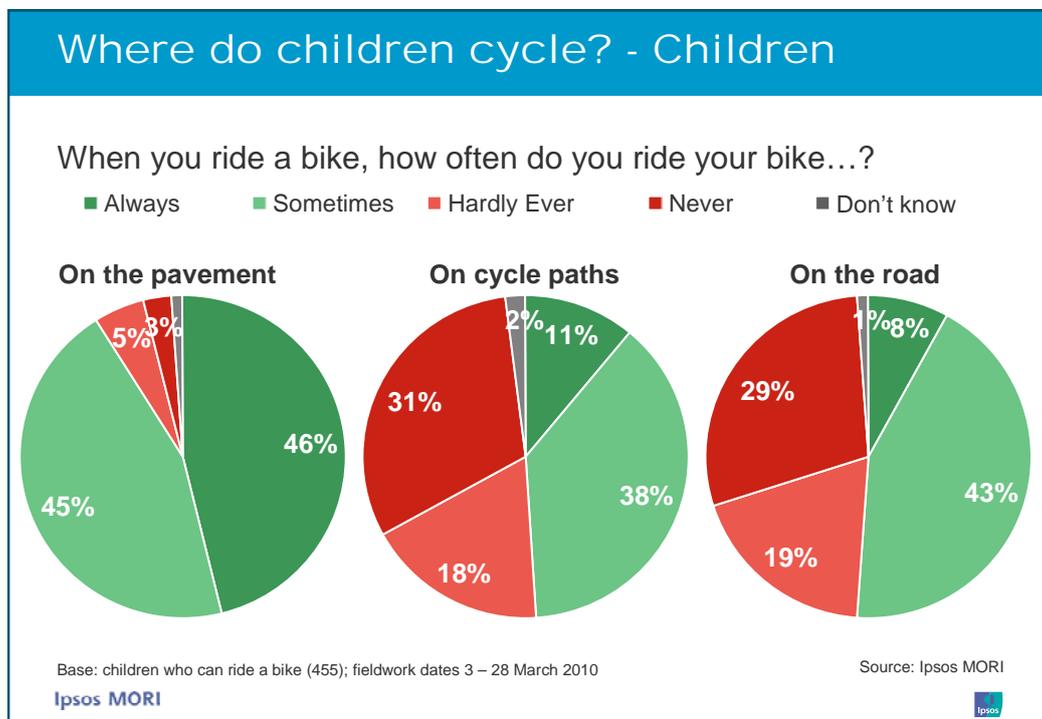
Where do children cycle?

As well as finding out how often children ride, we asked both parents and children about where they ride; specifically, whether they cycle on roads and cycle paths, or whether they ride on the pavement.

Over half of parents say that their child rides on the pavement (56%). Around a quarter say that their child cycles on quiet roads (23%) and around a fifth on footpaths and cycle paths (19%). Overall, around a third of parents say that their child rides on at least some form of road (32%).



Interestingly, when children are asked to report on their own cycling habits, a larger proportion appears to be cycling on roads. In fact, over half say that they 'always' or 'sometimes' cycle on roads (52%).



Children whose parents do not cycle are more likely to say that they 'always' or 'sometimes' ride on the pavement (94%, compared to 88% of those whose parent does ride). By contrast, children who have taken part in Bikeability are more likely to say they 'always' or 'sometimes' cycle on the road (64% vs. 38% who have not).

Children who have taken part in Bikeability are also more likely to cycle on cycle paths than those who have not (55% vs. 41%, respectively, say that they 'always' or 'sometimes' do), as are children whose parents cycle (60% vs. 38% of those whose parents do not).

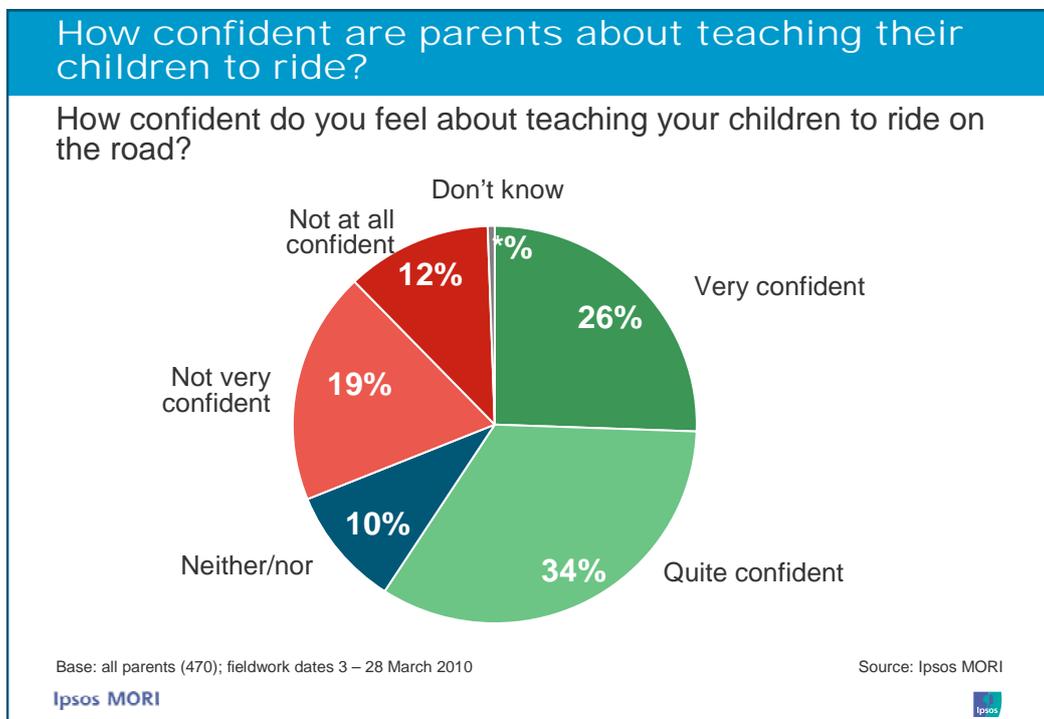
Perceptions of cycle training and Bikeability

Perceptions of cycle training and Bikeability

Respondents were asked about their attitudes towards cycle training, particularly parent's confidence in teaching their own children how to ride and the role of formal cycle safety training.

Cycle training and teaching children to ride

Six in ten parents say that they are confident about teaching their children to ride on the road (60%) but a sizeable minority do not feel confident to do so (31%).

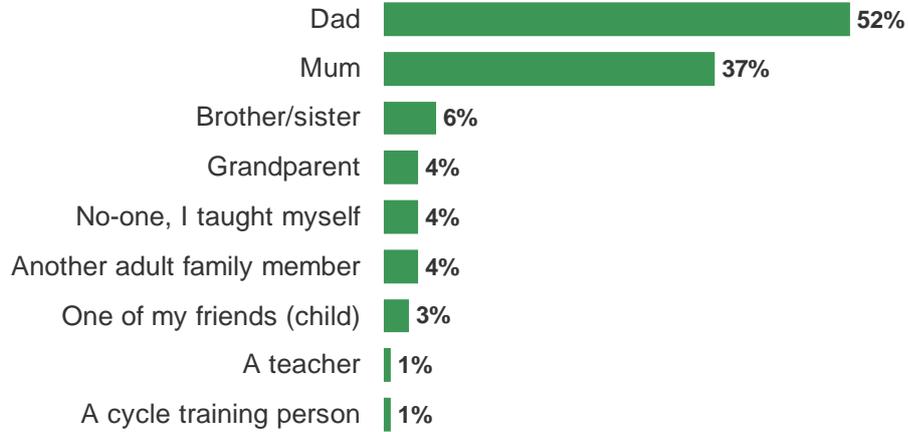


Parents who ride a bike themselves are more likely to say that they are confident than those who do not (67% vs. 54% respectively). Men are also more likely than women to say that they are confident (77% vs. 56%).

When asked who first taught them to ride, the majority of children say that they were taught by a parent (89%), with over half saying that they were taught by their father. This indicates that parents who lack confidence in their ability to teach their child to ride on the road are nevertheless teaching their child to ride.

Teaching children to ride

Can you remember who first showed you how to ride a bike? Who was this?



Base: children who can ride a bike (455); fieldwork dates 3 – 28 March 2010

Source: Ipsos MORI

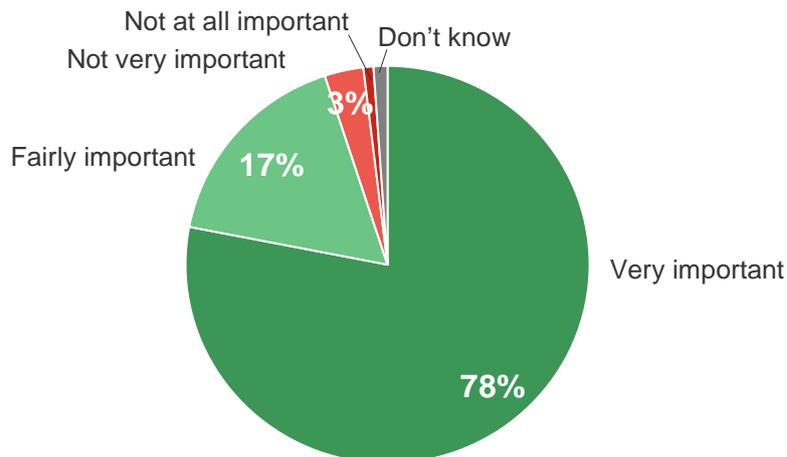
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In spite of the relatively high proportion of parents who feel confident about teaching their children to ride on the roads, there is still a very clear role for formal cycle training like that offered by Bikeability. In fact, nearly all parents interviewed say that it is important that their child receives formal cycle training (95%). This proportion is equally high across all demographic sub-groups, indicating the broad appeal of such schemes.

The importance of formal training

How important or not is it, that your child receives formal cycle training?



Base: all parents (470); fieldwork dates 3 – 28 March 2010

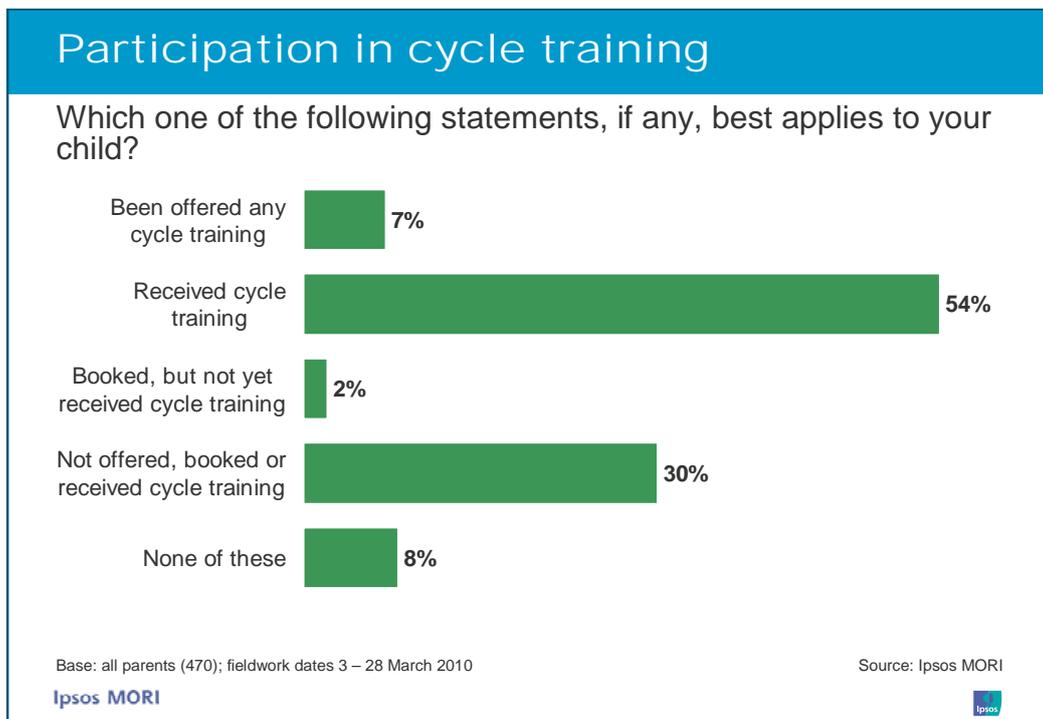
Source: Ipsos MORI

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Bikeability participation

Overall, just over half of the parents interviewed say that their child has received cycle training (54%) and half of children interviewed said that they had specifically taken part in Bikeability training (50%). However, it is important to bear in mind that because the booster sample necessarily targeted Bikeability participants, these figures are likely to over-represent the proportion that have taken part and should not be considered representative.



