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

FINAL VERSION

Report prepared by Ipsos MORI

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# Executive summary

Bikeability was launched in 2007 as the Government's flagship training programme for all ages. It is 'cycling proficiency' for the 21st century and is designed to give children and young people the skills and confidence to ride their bikes on today's roads. By March 2015, it was estimated that more than 1.5 million people had been trained through the Bikeability scheme.

Fieldwork was undertaken between 3 and 25 July 2015, with a total of 1,044 face-to-face interviews conducted. Parents and children were interviewed in tandem (522 interviews with parents and 522 interviews with children) with different versions of the questionnaire. The wording and format in the children's questionnaire was designed to take into account their particular cognitive abilities and requirements; although many similar questions were asked of both parents and children to enable comparisons between the opinions of each group.

Bikeability is viewed very positively by parents and children, particularly by those who have taken part in the Bikeability scheme, and cycling also has a very broad appeal among children. Almost all children surveyed can cycle (95%), and most who can ride a bike say they have cycled in the last few weeks (88%). Parents and children both associate cycling with being a fun activity that improves health and fitness and helps to build confidence.

While parents recognise the freedom and independence cycling may give their children, they also express concerns, particularly around road safety. The most common reasons for concern among parents are volume of traffic, cars driving too fast, and other road users generally.

While most children were taught to ride a bike by their parents (88%), just half of parents express confidence in their ability to train their child to ride on the road (50%). This may explain why there is still a strong demand for formal cycle training of the type that Bikeability provides (87% of parents surveyed feel that such training is important).

As well as demand for formal cycle training, children who had not taken part in Bikeability were asked whether they would be likely to want to take part in the Bikeability scheme specifically. Their parents were asked whether they would be likely to give permission for their children to attend Bikeability. In both cases, a majority said they would be keen to participate: 58% of children and 64% of parents. However, these proportions have both fallen since 2010.

The findings around the impact of Bikeability are positive. Nearly all children who had taken part in Bikeability reported an improvement in their ability to judge risks (90%), signal (86%) and to keep a safe distance from parked cars (84%). Parents agree, and the majority of parents say that their children have improved at least a little at looking behind themselves (79%), knowing their own ability (79%), judging risks on the road (78%), keeping a safe distance from parked cars (75%) and signalling (77%).

Given high levels of concern among parents before Bikeability training, it is encouraging to see the perceived impact on children's safety - most parents surveyed report that the Bikeability scheme has improved their child's safety when they cycle on the road (87%).

Children and parents also report an increase in confidence after involvement in the Bikeability scheme. Four in five children report that the scheme has had positive impact on how confident they feel when they ride their bike generally (82%) and four in five parents say it has increased their confidence in their child riding their bike on local roads (82%).

In terms of behaviour, those who have taken part in Bikeability are more likely to have cycled in the last week (73%, compared with 63% of those who have not taken part in Bikeability). Approaching half of children who have taken part in Bikeability say they ride their bike more than they used to do (45%).

At the overall level, Bikeability is viewed very positively by parents and children. Almost all parents say that they are satisfied with the training (94%), while a similar proportion of children who have taken part describe it as good (95%), and three in four think it very good (75%). Encouragingly, nine in ten children would recommend Bikeability to friends (90%).

Parents and children alike also had the chance to make personal comments about the Bikeability scheme. The verbatim comments from parents show a strong appetite for rolling the programme out to more children, and in some cases making it compulsory for all. Children's comments were largely positive and focused on improvements in safety, confidence, and how fun the course was.

# Introduction

## Background and objectives

Since 2010 the appetite for cycling in Britain has grown, fuelled in part by three Tour de France wins, Olympic success at London 2012 and hosting stages of the Tour de France in 2014. There has also been increased focus on the sustainable growth of cycling across the country through organisations such as Sport England, CTC and local authorities. Progress has also been made by the All Party Parliamentary Cycling Group (APPCG) through the Get Britain Cycling initiative with the aim “to enable more people across the UK to take up cycling, cycle more often and cycle more safely”. While the 2010 Bikeability study found the overall feedback from parents and children was very positive, both in terms of cycling in general and the attraction and impact of the Bikeability training scheme, much has changed and there was a need to bring the findings up to date for 2015.

The 2010 findings showed the appeal of cycling for children; nearly all children interviewed said they could cycle (97%) and most did so on a regular basis (over four in five said that they usually rode their bike at least once a week). Parents also associated cycling with a range of advantages, from the positive impact that it could have on their child’s fitness and wellbeing, to the role it could play in promoting their child’s independence.

The overarching aim of the 2015 research has been to provide an updated indication of how the Bikeability programme has influenced perceptions of, and attitudes towards, cycling; in particular, its aim is to find out whether Bikeability has continued to increase the appeal and frequency of cycling among children. As in 2010, the more specific objectives of the research have been to understand the following:

### Cycling attitudes and behaviours:

- General attitudes towards cycling among 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 Level 2)

- 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 methodology of this research was broadly in line with the 2010 study, although various changes and improvements were made, as will be discussed in the following sections. In many ways, the same methodology as before had to be used, but there were several points where improvement was possible, based on previous experience and newly available information.

As in 2010, interviewing itself was carried out by LVQ, a fieldwork agency which specialised in research among children and their parents. For consistency with the first wave, the same two sampling methods were used. These consisted of a 'mainstage' survey of parents and children who lived in Bikeability areas and a 'booster' survey which targeted parents and children who had actually been involved in Bikeability training already. Sampling for the mainstage survey was conducted on a house-to-house basis, whereas participants in the booster survey were recruited from directly outside schools which were known to have offered Bikeability to its pupils. The two stage sampling approach is shown in the table below:

	Bikeability participants + parents	Non-participants + parents	Total
1. Main sample	300 interviews (parents & children from 150 households)	500 interviews (parents & children from 250 households)	800 interviews (400 households)
2. Booster sample	200 interviews (parents & children)	-	200 interviews (parents & children)
Total	500	500	1,000

As in 2010, around 40 schools were chosen from the sample frame supplied by Steer Davies Gleave (on behalf of the Department for Transport), which ensured the selected sample was regionally representative of the number of schools in each region that participated in the Bikeability programme. Selection was stratified to ensure robust sub-samples in the North, Midlands and South. For each selected school, a starting street was found in the catchment area of the school and a random location approach was used to recruit the sample. Quota controls were imposed for school year group and the sex of the child. Eligible participants just had to live in the school's catchment area; they did not have to be in attendance or have a child in attendance at the designated school.

Fieldwork took place from 3rd – 25<sup>th</sup> July 2015, during which a total of 1,044 face-to-face interviews were conducted. Parents and children were interviewed in tandem (522 interviews with parents and 522 interviews with children) using different versions of the questionnaire. An incentive of £4 per household was given for Bikeability participants in line with the 2010 research.

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 some general questions about attitudes to bikes and current cycling behaviour, the questionnaire also included a section for 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. For 2015, an open-ended question was included for adults and children to allow for further feedback on the Bikeability programme.

## Comparison with 2010 findings

This section provides further details on factors to consider when analysing differences.

### Sampling

In 2015, the sampling information was more accurate and comprehensive than in 2010, which enabled a full selection of sampling points prior to fieldwork. In 2010, there were many fewer sampling points to be had, and the reach of Bikeability was much smaller. This meant certain areas were ineffective for fieldwork, targets were harder to reach and new areas had to be specifically chosen during fieldwork. From the perspective of research and practicality, the sampling and fieldwork elements were an improvement on 2010 and any future waves should be based on this approach.

Although the improvement in sampling information was welcomed, it is important to compare the completed sample profiles for 2010 and 2015 to ensure no significant differences in the make-up of people interviewed. The table on this page shows the profiles for 2010 and 2015, and they are broadly similar. In 2015, a greater proportion of parents were in full-time employment, as were the proportion who were married.

	2010	2015
<b>Bikeability</b>		
Child taken part	50%	50%
Not taken part	50%	50%
<b>Gender of parent</b>		
Male	15%	14%
Female	85%	86%
<b>Gender of child</b>		
Male	52%	50%
Female	48%	50%
<b>Region</b>		
North	28%	36%
Mids	28%	25%
South	44%	39%
<b>Age of parent</b>		
16-34	27%	28%
35-44	54%	54%
45+	19%	17%
<b>School year of child</b>		
Year 5	39%	39%
Year 6	61%	61%
<b>Work status</b>		
FT	23%	34%
Not FT	77%	66%
<b>Class of parent</b>		
AB	14%	18%
C1	29%	25%
C2	22%	23%
D	16%	18%
E	20%	16%
<b>Marital status</b>		
Married	69%	76%
Single	31%	24%
<b>Ethnicity of parent</b>		
White	81%	91%
Mixed	1%	1%
Asian	7%	3%
Black	3%	3%
Other	6%	*



### Fieldwork dates

Another factor to consider is that despite replicating the method in as many ways as possible, the survey was commissioned later than envisaged, and as such, the fieldwork period shifted. In 2010, the survey was undertaken in March, while in 2015 it was done in July. In March, the days are shorter and perhaps there may have been greater emphasis on road safety as dark nights were on the minds of participants. This could also affect matters such as concern about road surfaces (14% in 2010 compared with 7% in 2015). In 2015, fieldwork was conducted in July and fewer participants would have had to use lights or wear winter clothing to cycle. This could have had an effect on concerns about road safety and safety in general, as fewer participants would have been cycling in the dark. In 2015, mentions of visibility, using lights, riding more safely and being more aware of traffic are lower than in 2010, and the difference in fieldwork period could account for some of this. It is impossible to say for certain what effect seasonality had on the findings for 2010, but for future waves it is recommended that fieldwork be conducted over the same period each year to mitigate against seasonal effects.

### Changes to Bikeability/programme maturity

Comparison of the 2010 and 2015 findings should be made in the light of certain changes to the Bikeability programme itself. In 2010, Bikeability had a centralised public relations and advertising budget which no longer exists. This could have affected awareness and recognition of the Bikeability brand. It is also important to note that providers now have a degree of autonomy over how their schemes are marketed and in some cases the Bikeability name may not be used, something with obvious implications for awareness of the brand. Again, it is difficult to assert the impact this has had, but it should be noted when findings are compared.

Bikeability is also undergoing a significant expansion in its quality assurance processes. This has been in motion since the autumn of 2012 and was introduced to assess how providers were delivering Bikeability, and whether there was the need to evaluate the level of autonomy providers were currently given. As the quality assurance programme develops and more uniformity is brought about across providers, this could have a positive impact on findings.

The programme has also matured in 5 years and it is now much more likely that those children interviewed have older siblings who have taken part in Bikeability at some point. This could have had affected responses to various questions such as those on expectations, awareness and perhaps even the skills children acquired before Bikeability.

Responses may also have been affected by how long ago in the past children took part in the Bikeability scheme. For example, in the 2015 survey, a greater proportion of parents said their child took part in training more than a year ago, and this could have affected awareness and recall of Bikeability.

## Interpretation of the data

The availability of Bikeability is not the same across the country and involvement in Bikeability is not consistent across those areas where it is available. Therefore, the data in this report should not be thought representative of parents and children in school years 5 and 6 in the sampled areas.

As in 2010, it was agreed that the population profile of the achieved sample was the best possible match for the households surveyed. Therefore, no population profile weights have been 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 thought best to down-weight the proportion of Bikeability participants in the achieved sample. This was because the actual profile of participating parents and children in the sampled areas is unknown.

When interpreting the findings, please note that all data in the following report are unweighted. Significance testing has been carried out to identify the important differences between subgroups and differences only receive comment if they are statistically significant.

# Attitudes towards cycling

This section of the report examines parents' and children's attitudes towards cycling in general, their reasons for cycling, and the benefits they associate with this activity.

## Parents' perceptions of cycling

Parents were shown a pre-coded list of words and phrases and asked to select those that best described their views about cycling. As in 2010, 'improves health/fitness' is the most commonly selected answer, with three in five parents who say this (60%); over half describe cycling as 'fun' (53%) and three in ten associate cycling with 'helping to build confidence' (29%). Three in ten parents also associate cycling with 'road safety concerns' (28%) while one in four think of cycling as 'environmentally good' (25%).

The top five mentions are broadly in line with the 2010 findings, although 'exciting' has been replaced with 'helps to build confidence'. Some words, although mentioned by few participants, are chosen more often than in 2010, for example 'risky' (16% vs 11% in 2010) and 'makes me feel vulnerable' (8% vs 3% in 2010).

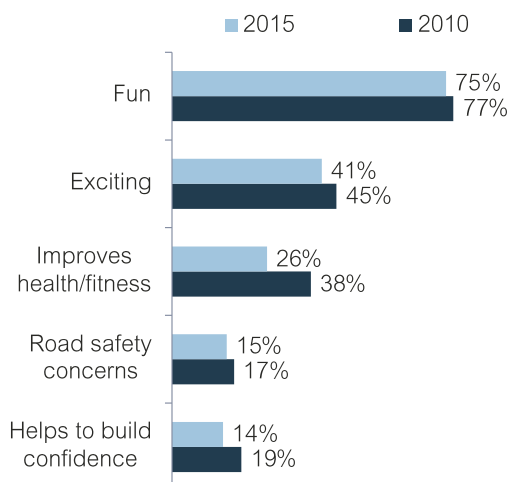
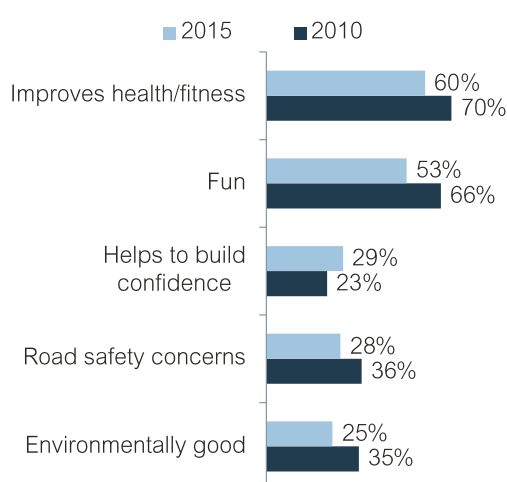
Parents were then asked to choose which words and phrases best described their children's views about cycling. Here there was more emphasis on the enjoyment of cycling, with three in four mentioning that their children would find it 'fun' (75%) and two in five believing that their children would find it 'exciting' (41%). The next three top mentions are 'improves health/fitness (26%)', 'road safety concerns' (15%) and 'helps to build confidence' (14%).

## Parent's perceptions of cycling



Thinking about riding bikes generally, which, if any, of the following words and phrases would you say best describe your views about cycling?

And which, if any, of the following words and phrases would you say best describe your child's views about cycling?



Base: All parents (522); fieldwork dates 3 – 25 July 2015 (2010, 470)

Source: Ipsos MORI

Parents who have cycled within the last 12 months are more likely than those who have not to cite for themselves the health benefits of cycling (68%, compared with 52%), as well as the environmental benefits (33%, compared with 17%) and the relatively low cost of cycling (25%, compared with 17%). Parents who do not ride a bike are more likely to associate cycling with road safety concerns (33%

compared with 23% of those who do cycle). Looking across Acorn<sup>1</sup> categories, ‘affluent achievers’ are the group most likely to associate cycling with improving health/fitness (75%) and fun (60%).