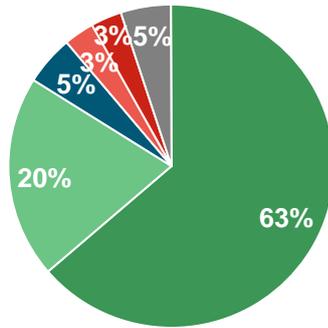
Children who had not taken part in Bikeability were asked whether they would be likely to want to take part. Similarly, parents of these children were asked whether they would be likely to give their permission for them to do so. In both cases, the majority indicated that they would be keen to participate - 83% of children and 87% of parents - indicating a considerable level of latent demand for the training.

Latent demand for Bikeability

If Bikeability training were offered to you in the next few weeks or months how likely are you to want to take part?

Base: children who have not received Bikeability training (234)

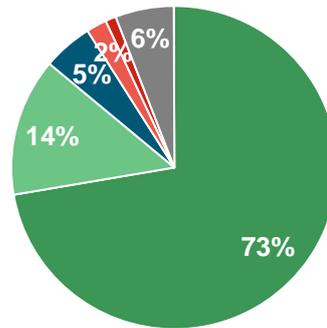
■ Very likely ■ Fairly likely ■ Neither/nor ■ Fairly unlikely ■ Very unlikely ■ Don't know



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If Bikeability training were offered to your child in the next few weeks or months how likely would you be to give your permission for them to take part in the training?

Base: parents whose child has not taken part in Bikeability (234)



Source: Ipsos MORI



Children who have not taken part in Bikeability and their parents both have clear expectations about what the training will involve and in both instances, these expectations centre around safety. For example, eight in ten parents whose child has not received Bikeability training (but would be likely to give their children permission to take part if offered) say that they would expect the scheme to improve their child's road awareness (81%). Likewise, seven in ten children who have not taken part in Bikeability, but would be keen to do so if offered feel that it would teach them to ride their bike more safely (70%). In both cases, these are the top mentions. The following chapter examines how well Bikeability is meeting these needs and delivering on these expectations.

Experience and impact of Bikeability

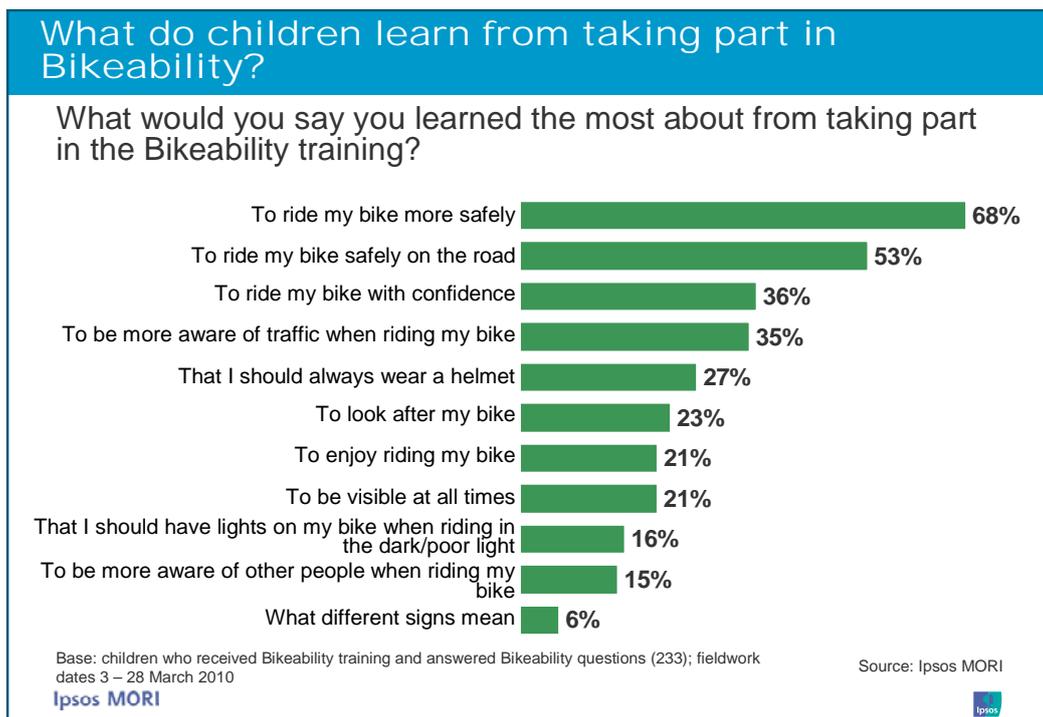
Experience and impact of Bikeability

In this section we explore children and their parents' experiences of the Bikeability training programme to measure the impact of the training on the child's cycling skills, cycling safety and cycling confidence.

The impact of Bikeability on children's cycling skills

We asked children what they learned most from taking part in the Bikeability training. Seven in ten children who had taken part in Bikeability say that the thing they had learnt most about was how to ride their bikes more safely (68%). Around half specifically mention that it had taught them how to ride more safely on the road (53%).

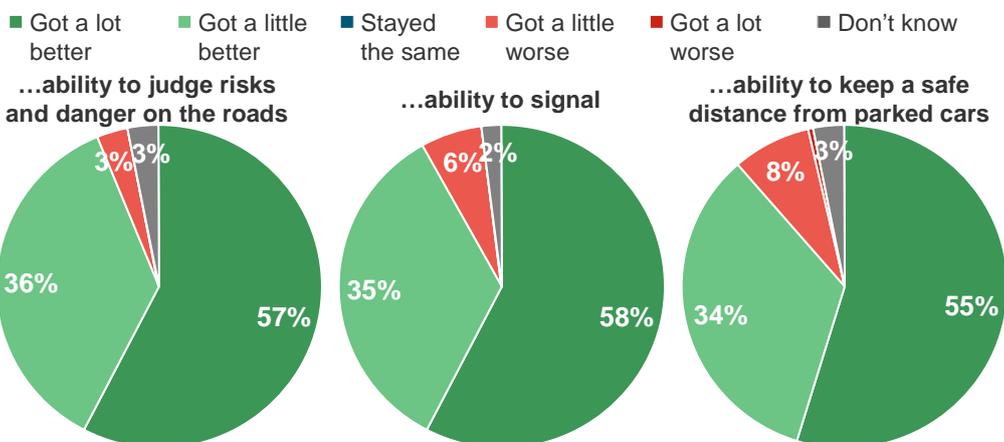
In fact, the top 5 aspects of learning make reference to some aspect of bike safety. That said, a fifth say that it taught them to enjoy riding their bike (21%). This is a factor which should not be overlooked given that we have already seen the importance that children attach to cycling being a fun and enjoyable thing to do.



The questionnaire then went on to ask children about the impact that Bikeability has had on individual aspects of their cycling ability. Nearly all children who have taken part reported an improvement in these skills: around nine in ten said that their ability to judge risks, signal and keep a safe distance from parked cars had all improved having taken part in Bikeability.

Bikeability's impact on children's cycling skills - Children

Now that you have taken part in the Bikeability training, do you think your...has got better, worse or has it stayed the same?



Base: children who received Bikeability training and answered Bikeability questions (233); fieldwork dates 3 – 28 March 2010

Ipsos MORI

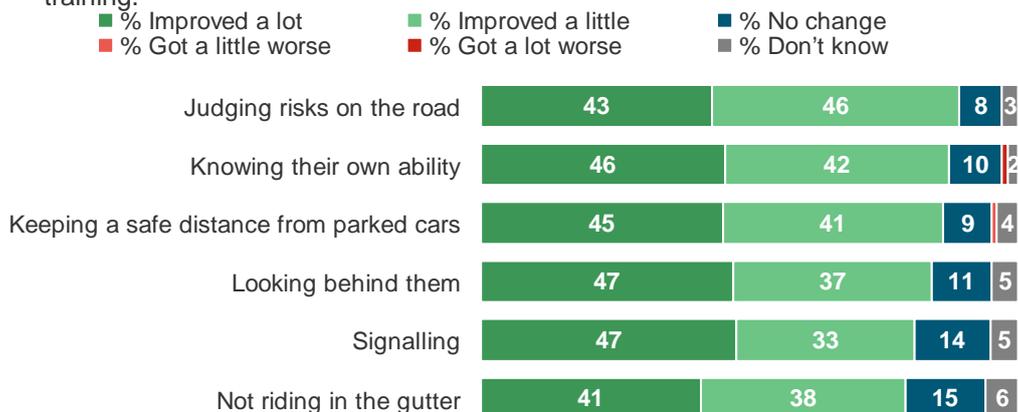
Source: Ipsos MORI



Parents also reported an improvement in their children's cycling skills having taken part in Bikeability. Nearly 9 in ten parents agreed that their child was better at judging risks on the road, knowing their own ability, keeping a safe distance from parked cars, looking behind them. Though still high, slightly fewer parents saw an improvement in their child's ability to signal (80%) or not ride in the gutter (79%).

Bikeability's impact on children's cycling skills - Parents

I'm about to read out a list of skills related to cycling. For each one, please can you tell me the extent to which you believe your child has improved, got worse or made no change at each one of these since taking part in the Bikeability training.



Base: all parents whose child has received Bikeability training and answered Bikeability questions (230); fieldwork dates 3 – 28 March 2010

Ipsos MORI

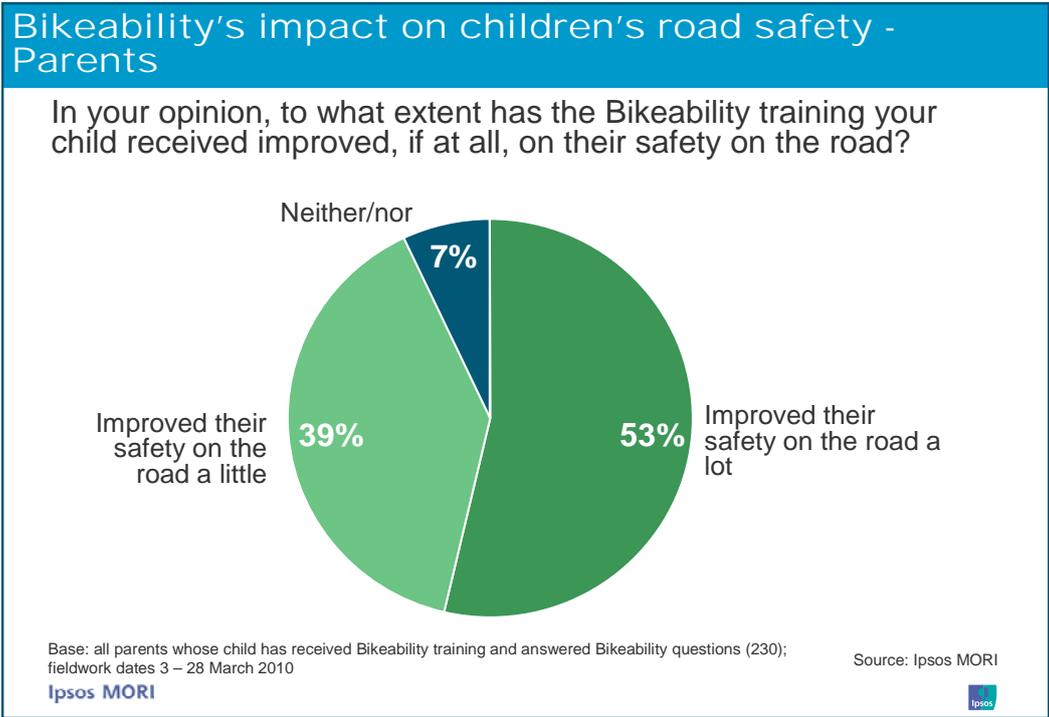
Source: Ipsos MORI



Obviously, it is important to bear in mind that it is only possible to measure perceptions in research of this kind and that this data is in no way an objective assessment of children's cycling skills. However, perception is important so it is very positive that parents feel that Bikeability has made a difference. It's also noteworthy that no-one feels that their child has become over-confident or reckless having taken part in the training.

The impact of Bikeability on road safety and confidence

As well as improving their cycling skills, the overwhelming majority of parents feel that Bikeability has had a positive impact on their child's **safety** when cycling on the road (92%).

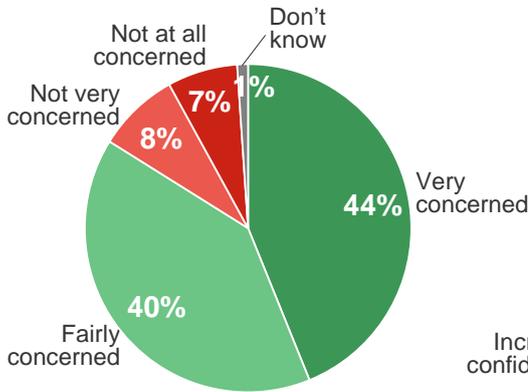


The majority of parents express concern about their child's safety on the road and feel that the Bikeability scheme has improved their child's **confidence** when it comes to riding on local roads (92%).

Does Bikeability address parents' concerns?

How concerned, if at all, were you about your child's safety when riding a bike on the road before they received Bikeability training?

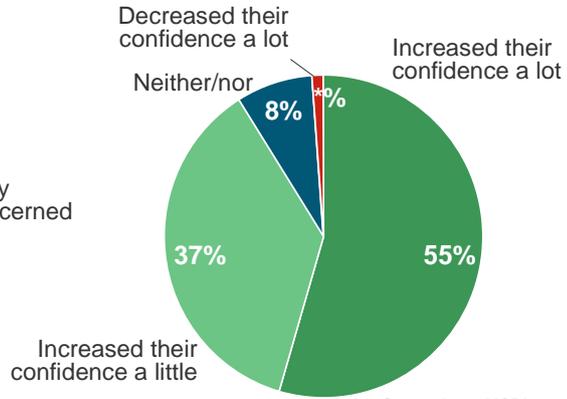
Base: all parents whose child has received Bikeability training and answered Bikeability questions (230)



Ipsos MORI

In your opinion, to what extent has the Bikeability training changed your child's confidence, if at all, in riding on local roads?

Base: all parents whose child has received Bikeability training and answered Bikeability questions (230)



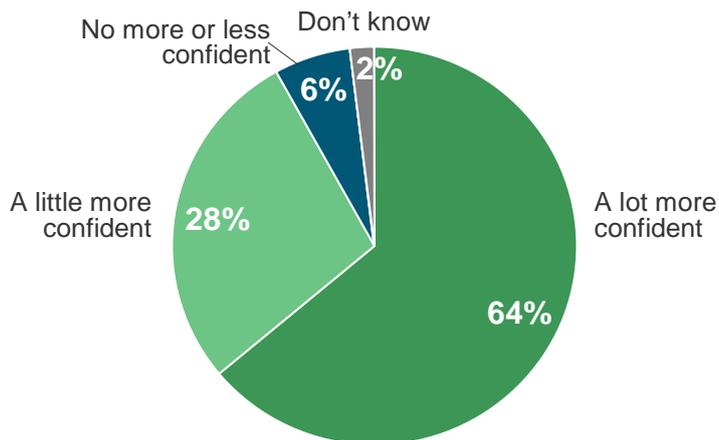
Source: Ipsos MORI

Ipsos

This perception of improved cycling confidence among parents is shared by their children. Nine in ten children who have take part in Bikeability say that it has had a positive impact on how confident they feel about riding their bike in general.

The impact of Bikeability on children's cycling confidence

Now that you have taken part in the Bikeability training, how confident do you feel about riding your bike?



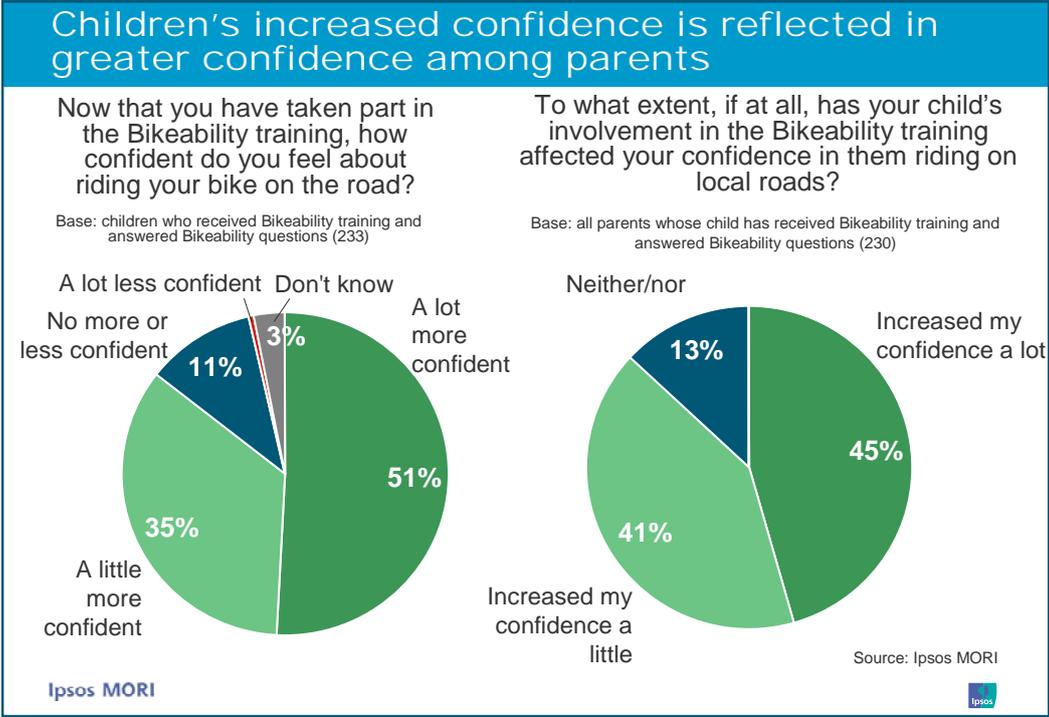
Base: children who received Bikeability training and answered Bikeability questions (233); fieldwork dates 3 – 28 March 2010

Ipsos MORI

Source: Ipsos MORI

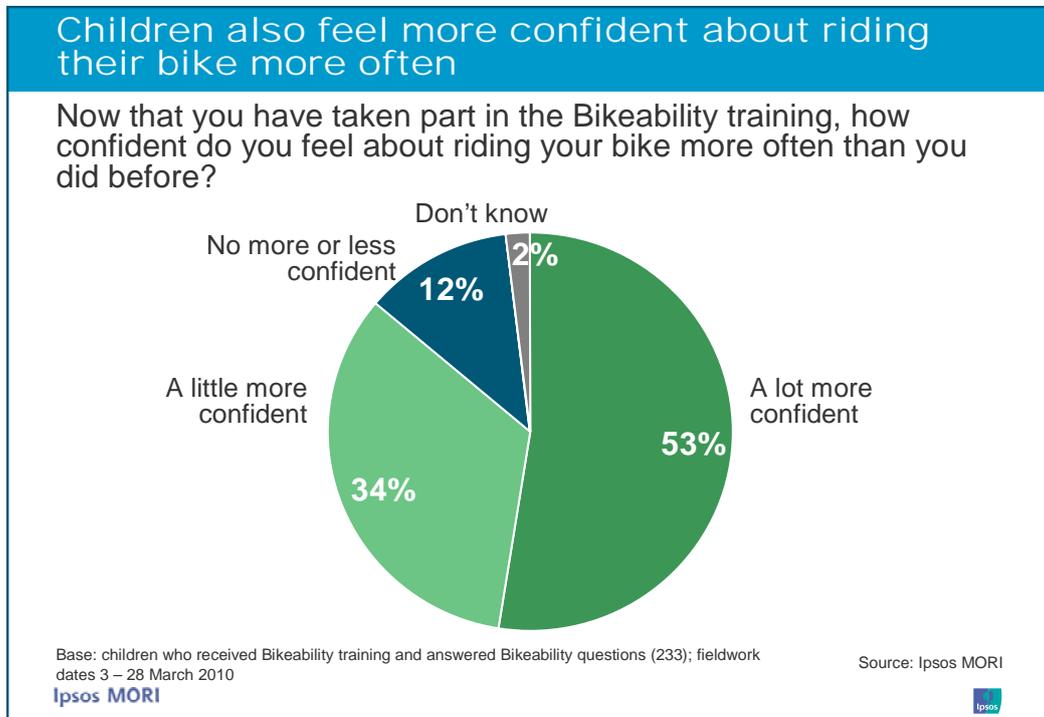
Ipsos

Similarly, 86% of both children and their parents say that taking part in Bikeability has increased their confidence in riding their bike specifically on the road. This is illustrated in the figure below.



The impact of Bikeability on cycling behaviour

The majority of children who have taken part in Bikeability say that it has made them more confident about riding their bike more often than they did in the past (87%). None say that it has decreased their confidence to do so. This is illustrated in the figure below.

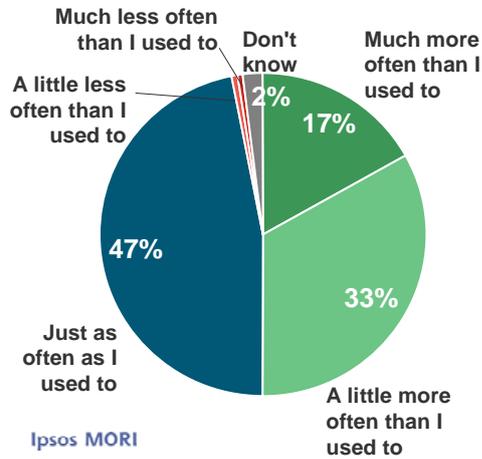


In fact, both children and their parents report an increase in cycling frequency following the Bikeability training. Boys are more likely than girls to say that they cycle more having taken part in Bikeability (56% say they cycle more often vs. 45% of girls).

Parents and children both report an increased frequency in cycling

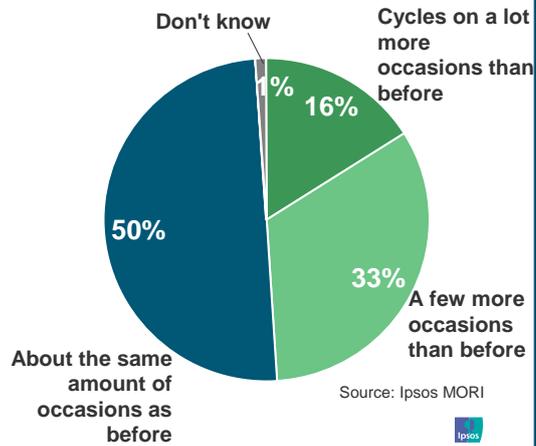
Now that you have taken part in Bikeability training, do you ride your bike more or less often or about the same amount as you did before?

Base: children who received Bikeability training and answered Bikeability questions (233)



What impact if any, has taking part in the Bikeability training had on how often your child rides a bike?