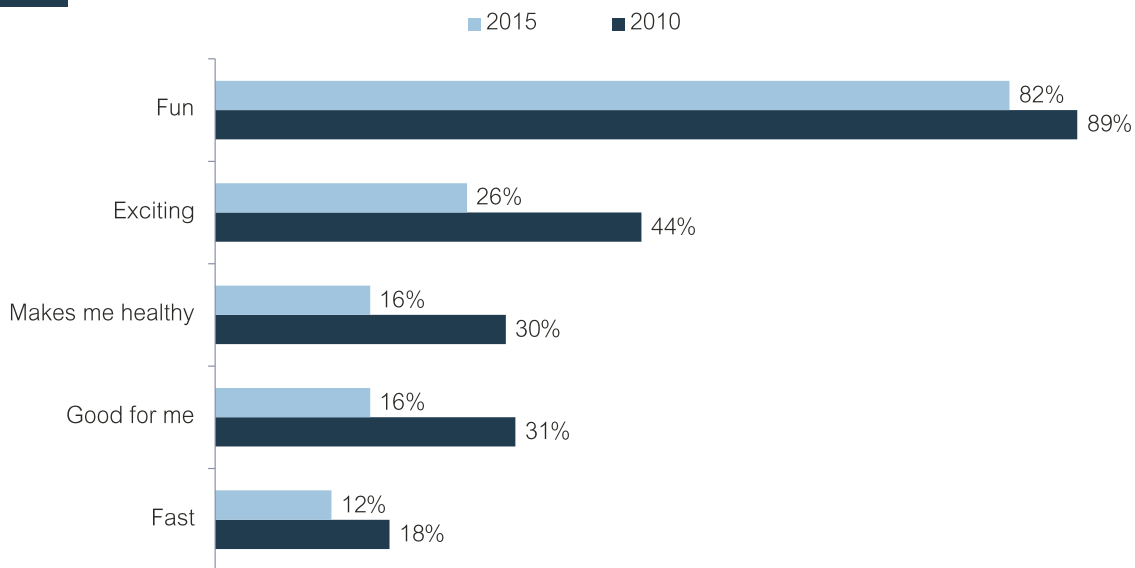
## Children’s perceptions of cycling

When children think of cycling, the words they choose are broadly the same ones their parents think they, their children, would choose. As in 2010, children are most likely to describe cycling as ‘fun’ (82%). ‘Exciting’ (26%), ‘good for me’ (16%) and ‘makes me healthy’ (16%), although all these are mentioned by fewer children than in 2010. In terms of negative associations with cycling, the 2015 data is similar to 2010. Just four per cent of children describe cycling as ‘dangerous’, fewer than the 15% of parents who think their children associate cycling with road and safety concerns.

### What do children think about cycling?



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



Base: All children (522); fieldwork dates 3 – 25 July 2015 (2010, 470)

Source: Ipsos MORI

Children who have taken part in Bikeability are more likely than those who have not to describe cycling as ‘fun’ (88% vs 75%), ‘exciting’ (29% vs 24%) and ‘good for me’ (19% vs 12%). As in 2010, opinions also vary by whether children have a parent who cycles. Those who do are more likely than those who do not to say that cycling makes them healthy (20% vs. 12%) and that it is good for them (21% vs. 11%).

<sup>1</sup> Acorn is a consumer classification that segments the UK population. By analysing demographic data, social factors, population and consumer behaviour, it provides precise information and an understanding of different types of people.

## Reasons for cycling - parents

As well as the words parents used to describe cycling, they were also asked why they chose to ride a bike and why their children did so. As in 2010, the main reasons for cycling tend to correspond with the word associations already discussed. As in 2010, parents cycle most often to ‘improve their health and fitness’ (60%). Almost half say that they cycle for enjoyment (45%), and from the ‘other’ responses it is found that ‘spending time with family’ is also an important reason why parents cycle (15%) - this was not something mentioned in the 2010 study. The proportion of parents who say they cycle to work or school has increased since the previous study (11% compared with 5% in 2010), while those who say they cycle for environmental reasons are fewer in number (7% compared with 21% in 2010).

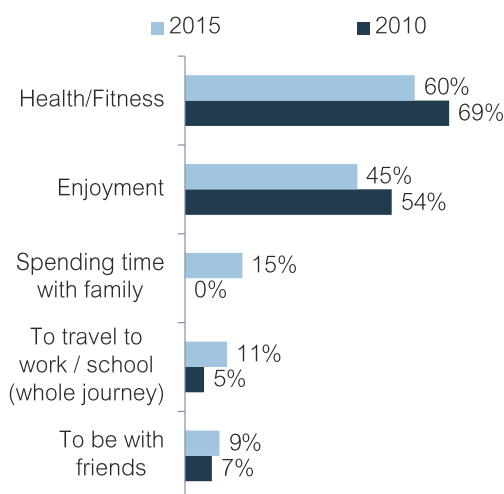
When parents are asked why their children cycle, there are similar themes of enjoyment and fun as found in the word association questions. In line with the 2010 findings, most parents still feel that their children cycle for ‘enjoyment/fun’ (78%) and, similarly, half of parents think that their children cycle to be with friends (48%). One in six parents think that their children cycle for health or fitness (18%), which is half as many as in 2010 (36%).

Analysis of responses across demographic sub-groups shows several differences. Parents in rural areas are more likely than those in urban areas to say they cycle to spend time with family (26% compared with 13%). Parents in the North of England are more likely to say they cycle for health or fitness than their southern counterparts (71% compared with 52%). Parents in the North (14%) and the South (12%) are more likely to say they cycle to work or school than parents in the Midlands (4%). Analysis by Acorn category also shows parents in the ‘urban adversity’ category are more likely to cite travel to work or school as a reason for cycling (19% compared with 11% at the overall level).

### Parent’s reasons for cycling

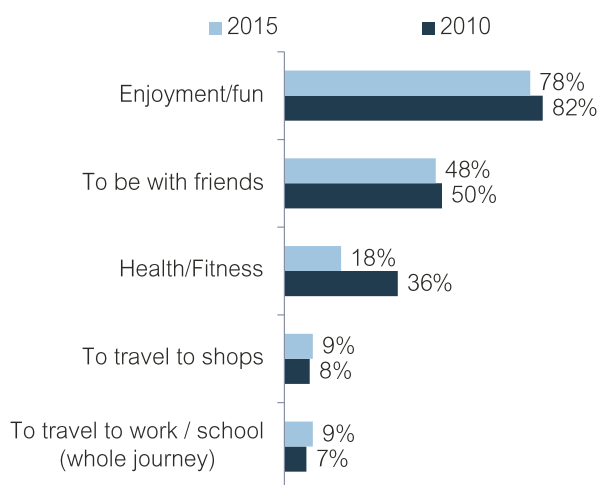


What would you say are the main reasons why you cycle/ride a bike?



Base: all parents who have ridden a bike during the summer and/or winter (213 in 2010 and 247 in 2015)

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



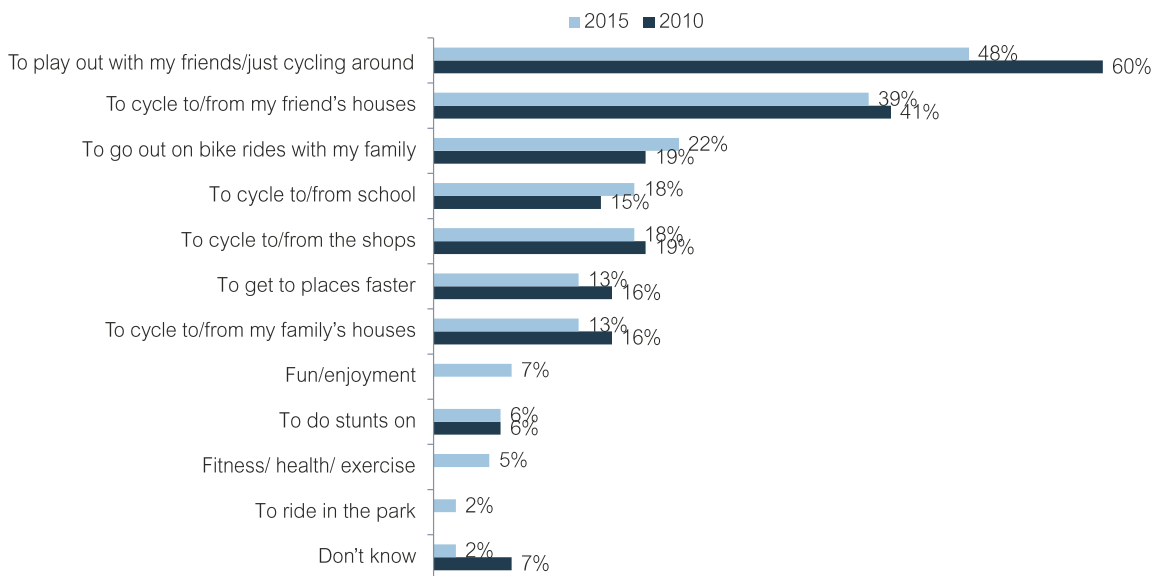
Base: all parents whose child has ridden a bike during the summer and/or winter (458 in 2010 and 481 in 2015)

## Reasons for cycling - children

Asked why they cycled, the most frequently cited responses given by children relate to social reasons. Around half (48%) of children cycle ‘to play with friends or to just cycle around’ (48%), and two-fifths (39%) do so to ‘cycle to or from friends’ houses’. A fifth (22%) also cycle ‘to go out on bike rides with their family’.

### Children’s reasons for cycling

**Q:** Can you tell me all the reasons why you ride your bike?



Base: children who can ride a bike (455 in 2010 and 498 in 2015); fieldwork dates 3 – 25 July 2015

Source: Ipsos MORI

A closer look at the motivations for cycling shows some differences between sub-groups. Children who have taken part in Bikeability are more likely to say they cycle to school (21% compared with 14% who have not taken part). Children who cycle on the road are also more likely to cycle to school than those who do not (20% compared with 14% of those who have not taken part).

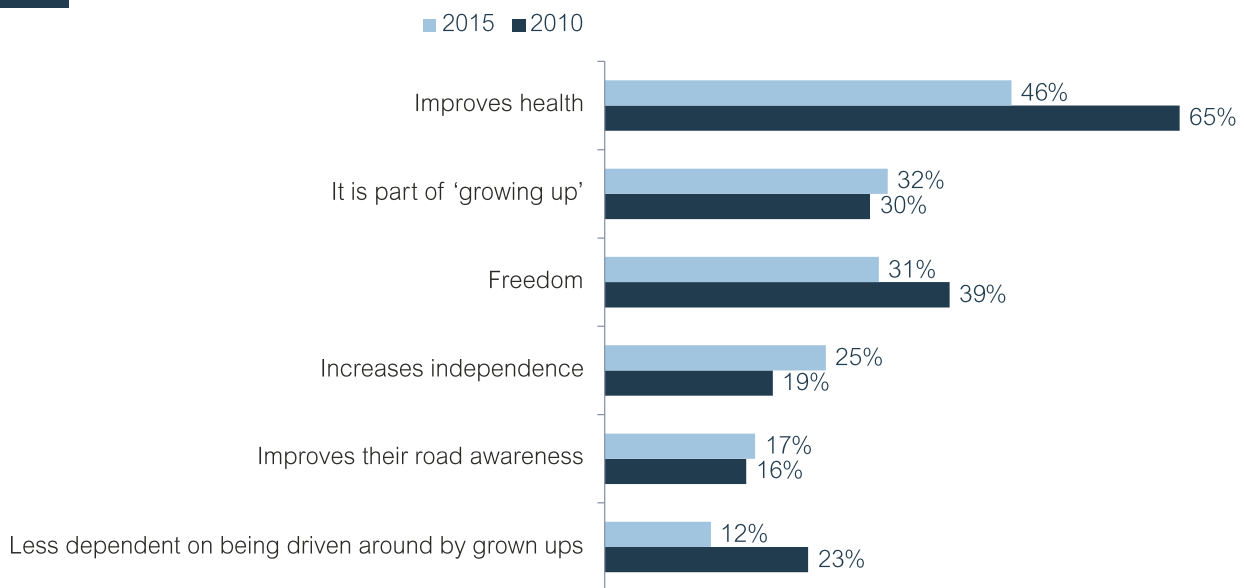
## The benefits of cycling

The 2015 findings suggest that parents still feel the main benefit of cycling for their children is that it improves their health (46% compared with 65% in 2010). Survey findings also suggest the importance of social aspects of cycling for children, and this is mirrored among parents who cite benefits such as ‘part of growing up’ (32%), ‘freedom’ (31%), ‘increases independence’ (25%) and ‘less dependent on being driven around’ (12%). The other top mention is that cycling helps ‘improve road awareness’ (17%).

### Parents perceptions of the benefits of cycling for children



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



Base: All parents (522); fieldwork dates 3 – 25 July 2015 (2010, 470)

Source: Ipsos MORI

As in 2010, these attitudes are fairly consistent between demographic sub-groups, although parents of participating children are more likely than parents of non-participating children to say that cycling gives their child freedom (35% compared with 26%) and improves their road awareness (22% compared with 13%).

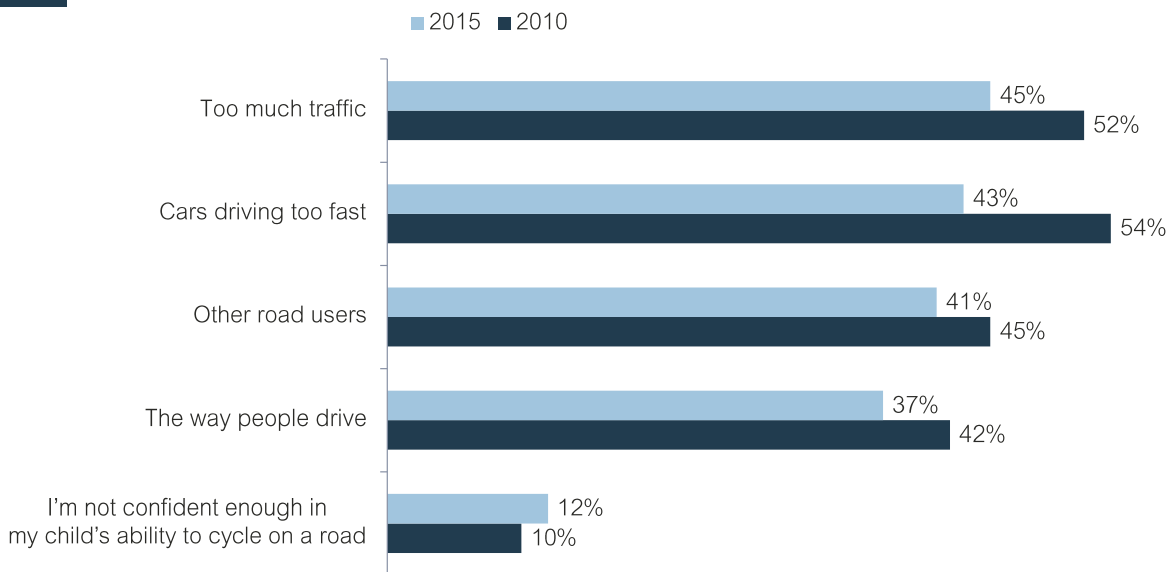
## Parents’ concerns about children cycling

In 2015, parents expressed similar concerns to those brought up in the 2010 survey. Their main concerns are about behaviour of other drivers, with about two in five who mention ‘cars driving too fast’ (43%), ‘other road users’ (41%) and ‘the way people drive’ (37%). Almost half of parents (45%) express concerns over ‘too much traffic’. These four areas are by far the most common concerns mentioned by parents.

### Parents concerns about their children cycling



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



Base: All parents (522); fieldwork dates 3 – 25 July 2015 (2010, 470)

Source: Ipsos MORI

The main concerns about children riding their bikes are very similar across subgroups, with little variation depending on attitudes, demographics or behaviours.



# Cycling behaviour

The following section centres on current cycling behaviour of children and parents, looking at the frequency of cycling, where they tend to ride and their reasons for doing so.