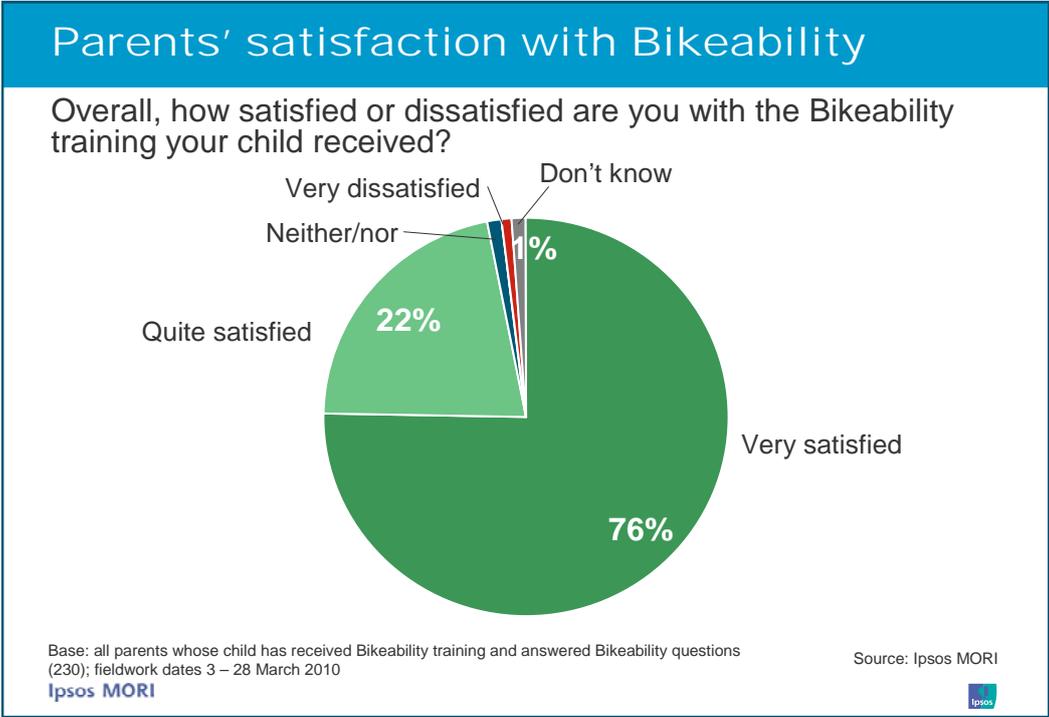
Base: all parents whose child has received Bikeability training and answered Bikeability questions (230)



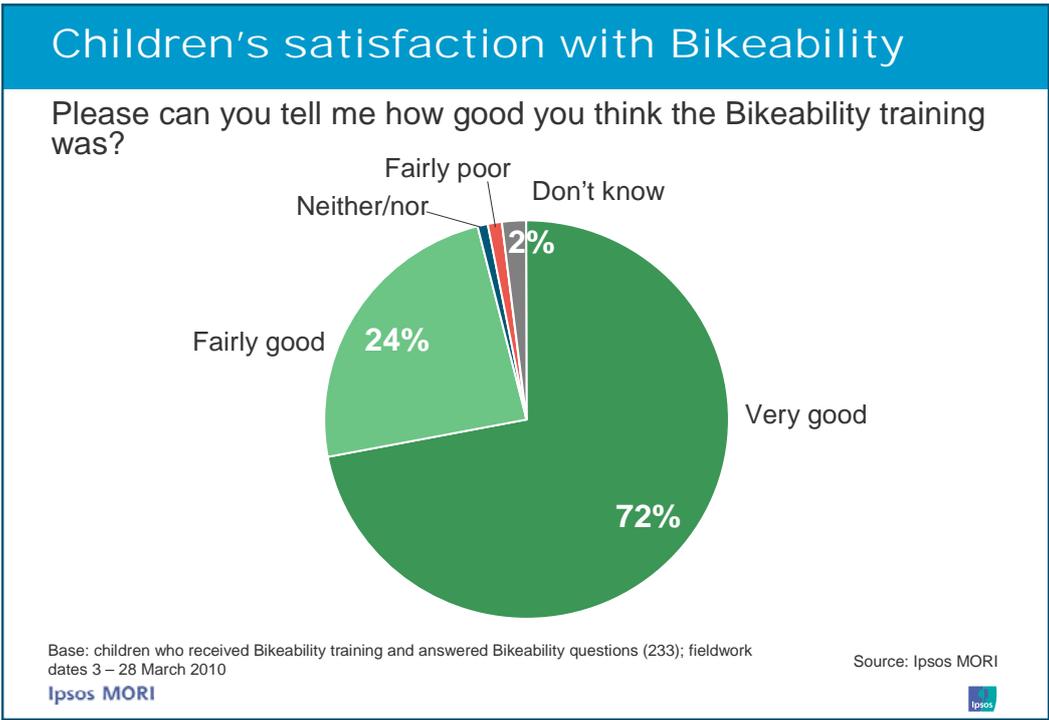
Source: Ipsos MORI

Overall satisfaction with Bikeability

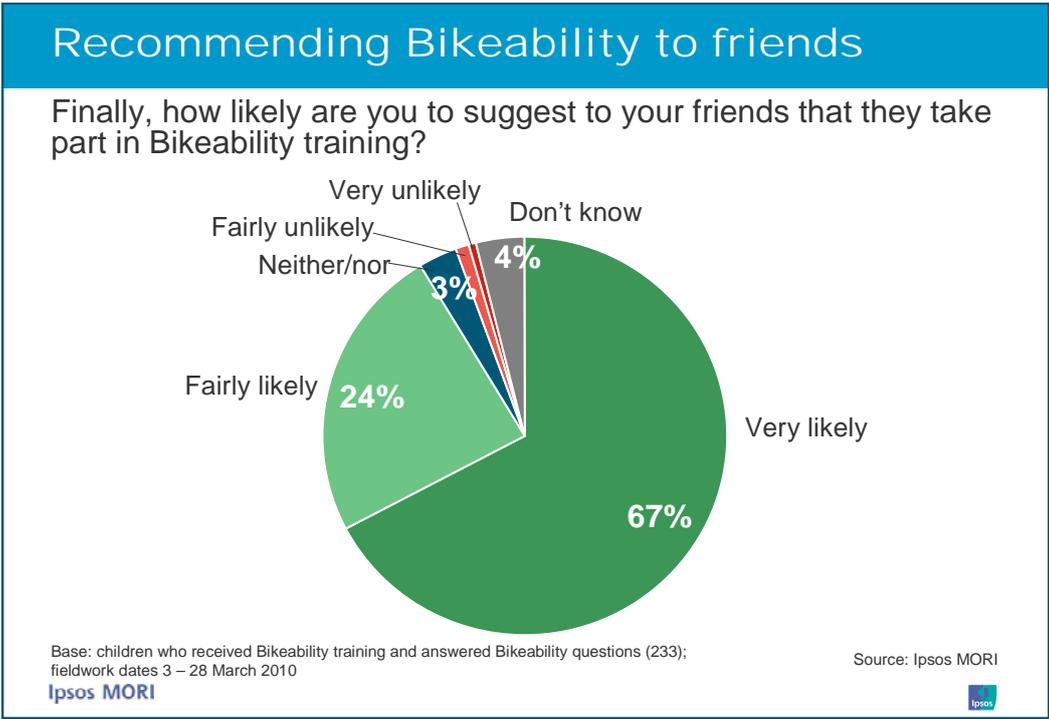
Given that the vast majority of parents that feel that Bikeability has had a positive impact on their child's cycling, it is perhaps unsurprising to see that overall satisfaction with Bikeability is extremely high. Nearly all parents say that they are satisfied with the training and three quarters say they are very satisfied (76%).



Children who have taken part in the training also rate it very highly. Nearly all of them describe it as good, with three quarters describing it as very good (72%).



Arguably even more important than the high proportion of children who rate Bikeability as very good is the proportion who say that they would recommend the training to friends. We often find that a word of mouth recommendation of this kind is a more powerful indication of satisfaction than simply rating a service positively. The willingness of children to advocate Bikeability to their friend is important in this particular instance as we have already seen how important cycling is as a social activity that children can enjoy with friends.



Conclusions

Conclusions

Cycling attitudes and behaviours:

A key message that runs throughout the research is the positive perception of cycling among both parents and children. This is equally true of parents who cycle as it is of those who do not. Similarly, it is true of participants and non-participants of Bikeability. There are however some clear distinctions that can be made between the associations and motivations that parents attach to cycling and those made by children. For instance, the report shows that adults are generally more likely to focus on the health benefits (70%) than children (61%). They are also more likely to mention the environmental benefits of cycling (35%; no children mentioned this aspect of cycling). By contrast, children are more likely to see cycling primarily as a fun and enjoyable activity. Parents are also more likely than children to associate cycling with road safety concerns (specifically concerns about the dangers posed by other road users).

Nearly all children interviewed can ride a bike (97%), and all those that can have ridden at least once in the last 12 months. In fact, cycling is one of the most frequently mentioned sports and activities that children say they participate in outside of school (when selecting from a pre-coded list). A quarter of the children interviewed have cycled in the last couple of days (26%) and over half have done so in the last fortnight (55%). Around half of the children interviewed say that they 'always' or 'sometimes' cycle on the road (52%).

Parents are far less likely to have cycled in the last 12 months, in fact less than half of all parents interviewed have done so (45%). Of those parents who have not cycled, just under half say that they have not done so as they do not have a bike (46%).

The impact of Bikeability training:

For those who have completed Bikeability training

The overwhelming majority of parents whose child has taken part in Bikeability feel that it has had a positive impact on their child's safety when cycling on the road (93%). Similarly, parents say that they feel more confident in their children riding on local roads having taken part in Bikeability (87%). When the same parents are asked about specific cycling skills, around one in eight report a perceived improvement in their child's abilities (from 79% who consider that their child's ability to avoid riding in the gutter has improved, to 89% who consider that their ability to judge risks on the road has improved).

Children who have taken part in Bikeability also report that they feel more confident about riding their bike generally (93%) and riding their bike on the road (86%). The main things that the children interviewed say that they learnt from taking part in Bikeability are 'to ride my bike more safely' (68%), 'to ride my bike safely on the road' (53%) and 'to ride my bike with confidence (36%)'. As with parents, children also feel that specific aspects of their cycling have improved having taken part (94% say that their ability to judge risks and danger on the road has got better, 93% say that their ability to signal has got better and 89% say that their ability to keep a safe distance from parked cars has got better).

Children also feel more confident about riding their bikes more often (87%) and half say that they cycle more often since taking part in Bikeability (51%). Parents also report that their child cycles more often having taken part (49%).

For those who have not completed Bikeability training

There is a clear demand for Bikeability training among those who have not yet taken part. Most parents whose child has not taken part say that they would be likely to give their children permission to participate (86%) and most children who have not taken part are also keen to do so (83%). Both parents and children who have not taken part have clear and accurate expectations about the benefits of training. Parents believe that Bikeability will improve their child's road awareness (81%), riding skills (55%) and confidence (46%). Children who have not taken part, believe that the training will teach them to ride their bike more safely (70%), ride more safely on the road (51%) and ride more confidently (41%); mirroring the benefits reported by children who have in fact taken part with remarkable accuracy.

Appendices

Appendices

Questionnaires

Bikeability Impact Research - Parents Survey

Good afternoon / evening. My name is [XXX YYY] from LVQ Research. We are carrying out a survey about cycle training for children. This important study will be used to help improve awareness of and access to cycle training for children in your local area.

As part of this survey, we would like to interview a parent/guardian of a child in school years 5 or 6 as well as a child of this age.

SECTION A

In this section, I am going to ask you some questions about cycling.
INTERVIEWER, USE THE FOLLOWING IF REQUIRED. **It doesn't matter if you or [insert name of selected child] haven't done any cycling/ridden a bike. We are still interested in your opinions.**

ASK ALL

- 1a. **SHOWCARD (R) Thinking about riding bikes generally, which, if any, of the following words and phrases would you say best describe your views about cycling?**
PLEASE CHOOSE NO MORE THAN FIVE

ASK ALL

- 1b. **SHOWCARD (R) And which, if any, of the following words and phrases would you say best describe [insert name of selected child] views about cycling?**
PLEASE CHOOSE NO MORE THAN FIVE

MULTICODE OK

Fun
Exciting
Challenging/stretching
Helps to build confidence
Improves health/fitness
Road safety concerns
Personal safety concerns
Modern
Low cost
Environmentally good
Convenient
Liberating
Risky
Makes feel vulnerable
Complicated
Impractical

ASK ALL

2a. SHOWCARD **Thinking only about yourself, please can you tell me on average, how frequently, if at all, did you ride a bike last summer?**

ASK ALL

2b. SHOWCARD **And, please can you tell me on average, how frequently, if at all, you have ridden a bike during this winter?**

Summer:

Every day (5 – 7 times a week)
Several times a week (2 – 4 times a week)
Once a week or less
Less than once a month
Never in the summer

Winter:

Every day (5 – 7 times a week)
Several times a week (2 – 4 times a week)
Once a week or less
Less than once a month
Never in the summer

ASK ALL

3a. SHOWCARD **Thinking about [insert name of selected child], please can you tell me on average, how frequently, if at all, did they ride a bike last summer?**

ASK ALL

3b. SHOWCARD **And, please can you tell me on average, how frequently, if at all, have they ridden a bike during this winter?**

Summer:

Every day (5 – 7 times a week)
Several times a week (2 – 4 times a week)
Once a week or less
Less than once a month
Never in the summer

Winter:

Every day (5 – 7 times a week)
Several times a week (2 – 4 times a week)
Once a week or less
Less than once a month
Never in the summer

ASK ALL WHO DO NOT CODE 'NEVER' AT Q2

4. **What would you say are the main reasons why you cycle/ride a bike?**
UNPROMPTED

Enjoyment
Sport
Competition
Training
Health/Fitness
Good for environment
To be with friends
To travel to shops
To travel to work / school (whole journey)
To travel to railway station
To visit other family members
No realistic alternative
Other (PLEASE WRITE IN)

ASK ALL WHO DO NOT CODE 'NEVER' AT Q3

5. **What would you say are the main reasons why [insert name of selected child] cycles/rides a bike?**
UNPROMPTED
MULTICODE OKAY

Enjoyment/fun
Sport
Competition
Training
Health/Fitness
Good for environment
To be with friends
To travel to shops
To travel to work / school (whole journey)
To travel to railway station
To visit other family members
No realistic alternative
Other (PLEASE WRITE IN)

ASK ALL WHO CODE 'NEVER' AT Q2

6. What would you say are the main reasons why you haven't cycled?

UNPROMPTED

MULTICODE OKAY

- Lack of cycling ability
- Lack of cycling confidence
- Road safety concerns
- Personal safety concerns
- Affordability
- Prefer to walk
- Prefer to use bus
- Prefer to travel by car
- Too slow
- Too dirty
- Too sweaty
- Too hilly
- The weather
- No bike
- No time
- Poor health
- Bike is broken
- Other (PLEASE WRITE IN)

SECTION B

I would now like to ask you some questions about [insert name of selected child] and riding a bike. Even if [insert name of selected child] doesn't ride a bike, we are still interested in your opinions.

ASK ALL

7. In your opinion, what do you consider to be the main benefits, if any, of [insert name of selected child] riding a bike?

UNPROMPTED

MULTICODE OK

- Freedom
- Less dependent on being driven around by grown ups
- It is part of 'growing up'
- Good for the environment
- Reduces congestion
- Improves health
- Reduce pollution
- Increases independence
- Improves their road awareness
- Reduces spend on other forms of transport
- Other (PLEASE WRITE IN)

ASK ALL WHO DO NOT CODE 'NEVER' AT Q3A AND Q3B

8. **On which of the following surfaces would you say [insert name of selected child] mainly cycles?**

READ OUT

ROTATE LIST

SINGLE CODE ONLY

On the pavement (the footpath by the side of a road)

Footpaths / cyclepaths

Quiet roads

On most roads where cycling is permitted

ASK ALL

9. **What are your main concerns, if any, about [insert name of selected child] riding a bike on local roads?**

UNPROMPTED

MUTLICODE OK

Other road users

Too much traffic

The way people drive

Cars driving too fast

Air pollution

Poor road surfaces

Poor street lighting

Not knowing where they are riding

I'm not confident enough in my child's ability to cycle on a road

Other (PLEASE WRITE IN)

I don't have any concerns

My child doesn't ride their bike on roads

ASK ALL

10. **SHOWCARD (R) How confident do you feel about teaching your children to ride on the road?**

SINGLE CODE ONLY

Very confident

Quite confident

Neither confident nor not confident

Not very confident

Not at all confident

ASK ALL

11. **SHOWCARD (R) How important or not is it, that [insert name if selected child] receives formal cycle training? By formal cycle training, I mean where some-one else teaches your child to cycle through an organised course.**
SINGLE CODE ONLY

Very important
Fairly important
Not very important
Not at all important
Don't know

ASK ALL

12. **Which one of the following statements, if any, best applies to [insert name of selected child]?**

SINGLE CODE ONLY

- a. been offered any cycle training – GO TO Q13A
b. received cycle training – GO TO Q13B
c. booked, but not yet received cycle training – GO TO Q13C
d. Not booked and not received cycle training – GO TO Q15
e. none of these – GO TO Q15

ASK ALL WHO CODE A AT Q12.

- 13a **Do you know the name of the training they have been offered?**
UNPROMPTED

Bikeability – GO TO Q18
Other (PLEASE WRITE IN) – GO TO Q14
Do not know name of the training received – GO TO Q14

ASK ALL WHO CODE B AT Q12.

- 13b **Do you know the name of the training they have received?**
UNPROMPTED

Bikeability – GO TO Q18
Other (PLEASE WRITE IN) – GO TO Q14
Do not know name of the training received – GO TO Q14

ASK ALL WHO CODE C AT Q12.

- 13c **Do you know the name of the training they have booked but not yet received?**
UNPROMPTED

Bikeability – GO TO Q18
Other (PLEASE WRITE IN) – GO TO Q14
Do not know name of the training received – GO TO Q14

ASK WHO CODE OTHER OR DK AT Q13A, Q13B OR Q13C

14. **SHOW MATERIAL. Please can you take a look at this. Was this the training [insert name of selected child] was offered, received or which has been booked?**

Yes (Bikeability) – GO TO Q18

No – GO TO Q15

Don't know – GO TO Q15

SECTION C NON BIKEABILITY RESPONDENTS
--

ASK ALL WHO CODE D OR E AT Q12 OR 'OTHER' AT Q13 OR 'NO' OR 'DK' AT Q14

15. **SHOW MATERIAL. Please can you take a look at this. If Bikeability training were offered to [insert name of selected child] in the next few weeks or months how likely would you be to give your permission for them to take part in the training?**

SINGLE CODE ONLY

Very likely

Fairly likely

Neither likely nor unlikely

Fairly unlikely

Very unlikely

Don't know

ASK ALL WHO CODE VERY OR FAIRLY UNLIKELY or DK AT Q15.

16. **Please could I ask why you would be unlikely to give your permission?**
UNPROMPTED
MULTICODE OKAY

My child does not need cycle training

My child does not ride a bike

Special needs / medical reason

Cycle training doesn't make any difference

My child has received other training (please specify)

Other (PLEASE WRITE IN)

ASK ALL WHO CODE VERY OR FAIRLY LIKELY AT Q15.

17. **What do you think would be the main benefits of [insert name of selected child] if they were to receive the Bikeability training?**
UNPROMPTED
MULTICODE OKAY

Improved road awareness

Improved riding skills

Improved confidence

Improved health/fitness

Other (PLEASE WRITE IN)

SECTION D BIKEABILITY RESPONDENTS

ASK ALL WHOSE CHILD HAS RECEIVED BIKEABILITY TRAINING (CODE BIKEABILITY AT Q13B OR 'CODE B AT Q12 AND CODE 'YES' AT Q14)

18. **SHOWCARD. Thinking specifically about [insert name of selected child], when did they receive Bikeability training (MOST RECENT TRAINING)**
SINGLE CODE ONLY

In the last month
In the last three months
In the last six months
In the last year
Longer than a year ago

ASK ALL WHOSE CHILD HAS RECEIVED BIKEABILITY TRAINING (CODE BIKEABILITY AT Q13B OR 'CODE B AT Q12 AND CODE 'YES' AT Q14)

19. **Please can you tell me what level of Bikeability training [insert name of selected child] has achieved?**
SINGLE CODE ONLY

Level 1 (red badge)
Level 2 (amber badge)
Level 3 (green badge)
Don't know

ASK ALL WHOSE CHILD HAS RECEIVED BIKEABILITY TRAINING (CODE BIKEABILITY AT Q13B OR 'CODE B AT Q12 AND CODE 'YES' AT Q14)

20. **As far as you are aware, who, if anyone, suggested that [insert name of selected child] should have Bikeability training?**
MULTICODE OKAY

I (parent/guardian) suggested it
Other parents suggested it
The child suggested it
The School suggested it
A local club suggested it
A friend of my child suggested it
Another of my children has already completed the Bikeability training so we already knew about it
We saw a leaflet / poster / advert
Other (PLEASE WRITE IN)

ASK ALL WHOSE CHILD HAS RECEIVED BIKEABILITY TRAINING (CODE BIKEABILITY AT Q13B OR 'CODE B AT Q12 AND CODE 'YES' AT Q14)

21. **Please can you tell me where [insert name of selected child] received the Bikeability training?**

- At their school
- At another school (locally)
- At another school (outside of the local area)
- At the leisure/sports centre
- Other (PLEASE WRITE IN)
- Don't know

ASK ALL WHOSE CHILD HAS RECEIVED BIKEABILITY TRAINING (CODE BIKEABILITY AT Q13B OR 'CODE B AT Q12 AND CODE 'YES' AT Q14)

22. SHOWCARD (R) **How concerned, if at all, were you about [insert name of selected child] safety when riding a bike on the road before they received Bikeability training?**

SINGLE CODE ONLY

- Very concerned
- Fairly concerned
- Not very concerned
- Not at all concerned
- Don't know

ASK ALL WHOSE CHILD HAS RECEIVED BIKEABILITY TRAINING (CODE BIKEABILITY AT Q13B OR 'CODE B AT Q12 AND CODE 'YES' AT Q14)

23. SHOWCARD (R) **In your opinion, to what extent has the Bikeability training [insert name of selected child] received improved, if at all, on their safety on the road?**

SINGLE CODE ONLY

- Improved their safety on the road a lot
- Improved their safety on the road a little
- Neither improved nor worsened their safety on the road
- Worsened their safety on the road a little
- Worsened their safety on the road a lot

ASK ALL WHOSE CHILD HAS RECEIVED BIKEABILITY TRAINING (CODE BIKEABILITY AT Q13B OR 'CODE B AT Q12 AND CODE 'YES' AT Q14)

24. SHOWCARD (R) **In your opinion, to what extent has the Bikeability training changed [insert name of selected child] confidence, if at all, in riding on local roads?**

SINGLE CODE ONLY

- Increased their confidence a lot
- Increased their confidence a little
- Neither increased nor decreased their confidence
- Decreased their confidence a little
- Decreased their confidence a lot

ASK ALL WHOSE CHILD HAS RECEIVED BIKEABILITY TRAINING (CODE BIKEABILITY AT Q13B OR 'CODE B AT Q12 AND CODE 'YES' AT Q14)

25. SHOWCARD (R) **What impact if any, has taking part in the Bikeability training had on how often [insert name of selected child] rides a bike?**
SINGLE CODE ONLY

Cycles on a lot more occasions than before
Cycles on a few more occasions than before
Cycles on about the same amount of occasions as before
Cycles on a few less occasions than before
Cycles on a lot less occasions than before
Don't know

ASK ALL WHOSE CHILD HAS RECEIVED BIKEABILITY TRAINING (CODE BIKEABILITY AT Q13B OR 'CODE B AT Q12 AND CODE 'YES' AT Q14)

26. **Since taking part in the Bikeability training has [insert name of selected child] made any new types of journeys using a bike?**
SINGLE CODE ONLY

Yes
No
Don't know

ASK ALL WHOSE CHILD HAS RECEIVED BIKEABILITY TRAINING (CODE BIKEABILITY AT Q13B OR 'CODE B AT Q12 AND CODE 'YES' AT Q14)