## Parents' cycling behaviour

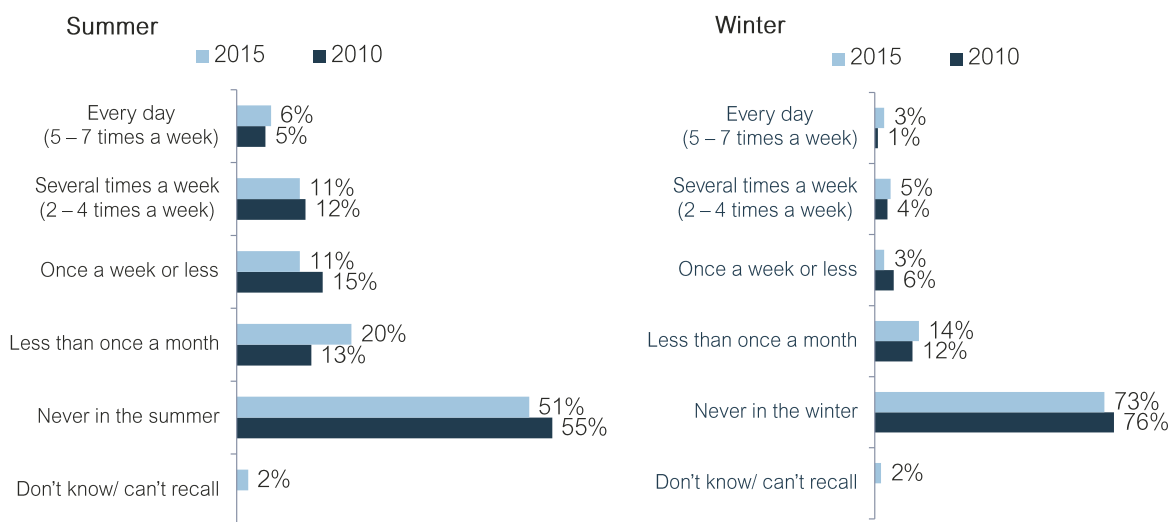
Half of parents interviewed had ridden a bike at least once last summer (47%). This figure halved for the winter months, as only one in four parents say they rode at least once in that time (26%). The findings here are in line with the 2010 survey findings.

### Parents' cycling habits



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

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



Base: All parents (522); fieldwork dates 3 – 25 July 2015 (2010, 470)

Source: Ipsos MORI

Parents whose children have taken part in Bikeability are more likely than those who have not to have ridden their bike at least once during summer (53% vs 42%) or winter (29% vs 22%). The same is true for parents who are confident teaching their child to ride a bike; they are more likely than those who are not confident to have ridden at least once in the summer (61% vs 33%) or in the winter (34% vs 15%).

Across social class, patterns are similar to the 2010 findings. Those in social classes ABC1 are more likely to cycle than those in other social grades (61% have cycled in the last year, compared with 47% overall), as are those in full-time employment (59%, compared with 41% of those who are not). By contrast, 65% of those in social grade D and 77% in grade E have not ridden in the last year. Parents in single adult households are also less likely to ride (70% have not, compared with 53% overall).

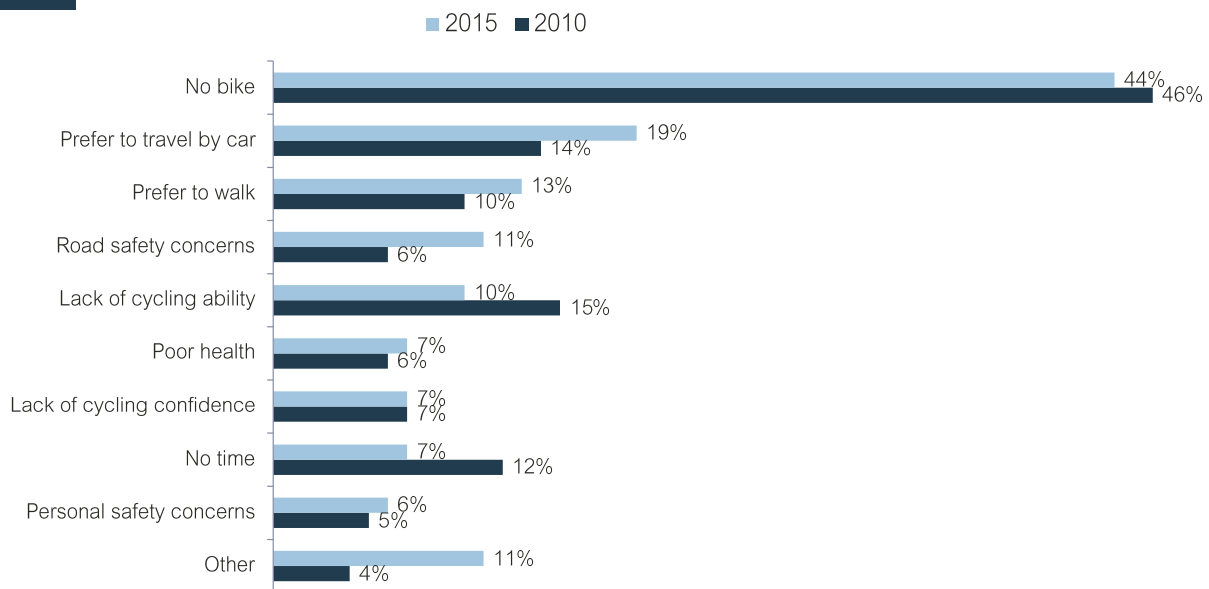
## Barriers to cycling - parents

As in 2010, parents who have not ridden a bike in the last summer or winter are most likely to say it is because they do not have a bike (44%). One in five of these parents also say they prefer to travel by car (19%), while one in ten say they do not cycle due to road safety concerns (11% compared with 6% in 2010).

### Barriers to cycling - parents



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 in 2010 and 275 in 2015)

Source: Ipsos MORI

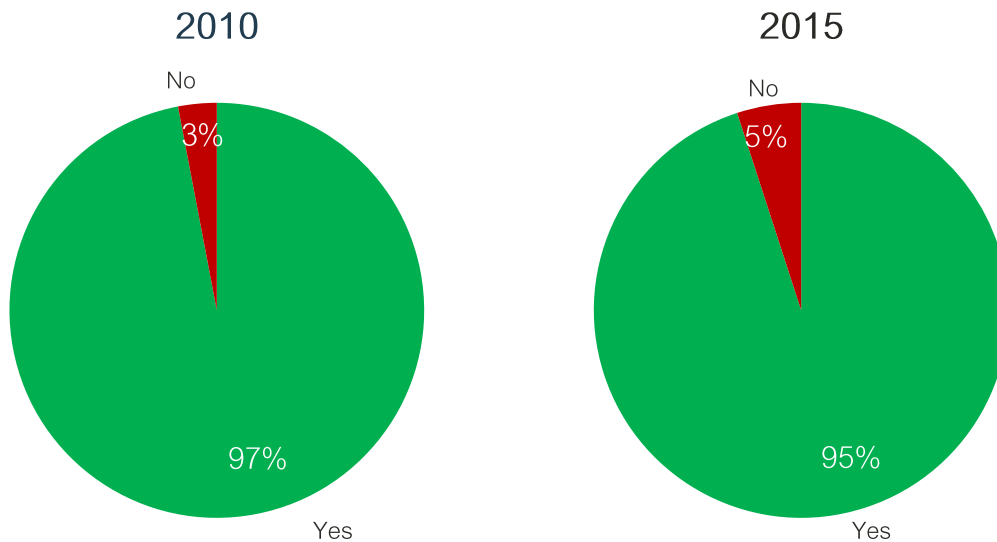
Fathers (31%) are more likely than mothers (17%) to say they do not cycle because they prefer to travel by car and they are also more likely to say that they have road safety concerns (19% vs 9% of mothers interviewed).

## Children’s cycling behaviour

As with the 2010 findings, nearly all children surveyed can ride a bike (95%); the average age for learning to do so without stabilisers is around 5 years old, in line with the findings from 5 years ago.

### Learning to cycle...

**Q:** First of all, can you tell me if you can ride a bike?

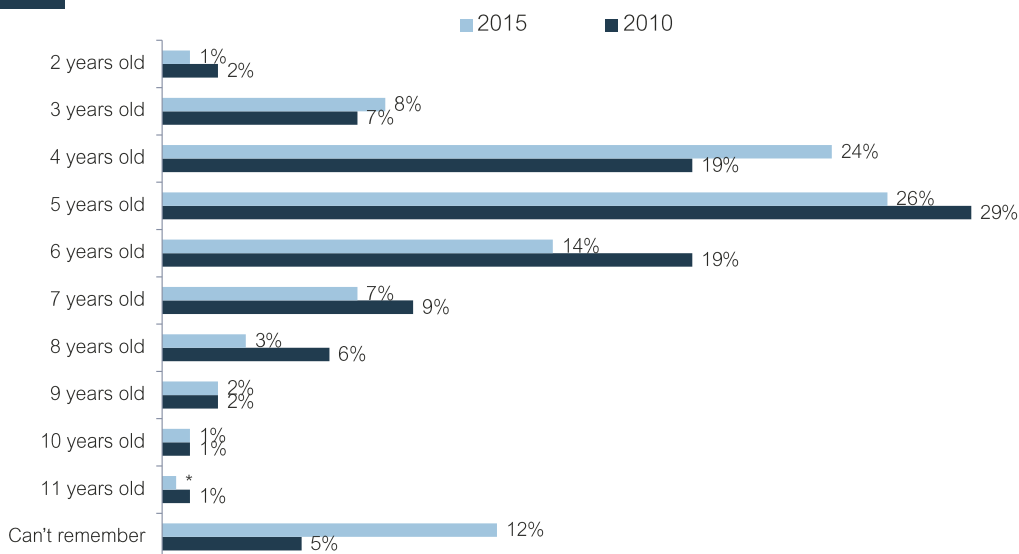


Base: All children (522); fieldwork dates 3 – 25 July 2015 (2010, 470)

Source: Ipsos MORI

### Learning to cycle...

**Q:** How old were you when you first started riding a bike without stabilisers?



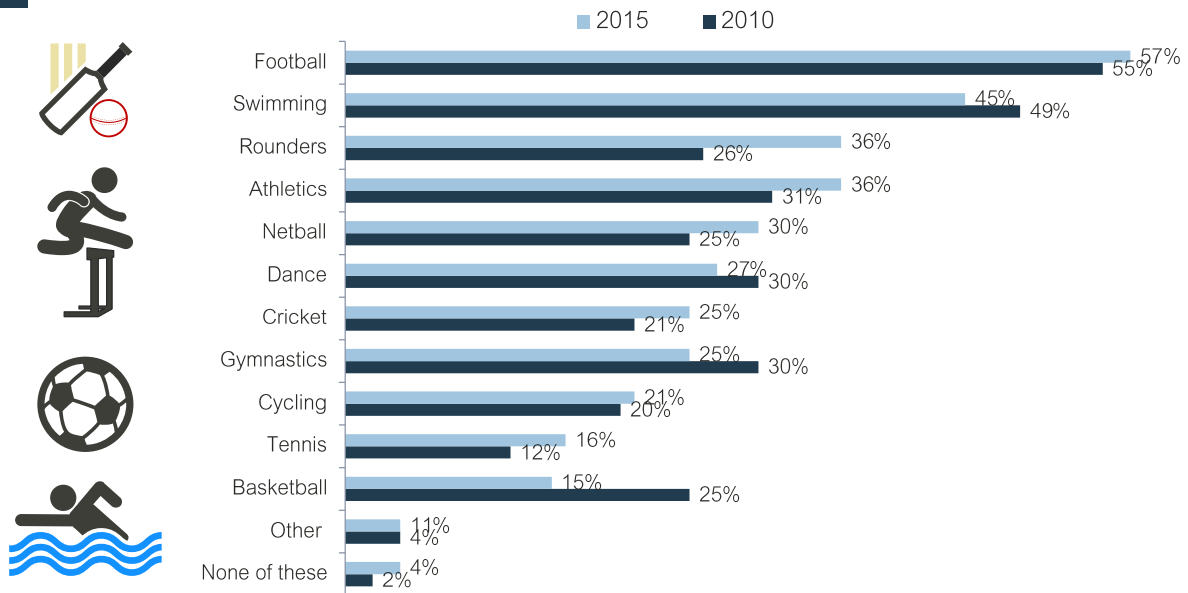
Base: children who can ride a bike (498); fieldwork dates 3 – 25 July 2015 (2010, 455)

Source: Ipsos MORI

Cycling participation at school is similar to the level found in 2010, with one in five children who say they have done cycling at school (21%).

## Children’s participation in sports **at school**

**Q:** Please can you tell me which of these sports and activities you have taken part in or played when you have been **at school**?



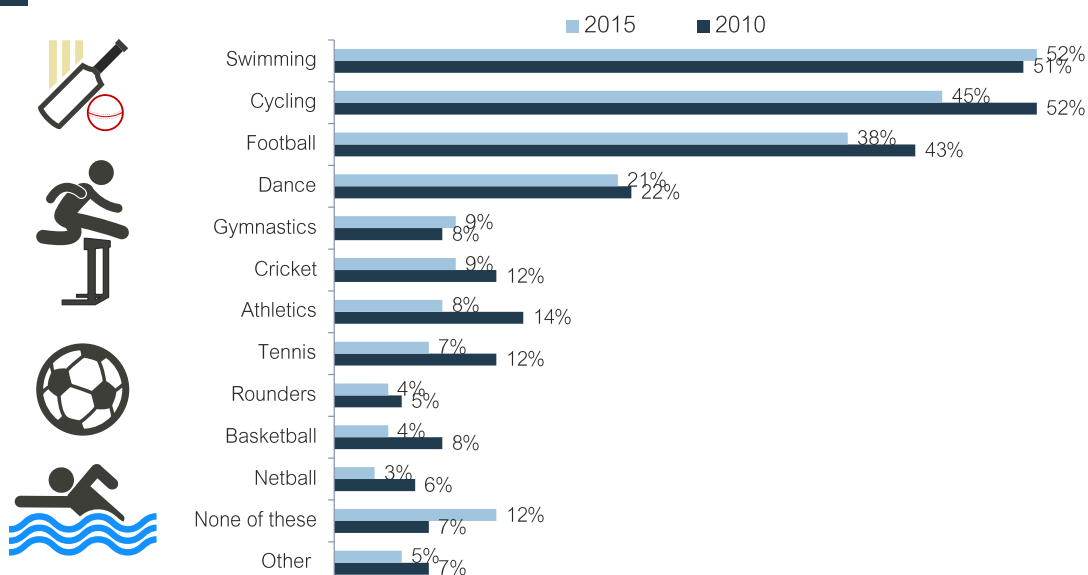
Base: All children (522); fieldwork dates 3 – 25 July 2015 (2010, 470)

Source: Ipsos MORI

Cycling is still a popular activity, with almost half of children who say they have done it outside of school (45%). The findings show that only swimming has a higher level of participation outside school (52%).

## Children’s participation in sports **outside school**

**Q:** Please can you tell me which of these sports and activities have you taken part in or played **outside of school**?



Base: All children (522); fieldwork dates 3 – 25 July 2015 (2010, 470)

Source: Ipsos MORI

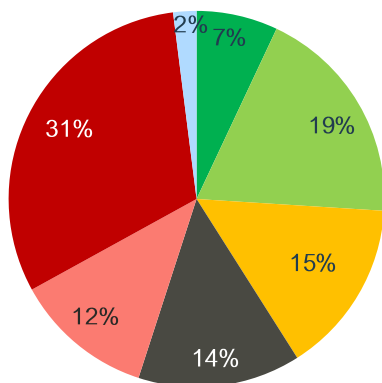
Nine in ten children who can ride a bike have done so in the last few weeks (87%) and more than two in three have cycled in the last few days (68%)<sup>2</sup>. Those who have taken part in Bikeability are more likely to have cycled in the last week (73%, compared to 63% of those who have not taken part in Bikeability).

## The last time children cycled...

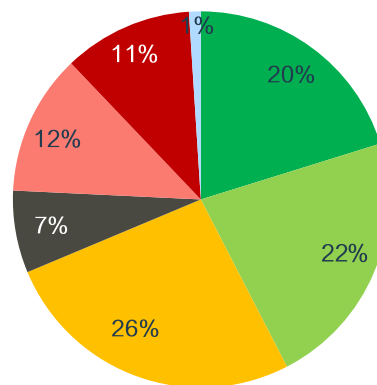
**Q:** And when was the last time you rode a bike/cycled?

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

2010



2015



Base: children who can ride a bike (455 in 2010 and 498 in 2015)

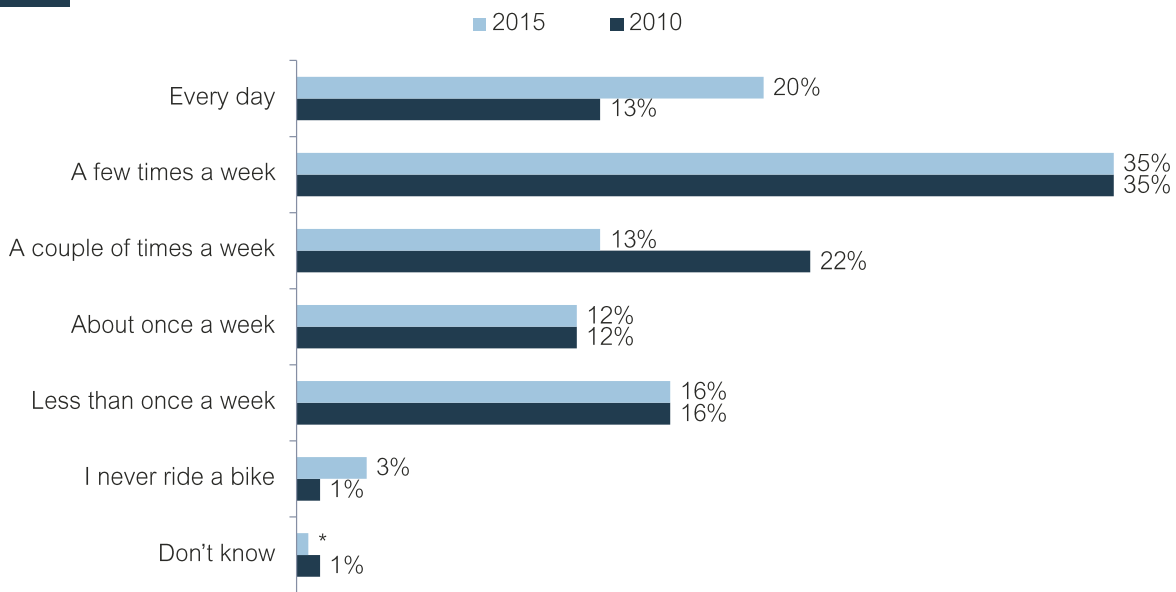
Source: Ipsos MORI

Children who can ride a bike were also asked how often on average they do so. Of these children, four in five say that they usually do so at least once a week (81%); one in five say it is every day (20%), which is up from one in eight in 2010 (13%). Boys are more likely than girls to say that they ride at least a few times a week (62%, compared with 48%), as are those from the South (62% vs. 55% overall).

<sup>2</sup> Note: fieldwork for the survey took place in July 2015 as opposed to March in 2010.

## How often do children cycle?

**Q:** And how often, on average, do you ride a bike/cycle?



Base: children who can ride a bike (455 in 2010 and 498 in 2015)

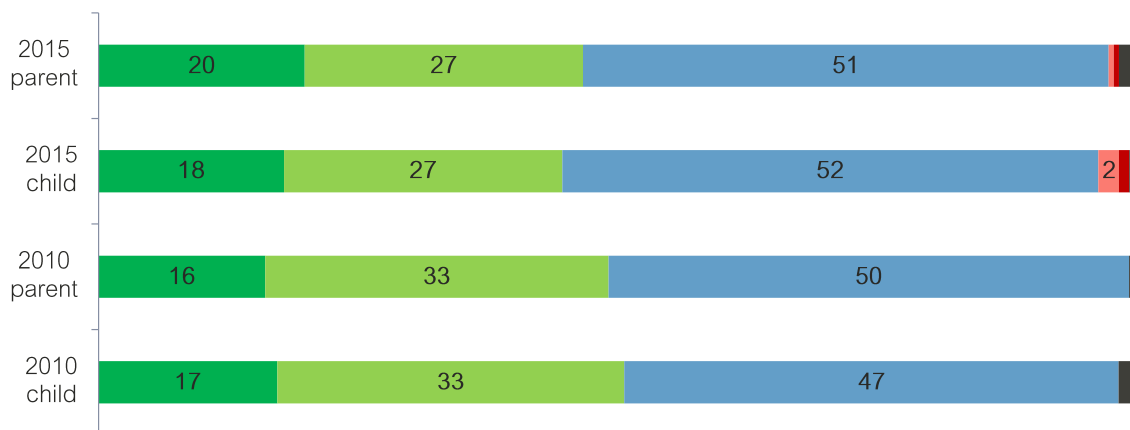
Source: Ipsos MORI

As in 2010, participation in Bikeability training appears to have an effect on how often children cycle. Almost half of children who took part in Bikeability say they ride their bike more than before (45%). This tallies with parents' perceptions; almost half of parents say their children cycle more often now than before they took part in Bikeability (47%).

## After Bikeability, are children cycling more?

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

■ % Rides bike much more often    
 ■ % Rides bike a little more often    
 ■ % Rides bike just as often  
■ % Rides bike a little less often    
 ■ % Rides bike much less often    
 ■ % Don't know



Base: children who received Bikeability training and (233, 2010) (261, 2015)

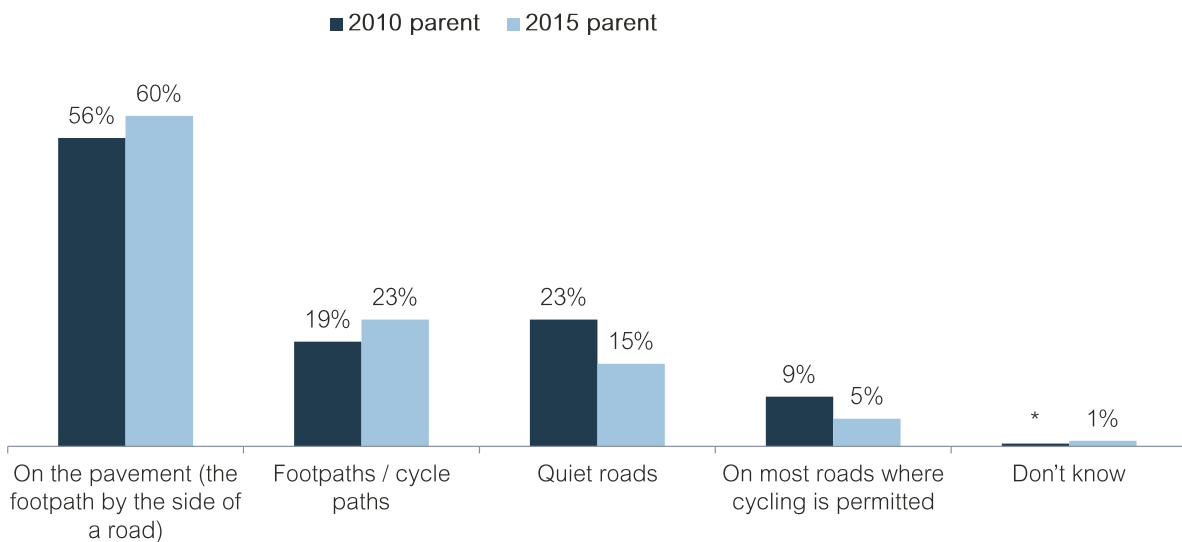
Base: parents whose child has received Bikeability training and answered Bikeability questions (230 in 2010 and 262 in 2015) Source: Ipsos MORI

## Where do children cycle?

Parents and children were both asked where they rode; specifically, whether they cycled on roads and cycle paths, or whether they rode on the pavement. Over half of parents say that their child rides on the pavement (60%), a similar proportion to 2010 (56%). One in five say their child cycles on footpaths or cyclepaths (23%) and around one in seven say their child rides on quiet roads (15%). Overall, around one in five parents say that their child rides on at least some form of road (20% compared with 32% in 2010).

### Where do children cycle? - Parents

**Q:** On which of the following surfaces would you say your child mainly cycles?



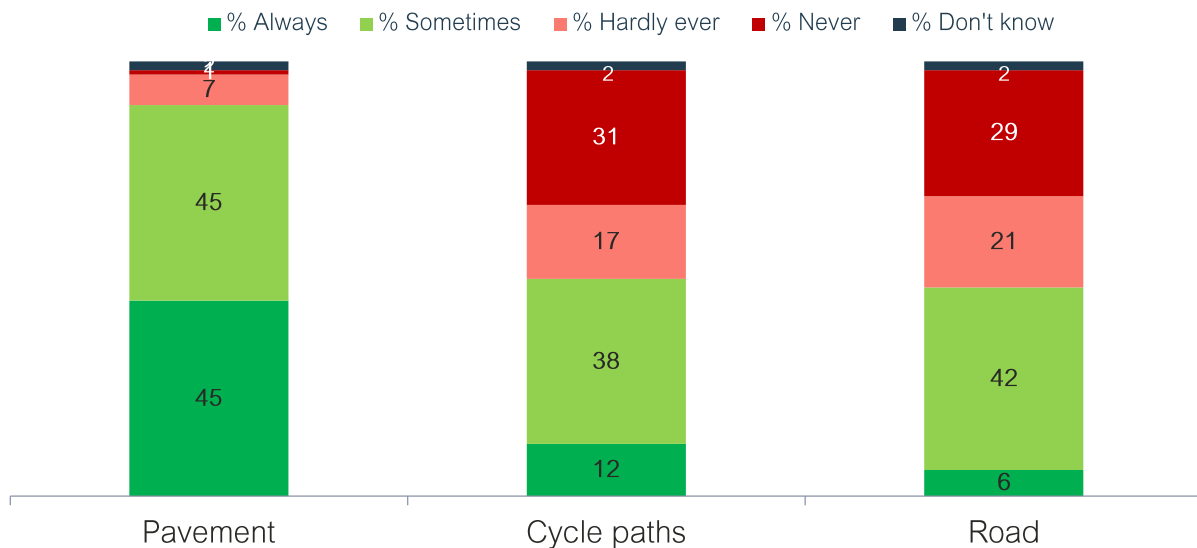
Base: all parents whose child has ridden a bike during the summer and/or winter (458 in 2010 and 481 in 2015)

Source: Ipsos MORI

As in 2010, when children are asked to report on where they tend to cycle, a larger proportion appear to be cycling on roads. In fact, over half say that they ‘always’ or ‘sometimes’ cycle on roads (48%). Findings for cycle paths and pavements are in line with the 2010 survey.

## Cycling on different surfaces... a closer look... 2015

**Q:** When you ride a bike, how often do you ride your bike on  
The pavement, **cycle paths**, **the road**



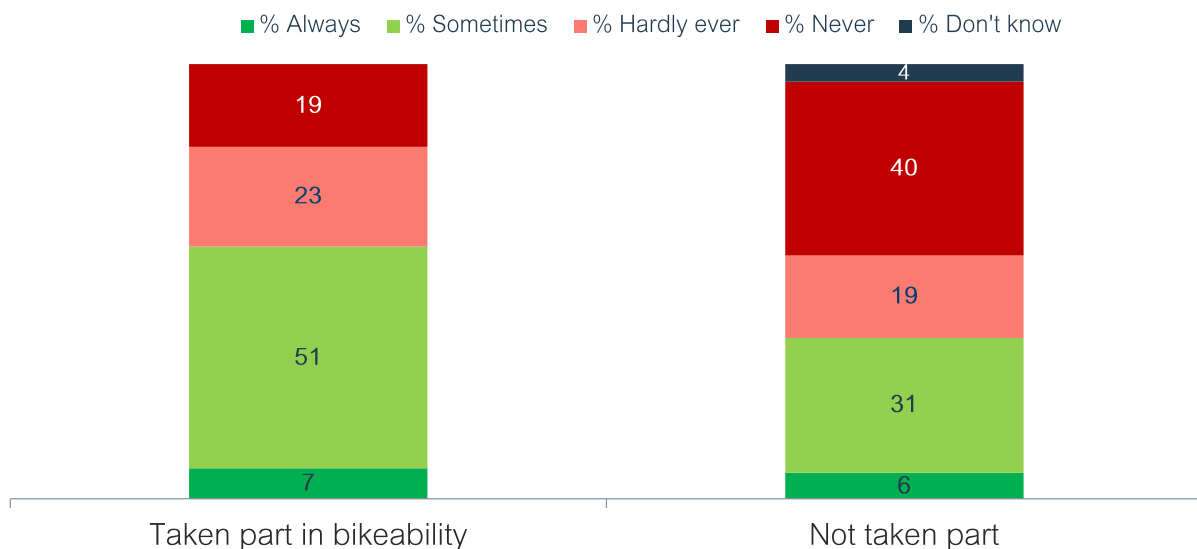
Base: All children (522); fieldwork dates 3 – 25 July 2015

Source: Ipsos MORI

Children who have taken part in Bikeability are more likely to say they ‘always’ or ‘sometimes’ cycle on the road (58% vs. 37% who have not). Boys (58%) are also more likely than girls (38%) to say that at least sometimes they cycle on the road.

## Cycling on the road & participation in Bikeability

**Q:** When you ride a bike, how often do you ride your bike on **the road**



Base: All children (522); fieldwork dates 3 – 25 July 2015

Source: Ipsos MORI




# Perceptions of cycle training and Bikeability

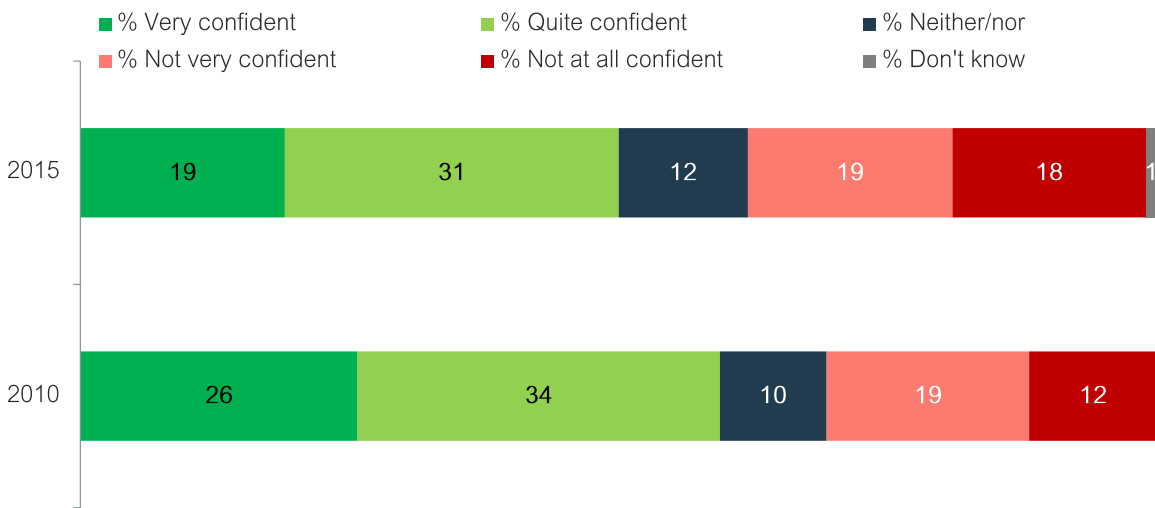
Participants were then asked about their attitudes towards cycle training, particularly parents' confidence in teaching their own children how to ride and the role of formal cycle safety training.

## Cycle training and teaching children to ride

Half of parents are confident about teaching their children to ride on the road (50% compared with 60% in 2010). The proportion of parents who say they do not feel at all confident about this has grown (18% compared with 12% in 2010).