27. SHOWCARD (R) **I'm about to read out a list of skills related to cycling. For each one, please can you tell me the extent to which you believe [insert name of selected child] has improved, got worse or made no change at each one of these since taking part in the Bikeability training.**
SINGLE CODE ONLY FOR EACH STATEMENT

SCALE: Improved a lot, improved a little, no change, got a little worse, got a lot worse, don't know

Judging risks on the road
Knowing their own ability
Looking behind them
Signalling
Keeping a safe distance from parked cars
Not riding in the gutter

ASK ALL WHOSE CHILD HAS RECEIVED BIKEABILITY TRAINING (CODE BIKEABILITY AT Q13B OR 'CODE B AT Q12 AND CODE 'YES' AT Q14)

28. **SHOWCARD (R) To what extent, if at all, has [insert name of selected child] involvement in the Bikeability training affected your confidence in them riding on local roads?**

SINGLE CODE ONLY

Increased my confidence a lot

Increased by confidence a little

Neither increased nor decreased my confidence

Decreased my confidence a little

Decreased my confidence a lot

ASK ALL WHOSE CHILD HAS RECEIVED BIKEABILITY TRAINING (CODE BIKEABILITY AT Q13B OR 'CODE B AT Q12 AND CODE 'YES' AT Q14)

29. **SHOWCARD (R) Overall, how satisfied or dissatisfied are you with the Bikeability training [insert name of selected child] received?**

SINGLE CODE ONLY

Very satisfied

Quite satisfied

Neither satisfied nor dissatisfied

Quite dissatisfied

Very dissatisfied

Bikeability Impact Research - Children's Survey

Introduction

Hello, my name is [interviewer's name] and I work for a research company called LVQ Research. I've just been talking to your [insert adult relation just completed parent interview with] and now I'd like to ask you some questions about cycling and riding a bike. Is that okay?

SECTION A: ABOUT YOUR FREE TIME

I'd like to start by asking you some questions about your free time.

A1. SHOWCARD (R) **Which of these activities do you most like doing in your free time?**

MULTICODE OKAY

Watching TV

Listening to music

Reading

Hanging out e.g. with friends/brothers/sisters

Playing on the computer/ Internet

Shopping

Going to the cinema or theatre

Going to music concerts or gigs

Going to football games/sports events

Doing sports or physical activities

Doing arts & crafts

Doing dance, drama or music

Film/video-making or photography

Visiting a library

Visiting a museum, art gallery or important historic and modern buildings

Other [PLEASE WRITE IN]

ASK ALL

A2. SHOWCARD (R) **Looking at this card, please can you tell me which of these sports and activities have you taken part in or played when you have been at school. This can include lunchtimes, breaktimes and any before or after school clubs as long as you do them at the school.**

PROBE: Any others?

Athletics

Basketball

Cricket

Cycling

Dance

Football

Gymnastics

Netball

Rounders

Swimming

Tennis

None of these

Other (PLEASE WRITE IN)

ASK ALL

A3. SHOWCARD (R) Looking at this card again, please can you tell me which of these sports and activities have you taken part in or played outside of school, so anytime that you are not at school, like the evenings, the weekends and holidays. **PROBE: Any others?**

- Athletics
- Basketball
- Cricket
- Cycling
- Dance
- Football
- Gymnastics
- Netball
- Rounders
- Swimming
- Tennis
- None of these
- Other (PLEASE WRITE IN)

SECTION B: RIDING A BIKE

I would now like to ask you some questions about riding a bike and cycling.

ASK ALL

B1. First of all, can you tell me if you can ride a bike?
SINGLE CODE

- Yes – GO TO B2
- No – GO TO B6

ASK ALL WHO SAY YES AT B1.

B2. How old were you when you first started riding a bike without stabilisers?
SINGLE CODE

- 2 years old
- 3 years old
- 4 years old
- 5 years old
- 6 years old
- 7 years old
- 8 years old
- 9 years old
- 10 years old
- 11 years old
- Can't remember

ASK ALL WHO SAY YES AT B1.

B3. **And when was the last time you rode a bike/cycled?**
SINGLE CODE

Today
Yesterday
Longer ago than yesterday, but this week
Last week
A couple of weeks ago
Longer ago than this
Can't remember

ASK ALL WHO SAY YES AT B1.

B4. **SHOWCARD And how often, on average, do you ride a bike/cycle?**
SINGLE CODE ONLY

Every day
A few times a week
A couple of time a week
About once a week
Less than once a week
I never ride a bike
Don't know

ASK ALL WHO SAY YES AT B1.

B5. **Can you tell me all the reasons why you ride your bike?**
UNPROMPTED
MULTICODE OKAY

To cycle to/from school
To cycle to/from the shops
To cycle to/from my friend's houses
To cycle to/from my family's houses
To play out with my friends just cycling around
To do stunts on
To get to places faster
To go out on bike rides with my family
Other (PLEASE WRITE IN)
Don't know

ASK ALL

B6. **What words would you use to describe what you think about cycling and riding a bike?**

MULTICODE OKAY

UNPROMPTED

Fun
Exciting
Hard/difficult
Dangerous
Fast
Stunts
Wheelies
Skids
BMX
Mountain biking
Boring
Good for me
Makes me healthy
OTHER (PLEASE WRITE IN)
Don't know

ASK ALL WHO SAY YES AT B1.

B7A. **SHOWCARD. When you ride a bike, how often do you ride your bike on the pavement? This is the path by the side of the road.**

SINGLE CODE ONLY

Always
Sometimes
Hardly ever
Never
Don't know

ASK ALL WHO SAY YES AT B1.

B7B. **SHOWCARD. When you ride a bike, how often do you ride your bike on cycle paths? These are paths where there is a sign saying that bikes are allowed.**

SINGLE CODE ONLY

Always
Sometimes
Hardly ever
Never
Don't know

ASK ALL WHO SAY YES AT B1.

B7C. SHOWCARD. **When you ride a bike, how often do you ride your bike on the road?**

SINGLE CODE ONLY

Always
Sometimes
Hardly ever
Never
Don't know

ASK ALL WHO DO NOT CODE NEVER OR DK AT B7C

B8. SHOWCARD. **How confident do you feel about riding a bike on the road?**

SINGLE CODE ONLY

Very confident
Quite confident
Not very confident
Not at all confident
Don't know

SECTION C: CYCLE TRAINING

I'd now like to ask you some questions about cycle training.

ASK ALL WHO CAN RIDE A BIKE (CODE YES AT B1)

C1. **Can you remember who first showed you how to ride a bike? Who was this?**

IF NO-ONE, PROBE FOR TAUGHT THEMSELVES

Mum
Dad
Brother/sister
Grandparent
Another adult family member
One of my friends (child)
A teacher
A cycle training person
No-one, I taught myself
Other (PLEASE WRITE IN)
Don't know

ASK ALL WHO CAN RIDE A BIKE (CODE YES AT B1)

C2A **Have you ever taken part in any bike or cycle training? By this I mean where someone has given you training on how to cycle and ride your bike safely.**

SINGLE CODE ONLY

Yes – GO TO C3
No – **SEE BELOW**
Don't know – **SEE BELOW**

IF CODE NO OR DK AT QC2A BUT PARENT CODED CHILD AS BIKEABILITY GO TO QC2B. IF NO CONFLICT WITH PARENT'S RESPONSES, GO TO SECTION E.

QC2B When we spoke to [insert adult relation just completed parent interview with] they said you had taken part in bike/cycle training. Are you sure you meant to say no or don't know?

Yes, I have taken part in bike training – GO TO QC3

No I definitely haven't taken part in any bike/cycle training – GO TO SECTION E

Don't know – GO TO SECTION E

ASK ALL WHO SAY YES AT C2A OR YES AT QC2B

C3. SHOWCARD (R) Did you receive any bike training from any of the people on this card?

MULTICODE OKAY

From my parents/guardians – GO TO SECTION E

From another adult family member - GO TO SECTION E

From my brother/sister - GO TO SECTION E

From my friends - GO TO SECTION E

From a teacher at my school - GO TO SECTION E

From a Cycle training person – GO TO C4

ASK ALL WHO SAY CYCLE TRAINING PERSON AT C3

C4. You said you have had bike training from a cycle training person, can you remember what that training was called?

UNPROMPTED

Bikeability – GO TO SECTION D

Other (PLEASE WRITE IN) – GO TO C5A

Can't remember – GO TO C5A

ASK ALL WHO SAY OTHER OR CAN'T REMEMBER AT C4

C5A. SHOW MATERIAL Please can you take a look at this. Was this the bike training you received?

Yes – Bikeability – GO TO SECTION D

No – other (PLEASE WRITE IN) – **SEE BELOW**

Don't know – **SEE BELOW**

IF CODE NO OR DK AT QC5A BUT PARENT CODED CHILD AS BIKEABILITY GO TO QC5B. IF NO CONFLICT WITH PARENT'S RESPONSES, GO TO SECTION E.

QC5B When we spoke to [insert adult relation just completed parent interview with] they said you had taken part in Bikeability training. Can you take another look at this (SHOW BIKEABILITY PACK). Are you sure you this wasn't the bike training you took part in?

Yes, it was Bikeability training – GO TO SECTION D

No it definitely wasn't Bikeability training – GO TO SECTION E

Don't know – GO TO SECTION E

SECTION D: BIKEABILITY

I would now like to ask you some questions about Bikeability training.

ASK ALL WHO HAVE RECEIVED BIKEABILITY TRAINING AT C4, C5A OR C5B

D1. SHOWCARD (R) Please can you tell me how good you think the Bikeability training was?

SINGLE CODE ONLY

Very good

Fairly good

Neither good nor poor

Fairly poor

Very poor

Don't know

ASK ALL WHO HAVE RECEIVED BIKEABILITY TRAINING AT C4, C5A OR C5B

D2. What would you say you learned the most about from taking part in the Bikeability training?

UNPROMPTED

MULTICODE OKAY

To ride my bike more safely

To ride my bike with confidence

To ride my bike safely on the road

To enjoy riding my bike

To be more aware of traffic when riding my bike

To be more aware of other people when riding my bike

To look after my bike

To be visible at all times

That I should always wear a helmet when riding my bike

That I should have lights on my bike when riding in the dark/poor light

What different signs mean (signs aimed at cyclists)

Other (PLEASE WRITE IN)

Don't know

ASK ALL WHO HAVE RECEIVED BIKEABILITY TRAINING AT C4, C5A OR C5B

D3. SHOWCARD (R) **Now that you have taken part in the Bikeability training, how confident do you feel about riding your bike?**
SINGLE CODE ONLY

- A lot more confident
- A little more confident
- No more or less confident
- A little less confident
- A lot less confident
- Don't know

ASK ALL WHO HAVE RECEIVED BIKEABILITY TRAINING AT C4, C5A OR C5B

D4. SHOWCARD (R) **Now that you have taken part in the Bikeability training, how confident do you feel about riding your bike on the road?**
SINGLE CODE ONLY

- A lot more confident
- A little more confident
- No more or less confident
- A little less confident
- A lot less confident
- Don't know

ASK ALL WHO HAVE RECEIVED BIKEABILITY TRAINING AT C4, C5A OR C5B

D5. SHOWCARD (R) **Now that you have taken part in the Bikeability training, how confident do you feel about riding your bike more often than you did before?**
SINGLE CODE ONLY

- A lot more confident
- A little more confident
- No more or less confident
- A little less confident
- A lot less confident
- Don't know

ASK ALL WHO HAVE RECEIVED BIKEABILITY TRAINING AT C4, C5A OR C5B

D6. SHOWCARD (R) **Now that you have taken part in the Bikeability training, do you ride your bike more or less often or about the same amount as you did before?**
SINGLE CODE ONLY

- I ride my bike much more often than I used to
- I ride my bike a little more often than I used to
- I ride my bike just as often as I used to
- I ride my bike a little less often than I used to
- I ride my bike much less often than I used to
- Don't know