### Confidence teaching children to ride on the road

**Q:** How confident do you feel about teaching your children to ride on the road? 



Base: All parents (522); fieldwork dates 3 – 25 July 2015 (2010, 470)

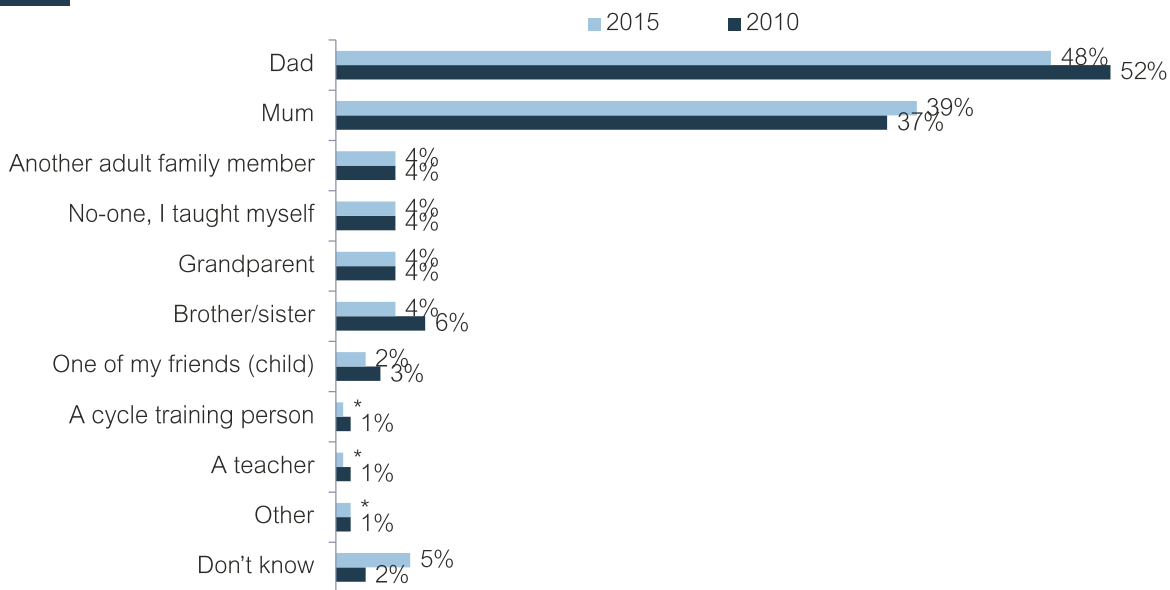
Source: Ipsos MORI

When asked who first taught them to ride, most children say that they were taught by a parent (88%), with almost half being taught by their father (48%). These findings mirror the 2010 survey and again show that, despite a lack of confidence in their ability to teach their children to ride on the road, parents are normally the ones who first show children how to ride a bike.

## Parents most likely to have first shown child how to ride a bike



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



Base: All children who can ride a bike (498); fieldwork dates 3 – 25 July 2015 (2010, 455)

Source: Ipsos MORI

Formal cycle training is still seen as important by parents; nine in ten say so (87%) even though there has been a drop in the proportion who say it is 'very important' (58% compared with 78% in 2010). Parents whose children have taken part in Bikeability are more likely to place importance on the value of formal cycle training (98%) compared with those whose children have not participated (76%). Parents in urban areas are also more likely to place importance on formal cycle training (89% compared with 74% of those in rural areas).

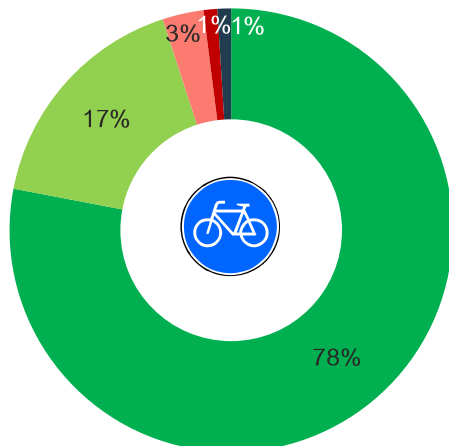
## Importance of formal cycle training



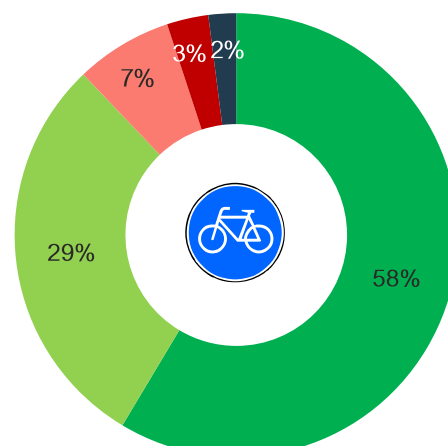
How important or not is it, that your child receives formal cycle training?

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

2010



2015



Base: All parents (522); fieldwork dates 3 – 25 July 2015 (2010, 470)

Source: Ipsos MORI

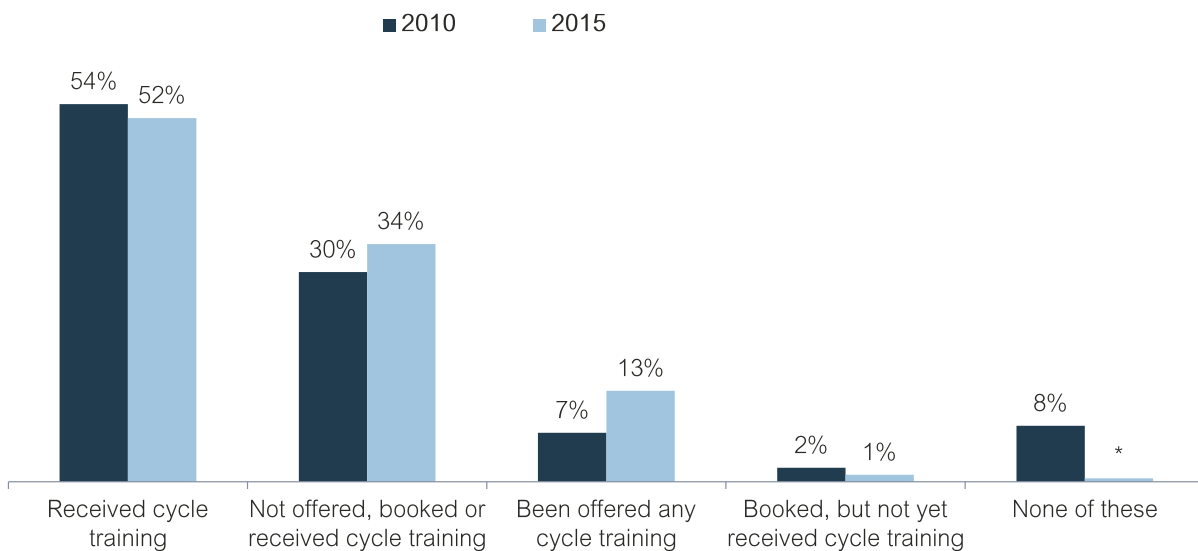
## Bikeability participation

Just over half of the parents interviewed say that their child has received cycle training (52%) and half of children interviewed say they have specifically taken part in Bikeability training (52%). In 2010, the booster sample necessarily targeted Bikeability participants and the figures were likely to over-represent the proportion that had taken part. The 2015 sampling did not target any specific areas and should in theory present a better picture of Bikeability participation.

### Cycle training - participation



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



Base: All parents (522); fieldwork dates 3 – 25 July 2015 (2010, 470)

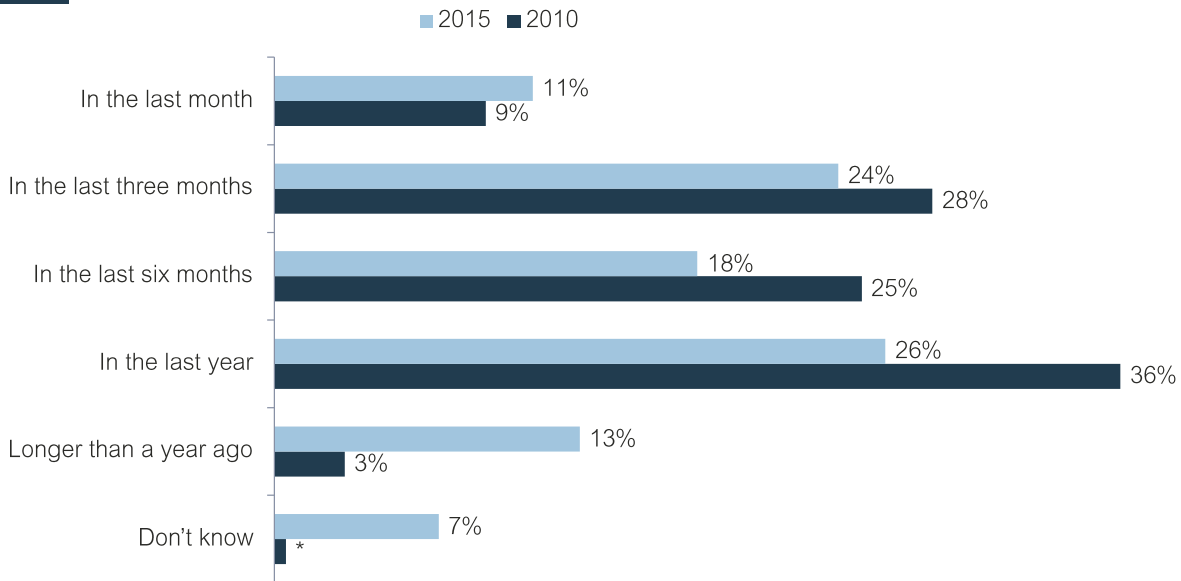
Source: Ipsos MORI

When analysing the data, it is important to remember that the longer the scheme goes on, the further in the past more children will have experienced Bikeability, and this could have a bearing on recall. Indeed, for 2015, one in eight children participated in Bikeability longer than a year ago (13%) compared with just 3% in 2010.

## When did your child receive training?



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 2010 and 262 in 2015) Source: Ipsos MORI

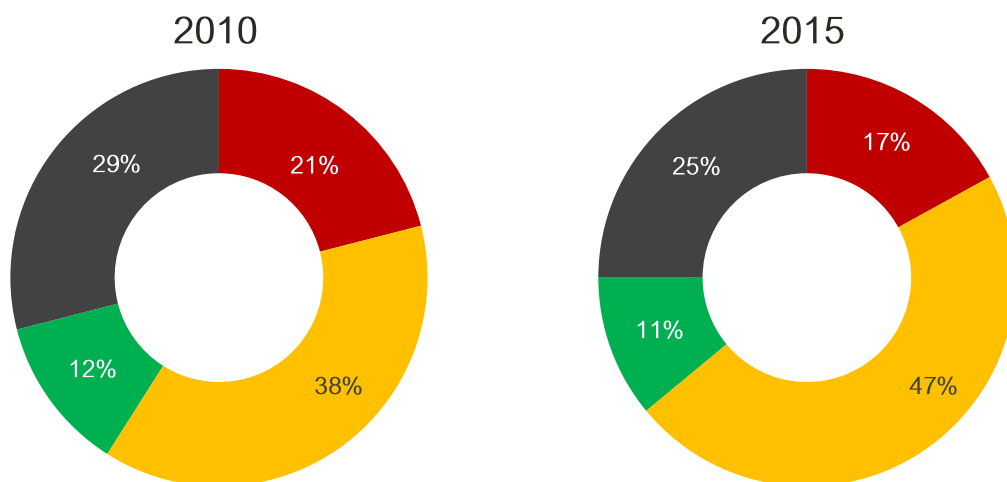
In 2015, a greater proportion of participants have achieved Level 2 (47%) compared with 2010 (38%). There is also a slightly smaller proportion of parents who say 'don't know' which may indicate a greater awareness of Bikeability training among parents. This is perhaps also a result of older siblings who have taken part in the programme at an earlier date.

## What level did your child achieve?



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

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



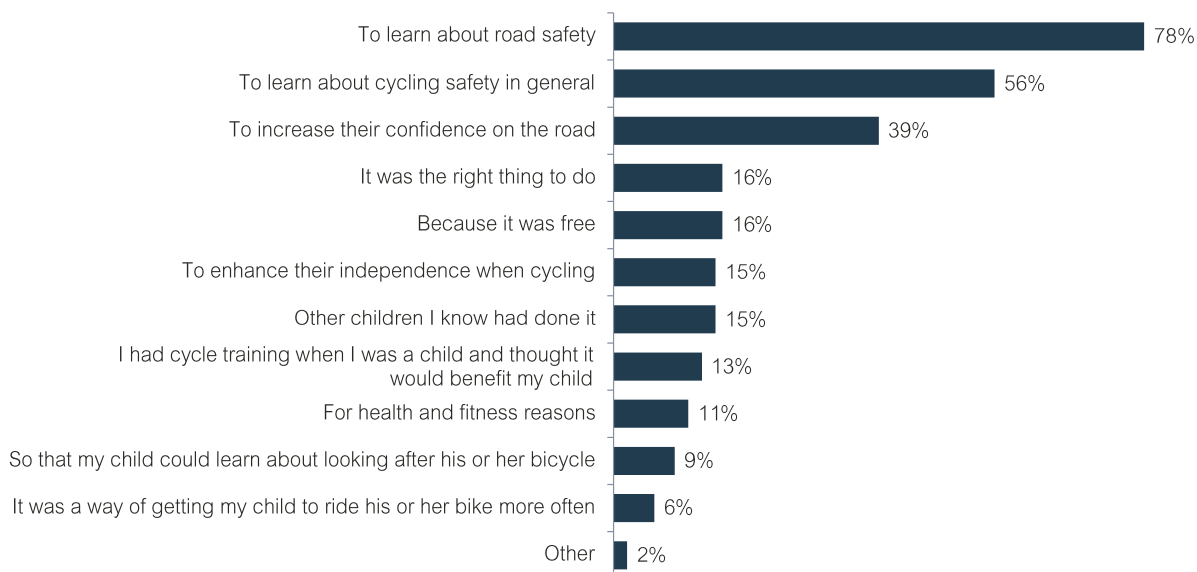
Base: parents whose child has received Bikeability training and answered Bikeability questions (230 in 2010 and 262 in 2015) Source: Ipsos MORI

As in 2010, schools are still the driving force behind suggesting Bikeability training to parents. In nine in ten cases it is the school that has suggested it (89%), compared with four in five in 2010 (83%). In 2015, a question was also introduced about the main reasons parents wanted their children to receive Bikeability training. The main reasons are road safety (78%), cycling safely in general (56%) and increased confidence on the road (39%).

## Increased safety and confidence are the main reasons for interest in Bikeability



And which, if any, of these reasons would you say you most wanted (insert name of selected child) to receive Bikeability training?



Base: parents whose child has received Bikeability training and answered Bikeability questions (262)

Source: Ipsos MORI

As in 2010, children who had not taken part in Bikeability were asked whether they would be likely to want to take part. This was particularly important given the evolution and growth of Bikeability in the past five years. Parents of these children were asked whether they would be likely to give their permission for their children to attend Bikeability. In both cases, most indicate they would be keen to participate: 58% of children and 64% of parents. There has been a decline on these measures since 2010 and, while it is difficult to pinpoint the exact drivers for this, the section on 'comparing findings to 2010' discusses some of the possible reasons for this finding.

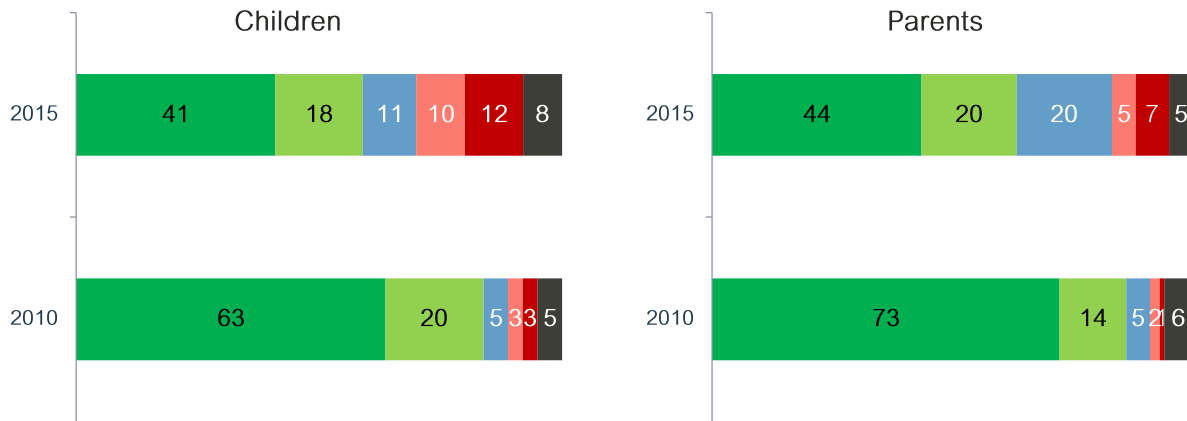
## Interest in Bikeability is high



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

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?

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



Base: children who have not received Bikeability training (234 in 2010 and 260 in 2015)

Base: parents whose child has not taken part in Bikeability (234 in 2010 and 260 in 2015)

Source: Ipsos MORI

As in 2010, children who have not taken part in Bikeability, and their parents, have similar expectations about what Bikeability training would involve. Of those parents who say they are likely to give permission for the children to take part, three in four expect the scheme to improve their child's road awareness (77%) while two in five would expect an improvement in confidence through participation (40%). Of the children who have not taken part in Bikeability, three in five would expect it to teach them to ride their bike more safely (57%) and half (51%) say they would expect it to help them ride more safely *on the road*.

### Contribution to training

For the 2015 survey, a question was introduced on the amount of money parents contributed to the training their child received.

One in ten parents whose child had received Bikeability contributed towards the cost of the training (9%). The highest amount paid was £25 and the mean contribution is £17. This could prove useful as a baseline for future waves of research, particularly when looking at funding and quality in different regions.

# Experience and impact of Bikeability

This section of the report explores 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.

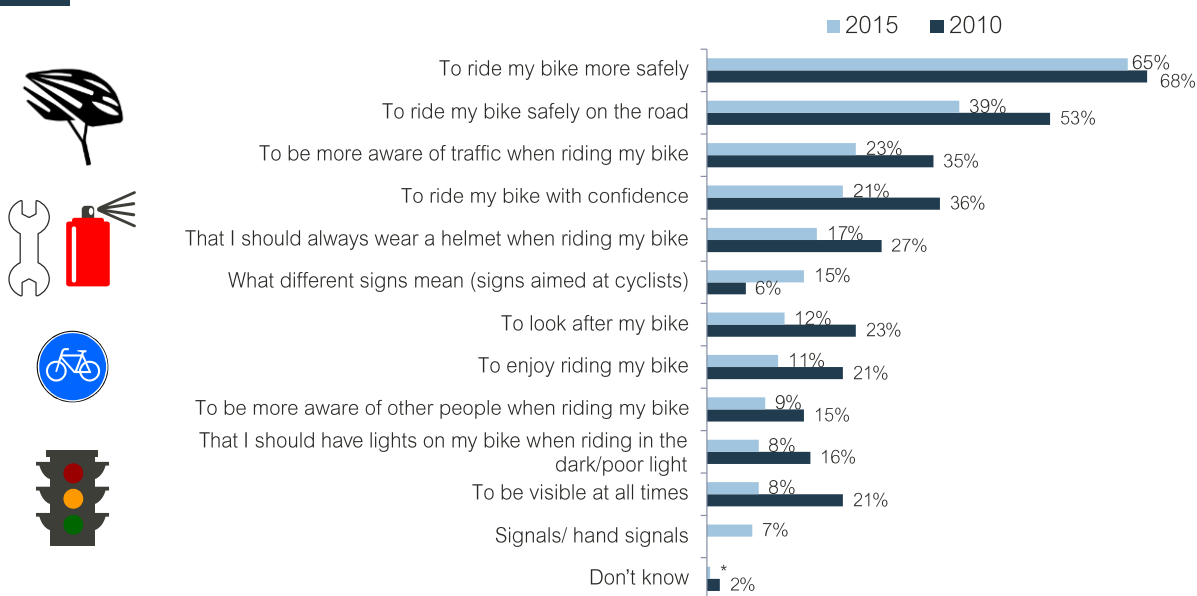
## The impact of Bikeability on children’s cycling skills

Two in three children who have taken part in Bikeability say that the thing they learned most was how to ride their bikes more safely (65%). Two in five specifically mention that it taught them how to ride more safely on the road (39%) which is slightly below the level found in 2010. As in 2010, the top 5 aspects of learning revolve around cycle safety, and in 2015 there is also a greater mention of signals or hand signals (7%). One in ten children mention that Bikeability taught them to enjoy riding their bike (11%).

## What did children learn from Bikeability?



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



Base: children who received Bikeability training (233, 2010) (261, 2015)

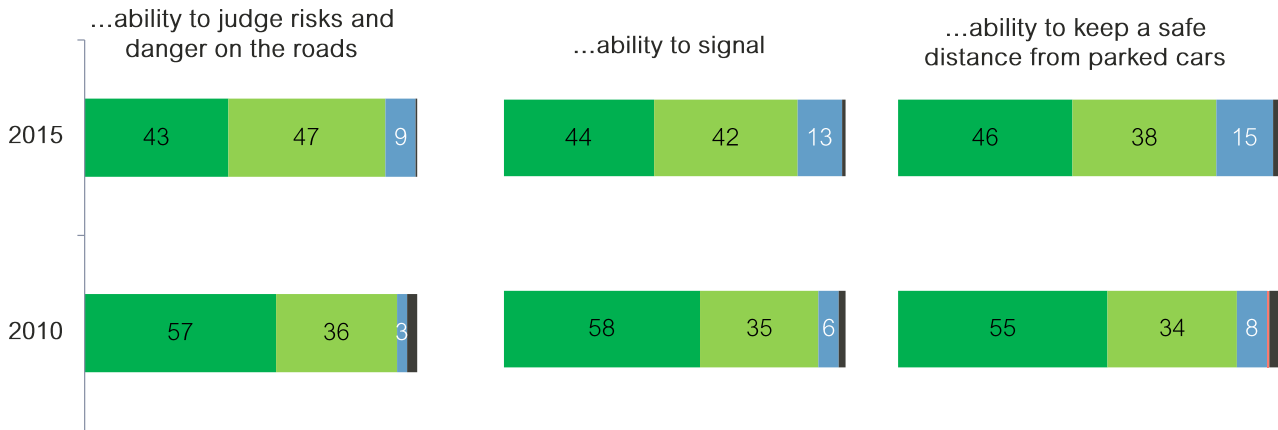
Source: Ipsos MORI

In terms of possible improvements to Bikeability, the 2015 findings show similar patterns to the 2010 survey. Nearly all children who have taken part in Bikeability report an improvement in their skills: around nine in ten say that their ability to judge risks (90%), signal (86%) and keep a safe distance from parked cars (84%) all improved after they took part in Bikeability.

## Children’s improvements since Bikeability

**Q:** Now that you have taken part in the Bikeability training, do you think [...] has got better, worse or has it stayed the same?

■ % Got a lot better   ■ % Got a little better   ■ % Stayed the same   ■ % Got a little worse   ■ % Got a lot worse   ■ % Don't know



Base: children who received Bikeability training and answered Bikeability questions (233 in 2010 and 261 in 2015) Source: Ipsos MORI

Of those parents whose children took part in Bikeability, most believe that their children have improved at little or a lot in all the respects mentioned. This includes looking behind them (79%), knowing their own ability (79%), judging risks on the road (78%), keeping a safe distance from parked cards (75%) and signalling (77%). As in 2010, the one skill that children are least thought to have improved is learning not to ride in the gutter (63%).

## Bikeability impact on children’s skills - Parents

**Q:** 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.

■ 2015   ■ 2010  
% saying improved a lot/a little



Base: parents whose child has received Bikeability training and answered Bikeability questions (230 parents in 2010 / 262 parents in 2015). Source: Ipsos MORI



## The impact of Bikeability on road safety and confidence

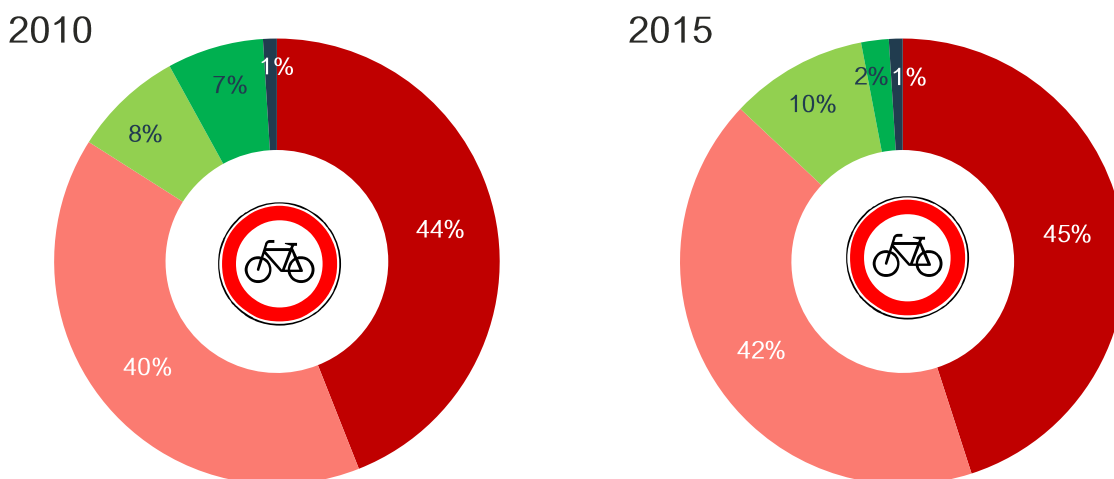
Parents were asked for their main concerns about their children cycling on the road before they had Bikeability training. They were then asked about the effect of Bikeability on their children’s safety and confidence when cycling.

The 2015 findings mirror the 2010 survey in terms of parent’s concerns about their child’s safety on the road. Around nine in ten parents expressed concerns about their child’s safety when riding a bike on the road before they received Bikeability training (87%).

### Concern before Bikeability - Parents

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

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



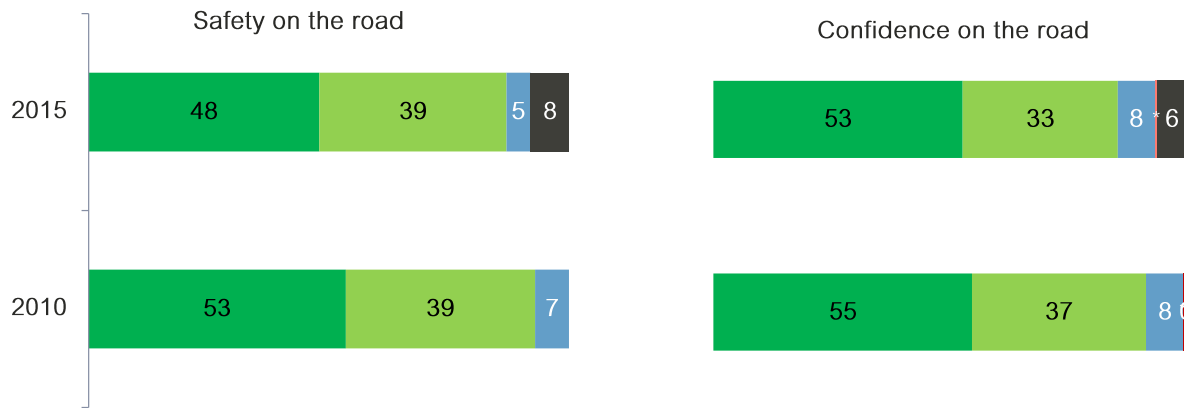
Base: parents whose child has received Bikeability training and answered Bikeability questions (230 in 2010 and 262 in 2015) Source: Ipsos MORI

In line with the findings from 2010, most parents believe Bikeability has made a positive difference. Nine in ten say that Bikeability has improved their child’s safety when cycling on the road (87%) with almost half who feel their safety has improved ‘a lot’ (48%). With regard to confidence, parents’ report the positive impact Bikeability has had on their child’s confidence on local roads; nearly nine in ten say their children’s confidence has improved since Bikeability (85%) and over half say it has improved a lot (53%). This is again a very positive finding and suggests the programme is performing as intended.

## Children’s improvements since Bikeability - Parents

**Q:** In your opinion, to what extent has the Bikeability training your child received improved, if at all on their **safety on the road**?  
 In your opinion, to what extent has the Bikeability training changed your child’s **confidence**, if at all, in riding on local roads?

■ % Improved a lot   ■ % Improved a little   ■ % No change   ■ % Got a little worse   ■ % Got a lot worse   ■ % Don't know



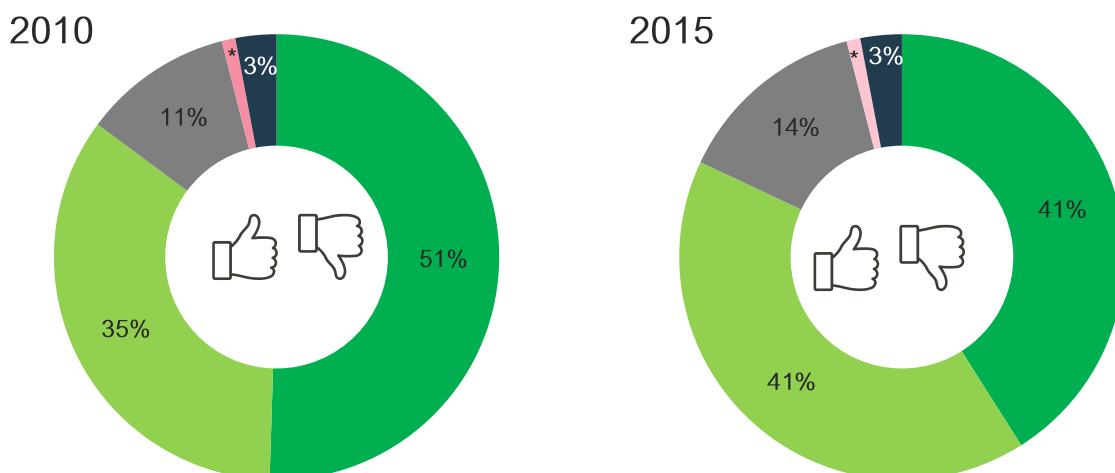
Base: parents whose child has received Bikeability training and answered Bikeability questions (230 in 2010 and 262 in 2015) Source: Ipsos MORI

As in 2010, children are also likely to feel that Bikeability has helped them. Four in five of those who have taken part say that the scheme has had a positive effect on how confidently they ride their bike in general (82%). This is in line with the findings in 2010.

## Children’s confidence after Bikeability

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

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



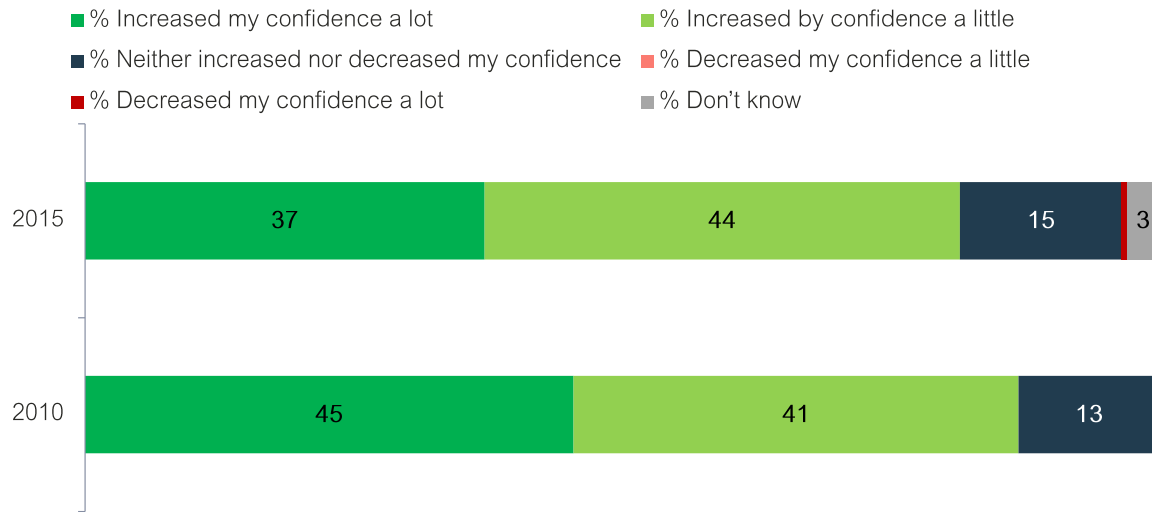
Base: children who received Bikeability training (233, 2010) (261, 2015)

Source: Ipsos MORI

Parents also seem happier with their child riding on local roads after their involvement in Bikeability. Four in five say that taking part in Bikeability has increased their confidence in their child riding their bike on local roads (82%).