ASK ALL WHO HAVE RECEIVED BIKEABILITY TRAINING AT C4, C5A OR C5B

D7. SHOWCARD (R) **Now that you have taken part in the Bikeability training, do you think your ability to judge risks and danger on the roads has got better, worse or has it stayed the same?**

SINGLE CODE ONLY

- Got a lot better
- Got a little better
- Stayed the same
- Got a little worse
- Got a lot worse

ASK ALL WHO HAVE RECEIVED BIKEABILITY TRAINING AT C4, C5A OR C5B

D8. SHOWCARD (R) **Now that you have taken part in the Bikeability training, do you think your ability to signal has got better, worse or has it stayed the same?**

SINGLE CODE ONLY

- Got a lot better
- Got a little better
- Stayed the same
- Got a little worse
- Got a lot worse

ASK ALL WHO HAVE RECEIVED BIKEABILITY TRAINING AT C4, C5A OR C5B

D9. SHOWCARD (R) **Now that you have taken part in the Bikeability training, do you think your ability to keep a safe distance from parked cars has got better, worse or has it stayed the same?**

SINGLE CODE ONLY

- Got a lot better
- Got a little better
- Stayed the same
- Got a little worse
- Got a lot worse

Don't know

ASK ALL WHO HAVE RECEIVED BIKEABILITY TRAINING AT C4, C5A OR C5B

D10. SHOWCARD (R) **Finally, how likely are you to suggest to your friends that they take part in Bikeability training?**

SINGLE CODE ONLY

- Very likely
- Fairly likely
- Neither likely nor unlikely
- Fairly unlikely
- Very unlikely

SECTION E: NON-BIKEABILITY CHILDREN

ASK ALL WHO HAVE NOT TAKEN PART IN BIKEABILITY TRAINING

E1. **SHOW MATERIAL Please can you take a look at this. If Bikeability training were offered to you in the next few weeks or months how likely are you to want to take part?**

SINGLE CODE ONLY

- Very likely
- Fairly likely
- Neither likely nor unlikely
- Fairly unlikely
- Very unlikely
- Don't know

ASK ALL WHO ARE VERY OR FAIRLY LIKELY AT E1.

E2. **What do you think you would learn from taking part in the Bikeability training?**

UNPROMPTED

MULTICODE OKAY

- To ride my bike more safely
- To ride my bike more confidently
- To ride my bike safely on the road
- To enjoy riding my bike
- To be more aware of traffic when riding my bike
- To be more aware of other people when riding my bike
- To look after my bike
- To be visible at all times
- That I should always wear a helmet when riding my bike
- That I should have lights on my bike when riding in the dark/poor light
- What different signs mean (signs aimed at cyclists)
- Other (PLEASE WRITE IN)
- Don't know

ALL

Thank you for taking part in this survey. CLOSE

Toplines

Bikeability Impact Research - Parents Survey Unweighted Topline Results

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SECTION A

Q1.a Thinking about riding bikes generally, which, if any, of the following words and phrases would you say best describe your views about cycling? PLEASE CHOOSE NO MORE THAN FIVE

Q1.b And which, if any, of the following words and phrases would you say best describe your child's views about cycling? PLEASE CHOOSE NO MORE THAN FIVE

	Q1a	Q1b
	%	%
Improves health/fitness	70	38
Fun	66	77
Road safety concerns	36	17
Environmentally good	35	15
Exciting	29	45
Helps to build confidence	23	19
Low cost	23	8
Challenging/stretching	18	16
Personal safety concerns	15	8
Convenient	14	10
Risky	11	5
Liberating	9	7
Modern	5	7
Makes feel vulnerable	3	2
Complicated	2	1
Impractical	2	1
None of these	1	2

Q2.a **Thinking only about yourself, please can you tell me on average, how frequently, if at all, did you ride a bike last summer?**

	%
Every day (5 – 7 times a week)	5
Several times a week (2 – 4 times a week)	12
Once a week or less	15
Less than once a month	13
Never in the summer	55

Q2.b **And, please can you tell me on average, how frequently, if at all, you have ridden a bike during this winter?**

	%
Every day (5 – 7 times a week)	1
Several times a week (2 – 4 times a week)	4
Once a week or less	6
Less than once a month	12
Never in the winter	76

Q3.a **Thinking about your child, please can you tell me on average, how frequently, if at all, did they ride a bike last summer?**

	%
Every day (5 – 7 times a week)	36
Several times a week (2 – 4 times a week)	44
Once a week or less	11
Less than once a month	5
Never in the summer	3

Q3.b **And, please can you tell me on average, how frequently, if at all, have they ridden a bike during this winter?**

	%
Every day (5 – 7 times a week)	7
Several times a week (2 – 4 times a week)	18
Once a week or less	23
Less than once a month	26
Never in the winter	26
Don't know	1

- Q4. **What would you say are the main reasons why you cycle/ride a bike?**
 Base: all parents who have ridden a bike during the summer and/or winter (213)

	%
Health/Fitness	69
Enjoyment	54
Good for environment	21
Sport	12
To visit other family members	8
To be with friends	7
To travel to shops	6
To travel to work / school (whole journey)	5
Training	2
No realistic alternative	1
Competition	*
To travel to railway station	*
Other	*
Don't know	6

- Q5. **What would you say are the main reasons why your child cycles/rides a bike?**

Base: all parents whose child has ridden a bike during the summer and/or winter (458)

	%
Enjoyment/fun	82
To be with friends	50
Health/Fitness	36
Sport	11
Good for environment	9
To travel to shops	8
To travel to work / school (whole journey)	7
To visit other family members	4
Training	2
Competition	1
No realistic alternative	*
To travel to railway station	-
Other	1
Don't know	2

- Q6. What would you say are the main reasons why you haven't cycled?**
 Base: all parents who have not ridden a bike during the last summer or winter (257)

	%
No bike	46
Lack of cycling ability	15
Prefer to travel by car	14
No time	12
Prefer to walk	10
Lack of cycling confidence	7
Poor health	6
Road safety concerns	6
Personal safety concerns	5
The weather	4
Too sweaty	3
Affordability	2
Prefer to use bus	2
Too hilly	1
Bike is broken	1
Too slow	*
Too dirty	*
Other	4
Don't know	5

SECTION B

- Q7. In your opinion, what do you consider to be the main benefits, if any, of your child riding a bike?**

	%
Improves health	65
Freedom	39
It is part of 'growing up'	30
Less dependent on being driven around by grown ups	23
Increases independence	19
Improves their road awareness	16
Good for the environment	15
Reduces congestion	6
Reduces pollution	5
Reduces spend on other forms of transport	1
Other	1
Don't know	4

Q8. On which of the following surfaces would you say your child mainly cycles?

Base: all parents whose child has ridden a bike during the summer and/or winter (458)

	%
On the pavement (the footpath by the side of a road)	56
Quiet roads	23
Footpaths / cyclepaths	19
On most roads where cycling is permitted	9
Don't know	*
On any road	32

Q9. What are your main concerns, if any, about your child riding a bike on local roads?

	%
Cars driving too fast	54
Too much traffic	52
Other road users	45
The way people drive	42
Poor road surfaces	14
I'm not confident enough in my child's ability to cycle on a road	10
Not knowing where they are riding	6
Air pollution	3
Poor street lighting	3
Other	1
I don't have any concerns	2
My child doesn't ride their bike on roads	3
Don't know	1

Q10. How confident do you feel about teaching your children to ride on the road?

	%
Very confident	26
Quite confident	34
Neither confident nor not confident	10
Not very confident	19
Not at all confident	12
Don't know	*

Q11. **How important or not is it, that your child receives formal cycle training? By formal cycle training, I mean where some-one else teaches your child to cycle through an organised course.**

	%
Very important	78
Fairly important	17
Not very important	3
Not at all important	1
Don't know	1

Q12. **Which one of the following statements, if any, best applies to your child?**

	%
Been offered any cycle training	7
Received cycle training	54
Booked, but not yet received cycle training	2
Not offered, booked or received cycle training	30
None of these	8

Q13.a **Do you know the name of the training they have been offered?**

Base: parents whose child has been offered any cycle training (34)

	N
Bikeability	20
Other	1
Do not know name of the training received	13

Q13.b **Do you know the name of the training they have received?**

Base: parents whose child has received cycle training (252)

	%
Bikeability	87
Other	1
Do not know name of the training received	12

Q13.c **Do you know the name of the training they have booked but not yet received?**

Base: parents whose child has booked but not yet received cycle training (8)

	N
Bikeability	3
Other	-
Do not know name of the training received	5

Q14. **Please can you take a look at this. Was this the training your child was offered, received or which has been booked?**

Base: parents not mentioning Bikeability training (53)

	%
Yes (Bikeability)	34
No	30
Don't know	36

SECTION C: NON BIKEABILITY RESPONDENTS
--

Q15. **If Bikeability training were offered to your child in the next few weeks or months how likely would you be to give your permission for them to take part in the training?**

Base: parents whose child has not taken part in Bikeability (234)

	%
Very likely	73
Fairly likely	14
Neither likely nor unlikely	5
Fairly unlikely	2
Very unlikely	1
Don't know	6

Q16. **Please could I ask why you would be unlikely to give your permission?**

Base: parents who would be unlikely to give their children permission to take part (7)

	N
My child does not need cycle training	1
My child does not ride a bike	2
Special needs / medical reason	1
Cycle training doesn't make any difference	1
My child has received other training	-
Other	3

Q17. **What do you think would be the main benefits for your child if they were to receive the Bikeability training?**

Base: parents who would be likely to give their children permission to take part (202)

	%
Improved road awareness	81
Improved riding skills	55
Improved confidence	46
Improved health/fitness	17
Other	1
Don't know	1

SECTION D: BIKEABILITY RESPONDENTS

Q18. Thinking specifically about your child, when did they receive Bikeability training?

Base: parents whose child has received Bikeability training and answered Bikeability questions (230)

	%
In the last month	9
In the last three months	28
In the last six months	25
In the last year	36
Longer than a year ago	3
Don't know	*

Q19. Please can you tell me what level of Bikeability training your child has achieved?

Base: parents whose child has received Bikeability training and answered Bikeability questions (230)

	%
Level 1 (red badge)	21
Level 2 (amber badge)	38
Level 3 (green badge)	12
Don't know	29

Q20. As far as you are aware, who, if anyone, suggested that your child should have Bikeability training?

Base: parents whose child has received Bikeability training and answered Bikeability questions (230)

	%
The School suggested it	83
The child suggested it	10
I (parent/guardian) suggested it	7
Other parents suggested it	2
A local club suggested it	1
A friend of my child suggested it	1
Another of my children has already completed the Bikeability training so we already knew about it	*
We saw a leaflet / poster / advert	*
Other	*

Q21. Please can you tell me where your child received the Bikeability training?

Base: parents whose child has received Bikeability training and answered Bikeability questions (230)

	%
At their school	97
At another school (outside of the local area)	1
At the leisure/sports centre	1
At another school (locally)	*
Don't know	1

Q22. How concerned, if at all, were you about your child's safety when riding a bike on the road before they received Bikeability training?

Base: parents whose child has received Bikeability training and answered Bikeability questions (230)

	%
Very concerned	44
Fairly concerned	40
Not very concerned	8
Not at all concerned	7
Don't know	1

Q23. In your opinion, to what extent has the Bikeability training your child received improved, if at all, on their safety on the road?

Base: parents whose child has received Bikeability training and answered Bikeability questions (230)

	%
Improved their safety on the road a lot	53
Improved their safety on the road a little	39
Neither improved nor worsened their safety on the road	7
Worsened their safety on the road a little	-
Worsened their safety on the road a lot	-

Q24. In your opinion, to what extent has the Bikeability training changed your child's confidence, if at all, in riding on local roads?

Base: parents whose child has received Bikeability training and answered Bikeability questions (230)

	%
Increased their confidence a lot	55
Increased their confidence a little	37
Neither increased nor decreased their confidence	8
Decreased their confidence a little	-
Decreased their confidence a lot	*

Q25. What impact if any, has taking part in the Bikeability training had on how often your child rides a bike?

Base: parents whose child has received Bikeability training and answered Bikeability questions (230)

	%
Cycles on a lot more occasions than before	16
Cycles on a few more occasions than before	33
Cycles on about the same amount of occasions as before	50
Cycles on a few less occasions than before	-
Cycles on a lot less occasions than before	-
Don't know	1

Q26. Since taking part in the Bikeability training has your child made any new types of journeys using a bike?

Base: parents whose child has received Bikeability training and answered Bikeability questions (230)

	%
Yes	37
No	60
Don't know	3

Q27. I'm about to read out a list of skills related to cycling. For each one, please can you tell me the extent to which you believe your child has improved, got worse or made no change at each one of these since taking part in the Bikeability training.

Base: parents whose child has received Bikeability training and answered Bikeability questions (230)

	Improved a lot	Improved a little	No change	Got a little worse	Got a lot worse	Don't know
Judging risks on the road	43	46	8	-	-	3
Knowing their own ability	46	42	10	-	*	2
Looking behind them	47	37	11	-	-	5
Signalling	47	33	14	-	-	5
Keeping a safe distance from parked cars	45	41	9	*	-	4
Not riding in the gutter	41	38	15	-	-	6

Q28. To what extent, if at all, has your child's involvement in the Bikeability training affected your confidence in them riding on local roads?

Base: parents whose child has received Bikeability training and answered Bikeability questions (230)

	%
Increased my confidence a lot	45
Increased by confidence a little	41
Neither increased nor decreased my confidence	13
Decreased my confidence a little	-
Decreased my confidence a lot	-

Q29. Overall, how satisfied or dissatisfied are you with the Bikeability training your child received?

Base: parents whose child has received Bikeability training and answered Bikeability questions (230)

	%
Very satisfied	76
Quite satisfied	22
Neither satisfied nor dissatisfied	1
Quite dissatisfied	-
Very dissatisfied	*
Don't know	1

Bikeability Impact Research - Children's Survey
Unweighted Topline Results

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SECTION A: ABOUT YOUR FREE TIME

I'd like to start by asking you some questions about your free time.

A1 Which of these activities do you most like doing in your free time?

	%
Watching TV	77
Hanging out e.g. with friends/brothers/sisters	63
Playing on the computer/Internet	60
Listening to music	46
Doing sports or physical activities	43
Reading	36
Going to football games/sports events	29
Going to the cinema or theatre	25
Doing dance, drama or music	23
Doing arts & crafts	20
Shopping	19
Visiting a library	9
Visiting a museum, art gallery or important historic and modern buildings	9
Film/video-making or photography	4
Going to music concerts or gigs	4
Other	3

A2 Please can you tell me which of these sports and activities have you taken part in or played when you have been at school. This can include lunchtimes, breaktimes and any before or after school clubs as long as you do them at the school.

	%
Football	55
Swimming	49
Athletics	31
Dance	30
Gymnastics	30
Rounders	26
Netball	25
Basketball	25
Cricket	21
Cycling	20
Tennis	12
Other	4
None of these	2

A3 Please can you tell me which of these sports and activities have you taken part in or played outside of school, so anytime that you are not at school, like the evenings, the weekends and holidays.

	%
Cycling	52
Swimming	51
Football	43
Dance	22
Athletics	14
Cricket	12
Tennis	12
Basketball	8
Gymnastics	8
Netball	6
Rounders	5
Other	7
None of these	7

SECTION B: RIDING A BIKE

I would now like to ask you some questions about riding a bike and cycling.

B1 First of all, can you tell me if you can ride a bike?

	%
Yes	97
No	3

B2 How old were you when you first started riding a bike without stabilisers?

Base: children who can ride a bike (455)

	%
2 years old	2
3 years old	7
4 years old	19
5 years old	29
6 years old	19
7 years old	9
8 years old	6
9 years old	2
10 years old	1
11 years old	1
Can't remember	5

B3 And when was the last time you rode a bike/cycled?

Base: children who can ride a bike (455)

	%
Today	7
Yesterday	19
Longer ago than yesterday, but this week	15
Last week	14
A couple of weeks ago	12
Longer ago than this	31
Can't remember	2

B4 And how often, on average, do you ride a bike/cycle?

Base: children who can ride a bike (455)

	%
Every day	13
A few times a week	35
A couple of time a week	22
About once a week	12
Less than once a week	16
I never ride a bike	1
Don't know	1

B5 Can you tell me all the reasons why you ride your bike?

Base: children who can ride a bike (455)

	%
To play out with my friends/just cycling around	60
To cycle to/from my friend's houses	41
To cycle to/from the shops	19
To go out on bike rides with my family	19
To cycle to/from my family's houses	16
To get to places faster	16
To cycle to/from school	15
To do stunts on	6
Other	2
Don't know	7

B6 What words would you use to describe what you think about cycling and riding a bike?

	%
Fun	89
Exciting	44
Good for me	31
Makes me healthy	30
Fast	18
Stunts	10
Wheelies	7
Skids	6
Dangerous	5
BMX	5
Hard/difficult	4
Mountain biking	3
Boring	2
Other	2
Don't know	1

**B7A When you ride a bike, how often do you ride your bike on the pavement?
This is the path by the side of the road.**

Base: children who can ride a bike (455)

	%
Always	46
Sometimes	45
Hardly ever	5
Never	3
Don't know	1

**B7B When you ride a bike, how often do you ride your bike on cycle paths?
These are paths where there is a sign saying that bikes are allowed.**

Base: children who can ride a bike (455)

	%
Always	11
Sometimes	38
Hardly ever	18
Never	31
Don't know	2

B7C When you ride a bike, how often do you ride your bike on the road?

Base: children who can ride a bike (455)

	%
Always	8
Sometimes	43
Hardly ever	19
Never	29
Don't know	1

B8 How confident do you feel about riding a bike on the road?

Base: children who ever ride on the road (320)

	%
Very confident	41
Quite confident	45
Not very confident	11
Not at all confident	2
Don't know	1

SECTION C: CYCLE TRAINING

C1 Can you remember who first showed you how to ride a bike? Who was this?

Base: children who can ride a bike (455)

%

Dad	52
Mum	37
Brother/sister	6
Grandparent	4
No-one, I taught myself	4
Another adult family member	4
One of my friends (child)	3
A teacher	1
A cycle training person	1
Other	1
Don't know	2

C2A Have you ever taken part in any bike or cycle training? By this I mean where someone has given you training on how to cycle and ride your bike safely.

Base: children who can ride a bike (455)

%

Yes	58
No	42
Don't know	1

C2B When we spoke to the adult who completed the questionnaire they said you had taken part in bike/cycle training. Are you sure you meant to say no or don't know?

Base: children who said they have not taken part in any bike or cycle training, but parent said child had received Bikeability training (2)

N

Yes, I have taken part in bike training	-
No I definitely haven't taken part in any bike/cycle training	-
Don't know	2

C3 Did you receive any bike training from any of the people on this card?

Base: children who have taken part in any bike or cycle training (263)

%

From a Cycle training person	94
From my parents/guardians	8
From a teacher at my school	6
From my friends	2
From another adult family member	1
From my brother/sister	1
Don't know	*

C4 You said you have had bike training from a cycle training person, can you remember what that training was called?

Base: children who have received training from a cycle training person (248)

%

Bikeability	92
Other	2
Can't remember	6

C5A Please can you take a look at this. Was this the bike training you received?

Base: children who say they have received training, but not from Bikeability (21)

N

Yes - Bikeability	8
No - other	9
Don't know	4

C5B When we spoke to the adult who completed the questionnaire they said you had taken part in Bikeability training. Are you sure you this wasn't the bike training you took part in?

Base: children who say they have received training but not from Bikeability, but whose parent said they'd received training from Bikeability (3)

N

Yes, it was Bikeability training	1
No it definitely wasn't Bikeability training	1
Don't know	1

SECTION D: BIKEABILITY

I would now like to ask you some questions about Bikeability training.

D1 Please can you tell me how good you think the Bikeability training was?

Base: children who received Bikeability training and answered Bikeability questions (233)

	%
Very good	72
Fairly good	24
Neither good nor poor	1
Fairly poor	1
Very poor	-
Don't know	2

D2 What would you say you learned the most about from taking part in the Bikeability training?

Base: children who received Bikeability training and answered Bikeability questions (233)

	%
To ride my bike more safely	68
To ride my bike safely on the road	53
To ride my bike with confidence	36
To be more aware of traffic when riding my bike	35
That I should always wear a helmet when riding my bike	27
To look after my bike	23
To enjoy riding my bike	21
To be visible at all times	21
That I should have lights on my bike when riding in the dark/poor light	16
To be more aware of other people when riding my bike	15
What different signs mean (signs aimed at cyclists)	6
Other	1
Don't know	2

D3 Now that you have taken part in the Bikeability training, how confident do you feel about riding your bike?

Base: children who received Bikeability training and answered Bikeability questions (233)

	%
A lot more confident	64
A little more confident	28
No more or less confident	6
A little less confident	-
A lot less confident	-
Don't know	2

D4 Now that you have taken part in the Bikeability training, how confident do you feel about riding your bike on the road?

Base: children who received Bikeability training and answered Bikeability questions (233)

	%
A lot more confident	51
A little more confident	35
No more or less confident	11
A little less confident	-
A lot less confident	*
Don't know	3

D5 Now that you have taken part in the Bikeability training, how confident do you feel about riding your bike more often than you did before?

Base: children who received Bikeability training and answered Bikeability questions (233)

	%
A lot more confident	53
A little more confident	34
No more or less confident	12
A little less confident	-
A lot less confident	-
Don't know	2

D6 Now that you have taken part in the Bikeability training, do you ride your bike more or less often or about the same amount as you did before?

Base: children who received Bikeability training and answered Bikeability questions (233)

	%
I ride my bike much more often than I used to	17
I ride my bike a little more often than I used to	33
I ride my bike just as often as I used to	47
I ride my bike a little less often than I used to	*
I ride my bike much less often than I used to	*
Don't know	2

D7 Now that you have taken part in the Bikeability training, do you think your ability to judge risks and danger on the roads has got better, worse or has it stayed the same?

Base: children who received Bikeability training and answered Bikeability questions (233)

	%
Got a lot better	57
Got a little better	36
Stayed the same	3
Got a little worse	-
Got a lot worse	-
Don't know	3

D8 Now that you have taken part in the Bikeability training, do you think your ability to signal has got better, worse or has it stayed the same?

Base: children who received Bikeability training and answered Bikeability questions (233)

	%
Got a lot better	58
Got a little better	35
Stayed the same	6
Got a little worse	-
Got a lot worse	-
Don't know	2

D9 **Now that you have taken part in the Bikeability training, do you think your ability to keep a safe distance from parked cars has got better, worse or has it stayed the same?**

Base: children who received Bikeability training and answered Bikeability questions (233)

	%
Got a lot better	55
Got a little better	34
Stayed the same	8
Got a little worse	*
Got a lot worse	-
Don't know	3

D10 **Finally, how likely are you to suggest to your friends that they take part in Bikeability training?**

Base: children who received Bikeability training and answered Bikeability questions (233)

	%
Very likely	67
Fairly likely	24
Neither likely nor unlikely	3
Fairly unlikely	1
Very unlikely	*
Don't know	4

SECTION E: NON –BIKEABILITY CHILDREN

E1 **If Bikeability training were offered to you in the next few weeks or months how likely are you to want to take part?**

Base: children who have not received Bikeability training (234)

	%
Very likely	63
Fairly likely	20
Neither likely nor unlikely	5
Fairly unlikely	3
Very unlikely	3
Don't know	5

E2 What do you think you would learn from taking part in the Bikeability training?

Base: children likely to take part in Bikeability if offered (194)

	%
To ride my bike more safely	70
To ride my bike safely on the road	51
To ride my bike more confidently	41
To be more aware of traffic when riding my bike	19
To enjoy riding my bike	14
To look after my bike	8
To be more aware of other people when riding my bike	7
To be visible at all times	7
That I should always wear a helmet when riding my bike	5
That I should have lights on my bike when riding in the dark/poor light	5
What different signs mean (signs aimed at cyclists)	5
Other	4
Don't know	6