## Confidence in child riding on the road after Bikeability - Parents

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



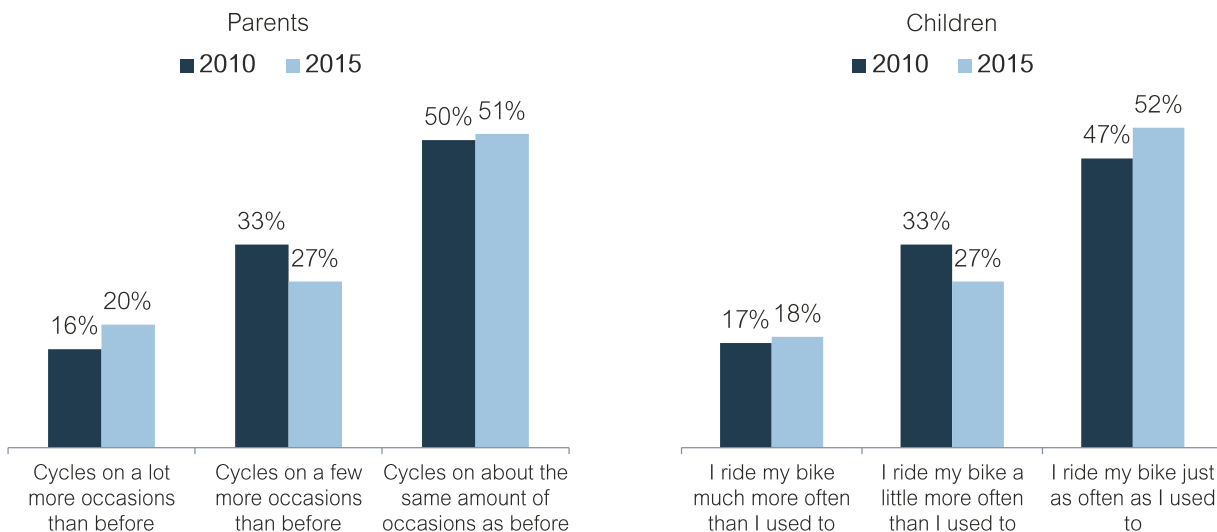
Base: parents whose child has received Bikeability training and answered Bikeability questions (230 in 2010 and 262 in 2015) Source: Ipsos MORI

## The impact of Bikeability on cycling behaviour

As in 2010, both children and their parents reported an increase in cycling frequency after involvement in Bikeability training.

## Frequency of cycling after Bikeability

**Q:** What impact if any, has taking part in the Bikeability training had on how often your child rides a bike?  
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: parents whose child has received Bikeability training and answered Bikeability questions (230 in 2010 and 262 in 2015)

Base: children who received Bikeability training and answered Bikeability questions (233 in 2010 and 261 in 2015)

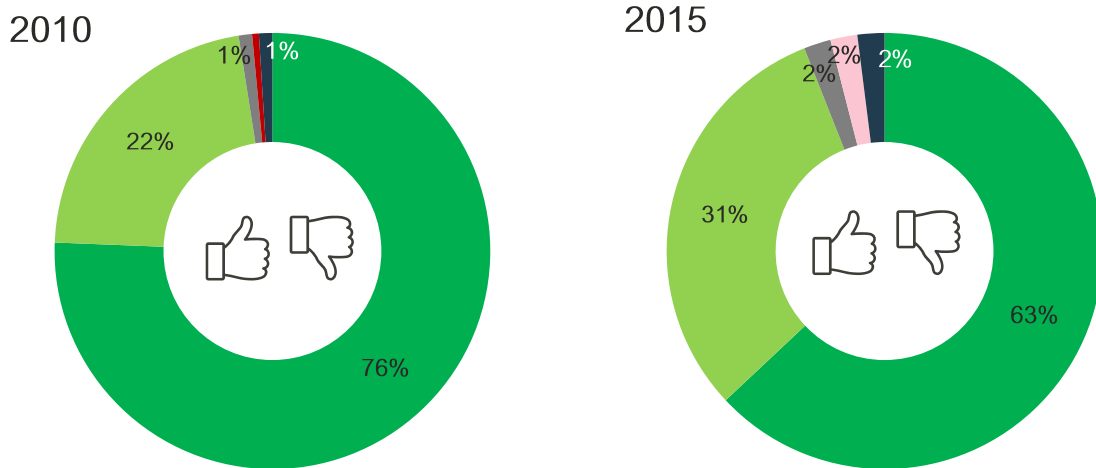
## Overall satisfaction with Bikeability

Overall satisfaction with Bikeability remains very high among parents and children. Almost all parents are satisfied with the training (94%) and, while the proportion that is very satisfied has fallen (63% compared with 76% in 2010), overall satisfaction remains very high.

### Satisfaction with Bikeability - Parents

**Q:** Overall, how satisfied or dissatisfied are you with the Bikeability training your child received?

■ Very satisfied   
 ■ Quite satisfied   
 ■ Neither satisfied nor dissatisfied   
 ■ Quite dissatisfied   
 ■ Very dissatisfied   
 ■ Don't know



Base: parents whose child has received Bikeability training and answered Bikeability questions (230 in 2010 and 262 in 2015) Source: Ipsos MORI

The verbatim comments from parents are largely positive and it is interesting to note that several parents say how they felt more confident themselves after their child had taken part in Bikeability.

“Increased his confidence, also mine”

“Think if he hadn't had the training I wouldn't be as confident at him going out on his own”

“It's a really good course. It makes me feel safe when he is on the road”

Some parents also point out that Bikeability is particularly useful as they think their child would take more notice of the trainer than them. This could be linked with the increased confidence parents feel after Bikeability.

“It's good for them to be taught by someone from school. Taken it more seriously”

“All children should do it, makes them take more notice of trainer than parents”

Analysis of the verbatim comments show a significant proportion of parents comment on how they believe Bikeability should be given to all children. Some parents also express an appetite for a longer course or some refresher sessions.

“I think all children should have training to ride a bike...”

“Good for her and children to learn and understand and they should do more. Should be a longer course”

“Think it should be free as part of the school curriculum”

“Very good, should be offered to every child”

“Important that all children should have training when riding on the roads, so much traffic nowadays”

“Wasn't enough of it. She only did a couple of weeks, think it needed longer. More parental involvement, to go in and see her on the course”

Related to this, several parents suggest children should be taught from a younger age and could subsequently do more advanced training in years 5 and 6.

“They should be able to complete Level 3 at primary school and not have to wait until they leave...”

“It's an excellent scheme, should be offered to younger children as well”

“They should do something for younger ages/younger years at school”

Children who have taken part in the training again rate it very highly. Nearly all of them describe it as good, and three in four think it as very good (75%).

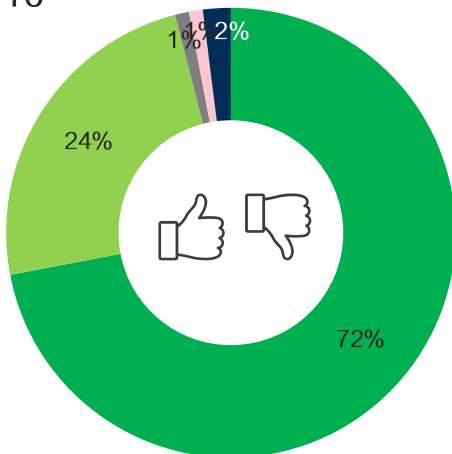
## Children are very satisfied with Bikeability too



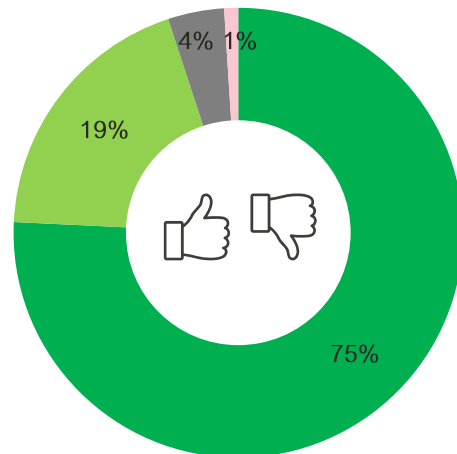
Please can you tell me how good you think the Bikeability training was?

Very good    Fairly good    Neither good nor poor    Fairly poor    Very poor    Don't know

2010



2015



Base: children who received Bikeability training (233, 2010) (261, 2015)

Source: Ipsos MORI

The verbatim comments from children gave some insight into the type of things that inform the high satisfaction with Bikeability.

“It was good and it helped me with my balance and confidence. It was fun and the people were nice and kind”

“I thought it was very good and they taught me how to do signals if you go on the road and it made me more confident”

“It's brilliant, the training makes sure you're safe on the road and you get better on a bike and how to signal”

“Really fun, loved riding on the road with instructor and friends”

There are some areas that aren't so positive, particularly related to instructors. It is important to note this is only a handful of responses and could be flagged for the quality assurance processes that are being implemented across the programme.

“Did not like it, did not make sense. Too fast, too quick and did not tell us what it meant”

“The instructions were a bit strict and I was really nervous. The instructor really didn't help my confidence”

“Thought it was a bit boring and they shouted at me”

Children were also asked how likely they would be to recommend Bikeability training to friends. The findings are equally as positive as 2010, with nine in ten children who say they would be likely to make the recommendation (90%) and two in three who say they would be very likely to do so (65%).

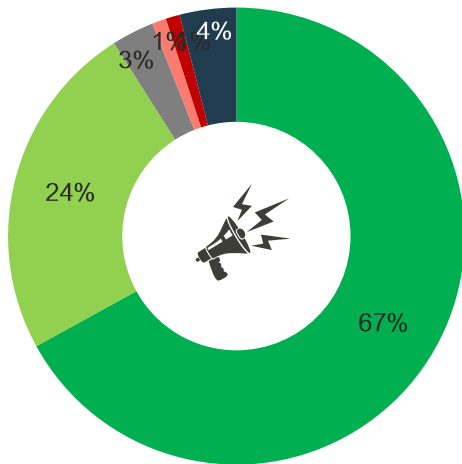
## Children are advocates of Bikeability



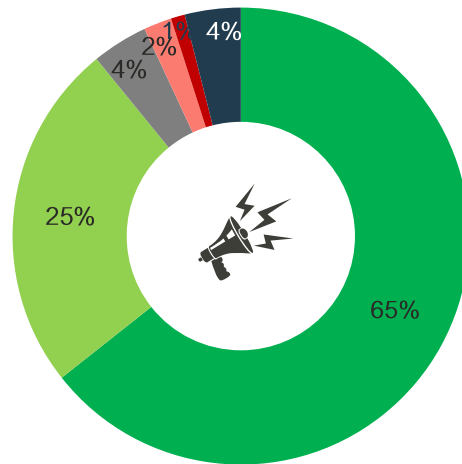
Finally, how likely are you to suggest to your friends that they take part in Bikeability training?

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

2010



2015



Base: children who received Bikeability training (233, 2010) (261, 2015)

Source: Ipsos MORI



## Conclusions

The survey findings show that most parents and children interviewed view cycling positively, with a particular focus on health benefits and enjoyment of cycling.

In terms of key motivations for cycling, parents place emphasis on health and fitness benefits (60%), enjoyment (45%) and commuting (11%). Children's reasons for cycling tend to centre on social aspects such as playing with friends (48%), cycling to or from friends' houses (39%) and riding with family members (22%). Three in ten parents associate cycling with road safety concerns (28%) and, when asked for their specific worries about cycling, anxiety about road safety is reflected in mentions of too much traffic (45%), cars driving too fast (42%) and other road users (41%).

Half of parents interviewed have ridden a bike at least once last summer (47%) and one in four say they rode at least once during the winter (26%). In terms of the impact of Bikeability, parents of Bikeability participants are more likely than parents of non-participants to have ridden their bike at least once during the summer (53% vs 42%) or winter (29% vs 22%). For those parents who have not ridden a bike in that time, the two chief barriers to cycling are not having a bike (44%) and preferring to travel by car (19%).

Nearly all children interviewed can ride a bike (95%), and nine in ten children who are able to ride a bike have cycled in the last few weeks (87%); over two in three have cycled in the last few days (68%). Bikeability participants are more likely to have cycled in the last week (73%, compared with 63% of those who have not taken part in Bikeability). Children who have taken part in Bikeability are also more likely to say they 'always' or 'sometimes' cycle on the road (58% vs. 37% who have not).

At a general level, parents place high importance on formal cycle training (87% important). This is particularly true of parents whose children have taken part in Bikeability training (98%) compared with those whose children have not participated (76%).

Despite the heavy emphasis placed on the importance of formal cycle training and the similar expectations to the 2010 research about what Bikeability entails, there has been a decline in the proportion of non-participating children who would be likely to want to take part (58% vs 83% in 2010). This is also true of their parents (69% vs 87% in 2010) in terms of giving permission to take part in Bikeability. This is the one area of the research which looks quite distinct from the others. It is difficult to pinpoint the factors behind these changes, particularly because much has changed in the administration of Bikeability since 2010. The decline in willingness to take part may reflect the fact that the scheme is no longer new, and its novelty appeal may have therefore been diminished. It may also be due, at least in part, to the lack of a centralised marketing approach for Bikeability, and the possibility that this has reduced the scheme's profile. As the relatively new quality assurance processes mature and contextual information on providers is updated, it may be possible to identify potential areas of best practice that could be adopted across the programme to improve awareness of Bikeability and the appeal of it among potential participants and their parents.

Parents' main reasons for wanting their child to receive Bikeability training are to do with road safety (78%), cycling safely in general (56%) and increased confidence on the road (39%). Encouragingly, this is reflected in what children say they learned from Bikeability; their chief mentions are 'riding my bike more safely' (65%), 'riding my bike more safely on the road' (39%) and 'riding my bike with confidence' (21%), although this last measure has fallen since 2010 (36%). Bikeability participants report improvements in judging risks (90%), the ability to signal (86%) and the ability to keep a safe distance from parked cars (84%). These improvements are mirrored in parents'

perceptions; four in five parents of participating children say they have noticed improvement in how well their children look behind them (79%), judge risks on the road (78%) and signal (77%).

Confidence among participants also improved, with four in five Bikeability participants who say it has had a positive impact on how confident they feel about on their bike in general (82%). This is reflected in parents' perceptions, with nearly nine in ten who say their children's confidence has improved since involvement in Bikeability (85%).

As in 2010, for participants and parents, the impact of Bikeability on attitudes and behaviours to cycling is very positive. This is further shown by the Bikeability satisfaction ratings among parents (94% satisfied) and children (95% good). Advocacy ratings are also very high, with nine in ten children who say they would recommend Bikeability to friends (90%).

# 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.

<b>SECTION A</b>
------------------

**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  
Don't know

**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  
Don't know

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  
Don't know

**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  
Don't know

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)

None of these

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)

None of these

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)

None of these

<b>SECTION B</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)

None of these

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

**13d You said that (insert name of selected child) had Bikeability training. Did you contribute directly towards the cost of this training? By contributing directly, I mean you had to make a financial payment towards the cost of the Bikeability training course.**

UNPROMPTED

- Yes
- No
- Don't know

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 PARTICIPANTS**

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)  
Don't know

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)  
None of these

**SECTION D BIKEABILITY PARTICIPANTS**

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  
Can't remember

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)  
No one suggested it  
Don't know/cannot recall

- 20b. **And which, if any, of these reasons would you say you most wanted (insert name of selected child) to receive Bikeability training? Please select up to four main reasons**  
MULTICODE OKAY

Other children I know had done it  
To learn about road safety  
To learn about cycling safety in general  
So that my child could learn about looking after his or her bicycle  
I had cycle training when I was a child and thought it would benefit my child  
Because it was free  
It was a way of getting my child to ride his or her bike more often  
For health and fitness reasons  
It was the right thing to do  
To increase their confidence on the road  
To enhance their independence when cycling  
Other (PLEASE WRITE IN)  
None of these reasons  
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)

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  
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)

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  
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)

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  
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)

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

- Q30 Do you have any other comments on the Bikeability training that [insert name of selected child] received? **PROBE:** Anything else?

## 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)

<b>SECTION B: RIDING A BIKE</b>
---------------------------------

**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

<b>SECTION C: CYCLE TRAINING</b>
----------------------------------

**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, 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

D6. 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

D7. 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

D8. 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

D9. 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

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

D10. SHOWCARD (R) **Do you have any other comments on the Bikeability training that you received?**

<b>SECTION E: NON-BIKEABILITY CHILDREN</b>
--

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

### 15-046380-01 Bikeability Impact Research Parents Survey FINAL Unweighted Topline Results 07 August 2015

- Results are based on responses to 522 interviews conducted with parents of children in years 5 and 6 in selected Bikeability areas
- Results from the 2010 survey are included in this document for comparison purposes
- Data are unweighted (470 interviews were conducted in 2010)
- Fieldwork took place between 3-25th July 2015
- Where results do not sum to 100, this may be due to multiple responses, computer rounding or the exclusion of don't know/not stated responses
- Results are based on all participants unless otherwise stated
- An asterisk (\*) represents a value of less than one percent, but more than zero
- Results are shown in percentages (%) unless the base size is lower than 50, in which case results are shown in numbers (N)

#### 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?**

Base: All Parents (470 in 2010 and 522 in 2015)

**Q1.b And which, if any, of the following words and phrases would you say best describe your child's views about cycling?**

Base: (470 in 2010 and 522 in 2015)

	Q1a		Q1b	
	%		%	
	2010	2015	2010	2015
Improves health/fitness	70	60	38	26
Fun	66	53	77	75
Road safety concerns	36	28	17	15
Environmentally good	35	25	15	7
Exciting	29	19	45	41
Helps to build confidence	23	29	19	14
Low cost	23	22	8	5
Challenging/stretching	18	16	16	10
Personal safety concerns	15	17	8	5
Convenient	14	11	10	7
Risky	11	16	5	8
Liberating	9	7	7	6
Modern	5	4	7	2
Makes feel vulnerable	3	8	2	3
Complicated	2	2	1	2
Impractical	2	6	1	1
None of these	1	2	2	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?**

Base: All parents (470 in 2010 and 522 in 2015)

	%	
	2010	2015
Every day (5 – 7 times a week)	5	6
Several times a week (2 – 4 times a week)	12	11
Once a week or less	15	11
Less than once a month	13	20
Never in the summer	55	51
Don't know/ can't recall	-	2

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

Base: All parents (470 in 2010 and 522 in 2015)

	%	
	2010	2015
Every day (5 – 7 times a week)	1	3
Several times a week (2 – 4 times a week)	4	5
Once a week or less	6	3
Less than once a month	12	14
Never in the winter	76	73
Don't know/ can't recall	-	2

**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?**

Base: All parents (470 in 2010 and 522 in 2015)

	%	
	2010	2015
Every day (5 – 7 times a week)	36	25
Several times a week (2 – 4 times a week)	44	39
Once a week or less	11	17
Less than once a month	5	10
Never in the summer	3	8
Don't know/ can't recall	-	1



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

Base: All parents (470 in 2010 and 522 in 2015)

	%	
	2010	2015
Every day (5 – 7 times a week)	7	9
Several times a week (2 – 4 times a week)	18	17
Once a week or less	23	18
Less than once a month	26	25
Never in the winter	26	31
Don't know/ can't recall	1	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 in 2010 and 247 in 2015)

	%	
	2010	2015
Health/Fitness	69	60
Enjoyment	54	45
Spending time with family	-	15
Good for environment	21	7
Sport	12	4
To visit other family members	8	4
To be with friends	7	9
To travel to shops	6	6
To travel to work / school (whole journey)	5	11
Training	2	3
No realistic alternative	1	1
Competition	*	1
Other	*	4
Don't know	6	1

**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 in 2010 and 481 in 2015)

	%	
	2010	2015
Enjoyment/fun	82	78
To be with friends	50	48
Health/Fitness	36	18
Sport	11	4
Good for environment	9	4
To travel to shops	8	9
To travel to work / school (whole journey)	7	9
To visit other family members	4	4
Family bonding	-	4
A quicker way to get to places	-	3
Training	2	1
Competition	1	1
No realistic alternative	*	1
Training purposes	-	1
Freedom	-	1
Competition purposes	-	1
No real alternative	-	1
To travel to railway station	-	*
Other	1	2
Don't know	2	1

**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 in 2010 and 275 in 2015)

	%	
	2010	2015
No bike	46	44
Prefer to travel by car	14	19
Prefer to walk	10	13
Road safety concerns	6	11
Lack of cycling ability	15	10
No time	12	7
Lack of cycling confidence	7	7
Poor health	6	7
Personal safety concerns	5	6
No desire to	-	5
Prefer to use bus	2	4
Bike is broken	1	4
Too sweaty	3	3
Laziness	-	3
Affordability	2	1
Too slow	*	2
The weather	4	2
Too hilly	1	1
Too dirty	*	1
Other	4	11
Don't know	5	4

**SECTION B**

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

Base: All parents (470 in 2010 and 522 in 2015)

	%	
	2010	2015
Improves health	65	46
It is part of 'growing up'	30	32
Freedom	39	31
Less dependent on being driven around by grown ups	23	12
Increases independence	19	25
Improves their road awareness	16	17
To socialise/ be with friends	-	8
Good for the environment	15	6
Exercise and fitness	-	7
Fresh air	-	3
To give them confidence	-	3
Quicker to get to places	-	2
Reduces spend on other forms of transport	1	2
Reduces congestion	6	1
Reduces pollution	5	1
Safety reasons	-	1
Other	1	2
Don't know	4	7

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

Base: Parents of bike riders (481)

	%
	2015
Improves health	49
Freedom	33
It is part of 'growing up'	34
Less dependent on being driven around by grown ups	13
Increases independence	26
Improves their road awareness	19
Social reasons	9
Exercise and fitness	8
Good for the environment	6
Fresh air	4
Confidence	3
Reduces spend on other forms of transport	2
Safety reasons	1
Reduces congestion	1
Reduces pollution	1
Other	2
Don't know	1

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 in 2010 and 481 in 2015)

	%	
	2010	2015
On the pavement (the footpath by the side of a road)	56	60
Quiet roads	23	15
Footpaths / cycle paths	19	23
On most roads where cycling is permitted	9	5
Don't know	*	1
<b>On any road</b>	<b>32</b>	<b>20</b>

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

Base: All parents (470 in 2010 and 522 in 2015)

	%	
	2010	2015
Cars driving too fast	54	43
Too much traffic	52	45
Other road users	45	41
The way people drive	42	37
Poor road surfaces	14	7
I'm not confident enough in my child's ability to cycle on a road	10	12
Dangerous/safety concerns	-	11
Not knowing where they are riding	6	6
Air pollution	3	1
Poor street lighting	3	*
Other	1	2
I don't have any concerns	2	3
My child doesn't ride their bike on roads	3	2
No cycle lanes	-	1
Don't know	1	*

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

Base: All parents (470 in 2010 and 522 in 2015)

	%	
	2010	2015
Very confident	26	19
Quite confident	34	31
Neither confident nor not confident	10	12
Not very confident	19	19
Not at all confident	12	18
Don't know	*	1

**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.**

Base: All parents (470 in 2010 and 522 in 2015)

	%	
	2010	2015
Very important	78	58
Fairly important	17	29
Not very important	3	7
Not at all important	1	3
Don't know	1	2

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

Base: All parents (470 in 2010 and 522 in 2015)

	%	
	2010	2015
Been offered any cycle training	7	13
Received cycle training	54	52
Booked, but not yet received cycle training	2	1
Not offered, booked or received cycle training	30	34
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

	N	
	2010 (34)	2015 (67)
Bikeability	20	35
Other	1	3
Do not know name of the training received	13	29

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

Base: parents whose child has received cycle training (252 in 2010 and 270 in 2015)

	%	
	2010	2015
Bikeability	87	73
Other	1	4
Do not know name of the training received	12	23

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 (4)

	N	
	2010 (8)	2015 (4)
Bikeability	3	3
Other	-	-
Do not know name of the training received	5	1

**Q13.d Did you contribute directly towards the cost of this training?**

Base: All where child has received Bikeability training (197)

	2015
Yes	9
No	82
Don't know/ Cannot recall	9

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

Base: All where child has received "Bikeability" training (53 in 2010 and 106 in 2015)

	%	
	2010	2015
Yes (Bikeability)	34	62
No	30	8
Don't know	36	29

**SECTION C: NON BIKEABILITY PARTICIPANTS**

**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 in 2010 and 260 in 2015)

	%	
	2010	2015
Very likely	73	44
Fairly likely	14	20
Neither likely nor unlikely	5	20
Fairly unlikely	2	5
Very unlikely	1	7
Don't know	6	5

**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 in 2010 and 30 in 2015)

	N	
	2010	2015
My child does not need cycle training	1	6
My child does not ride a bike	2	11
Special needs / medical reason	1	3
Cycle training doesn't make any difference	1	4
My child has received other training	-	5
Other	3	4



**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 in 2010 and 166 in 2015)

	%	
	2010	2015
Improved road awareness	81	77
Improved riding skills	55	34
Improved confidence	46	40
Improved health/fitness	17	7
Safety/personal safety	5	5
Other	1	6
Don't know	1	2

**SECTION D: BIKEABILITY PARTICIPANTS**

**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 2010 and 262 in 2015)

	%	
	2010	2015
In the last month	9	12
In the last three months	28	24
In the last six months	25	18
In the last year	36	26
Longer than a year ago	3	13
Don't know	*	7

**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 in 2010 and 262 in 2015)

	%	
	2010	2015
Level 1 (red badge)	21	17
Level 2 (amber badge)	38	47
Level 3 (green badge)	12	11
Don't know	29	25

**Q20.a 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 in 2010 and 262 in 2015)

	%	
	2010	2015
The school suggested it	83	89
The child suggested it	10	8
I (parent/guardian) suggested it	7	5
Other parents suggested it	2	1
A local club suggested it	1	*
A friend of my child suggested it	1	2
Another of my children has already completed the Bikeability training so we already knew about it	*	3
We saw a leaflet / poster / advert	*	1
Other	*	-
Don't know/ No one suggested it	-	2

**Q20.b And which, if any, of these reasons would you say you most wanted (insert name of selected child) to receive Bikeability training?**

Base: parents whose child has received Bikeability training and answered Bikeability questions (262)

	%
	2015
Other children I know had done it	15
To learn about road safety	78
To learn about cycling safety in general	56
So that my child could learn about looking after his or her bicycle	9
I had cycle training when I was a child and thought it would benefit my child	13
Because it was free	16
It was a way of getting my child to ride his or her bike more often	6
For health and fitness reasons	11
It was the right thing to do	16
To increase their confidence on the road	39
To enhance their independence when cycling	15
Other	2
Don't know/ None of these	-

**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 in 2010 and 262 in 2015)

	%	
	2010	2015
At their school	97	96
At another school (outside of the local area)	1	-
At the leisure/sports centre	1	2
At another school (locally)	*	3
Other	1	2

**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 in 2010 and 262 in 2015)

	%	
	2010	2015
Very concerned	44	45
Fairly concerned	40	42
Not very concerned	8	10
Not at all concerned	7	2
Don't know	1	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 in 2010 and 262 in 2015)

	%	
	2010	2015
Improved their safety on the road a lot	53	48
Improved their safety on the road a little	39	39
Neither improved nor worsened their safety on the road	7	5
Worsened their safety on the road a little	-	-
Worsened their safety on the road a lot	-	-
Don't know	-	8

**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 in 2010 and 262 in 2015)

	%	
	2010	2015
Increased their confidence a lot	55	53
Increased their confidence a little	37	33
Neither increased nor decreased their confidence	8	8
Decreased their confidence a little	-	*
Decreased their confidence a lot	*	-
Don’t know	-	6

**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 in 2010 and 262 in 2015)

	%	
	2010	2015
Cycles on a lot more occasions than before	16	20
Cycles on a few more occasions than before	33	27
Cycles on about the same amount of occasions as before	50	51
Cycles on a few less occasions than before	-	*
Cycles on a lot less occasions than before	-	*
Don’t know	1	2

**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 in 2010 and 262 in 2015)

	%	
	2010	2015
Yes	37	39
No	60	57
Don’t know	3	5

**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 parents in 2010 / 262 parents in 2015).

	Improved a lot %		Improved a little %		No change %		Got a little worse %		Got a lot worse %		Don't know %	
	2010	2015	2010	2015	2010	2015	2010	2015	2010	2015	2010	2015
Judging risks on the road	43	37	46	41	8	11	-	*	-	-	3	10
Knowing their own ability	46	40	42	39	10	13	-	-	*	-	2	8
Looking behind them	47	39	37	40	11	12	-	-	-	*	5	8
Signalling	47	44	33	33	14	15	-	*	-	-	5	8
Keeping a safe distance from parked cars	45	35	41	40	9	15	*	*	-	-	4	10
Not riding in the gutter	41	31	38	32	15	24	-	*	-	-	6	13

**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 in 2010 and 262 in 2015)

	%	
	2010	2015
Increased my confidence a lot	45	37
Increased by confidence a little	41	44
Neither increased nor decreased my confidence	13	15
Decreased my confidence a little	-	-
Decreased my confidence a lot	-	*
Don't know	-	3

**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 in 2010 and 262 in 2015)

	%	
	2010	2015
Very satisfied	76	63
Quite satisfied	22	31
Neither satisfied nor dissatisfied	1	2
Quite dissatisfied	-	2
Very dissatisfied	*	-
Don't know	1	2

**15-046380-01 Bikeability Impact Research**  
**Children’s Survey**  
**FINAL Unweighted Topline Results**  
**07 August 2015**

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- Results are based on all participants unless otherwise stated
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- Results are shown in percentages (%) unless the base size is lower than 50, in which case results are shown in numbers (N)

<b>SECTION A: ABOUT YOUR FREE TIME</b>
--

**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?**

Base: All children (470 in 2010 and 522 in 2015)

	%	
	2010	2015
Watching TV	77	71
Hanging out e.g. with friends/brothers/sisters	63	68
Playing on the computer/ Internet	60	65
Listening to music	46	42
Doing sports or physical activities	43	41
Reading	36	31
Going to football games/sports events	29	26
Going to the cinema or theatre	25	30
Doing dance, drama or music	23	25
Doing arts & crafts	20	23
Shopping	19	21
Visiting a library	9	7
Visiting a museum, art gallery or important historic and modern buildings	9	8
Film/video-making or photography	4	5
Going to music concerts or gigs	4	8
Other	3	5

**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, break times and any before or after school clubs as long as you do them at the school.**

Base: All children (470 in 2010 and 522 in 2015)

	%	
	2010	2015
Football	55	57
Swimming	49	45
Athletics	31	36
Dance	30	27
Gymnastics	30	25
Rounders	26	36
Netball	25	30
Basketball	25	15
Cricket	21	25
Cycling	20	21
Tennis	12	16
Other	4	11
None of these	2	4

**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.**

Base: All children (470 in 2010 and 522 in 2015)

	%	
	2010	2015
Cycling	52	45
Swimming	51	52
Football	43	38
Dance	22	21
Athletics	14	8
Cricket	12	9
Tennis	12	7
Basketball	8	4
Gymnastics	8	9
Netball	6	3
Rounders	5	4
Other	7	5
None of these	7	12

**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?**

Base: All children (470 in 2010 and 522 in 2015)

	%	
	2010	2015
Yes	97	95
No	3	5

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

Base: children who can ride a bike (455 in 2010 and 498 in 2015)

	%	
	2010	2015
2 years old	2	1
3 years old	7	8
4 years old	19	24
5 years old	29	26
6 years old	19	14
7 years old	9	7
8 years old	6	3
9 years old	2	2
10 years old	1	1
11 years old	1	*
Can't remember	5	12

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

Base: children who can ride a bike (455 in 2010 and 498 in 2015)

	%	
	2010	2015
Today	7	20
Yesterday	19	22
Longer ago than yesterday, but this week	15	26
Last week	14	7
A couple of weeks ago	12	12
Longer ago than this	31	11
Can't remember	2	1



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

Base: children who can ride a bike (455 in 2010 and 498 in 2015)

	%	
	2010	2015
Every day	13	20
A few times a week	35	35
A couple of times a week	22	13
About once a week	12	12
Less than once a week	16	16
I never ride a bike	1	3
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 in 2010 and 498 in 2015)

	%	
	2010	2015
To play out with my friends/just cycling around	60	48
To cycle to/from my friend's houses	41	39
To cycle to/from the shops	19	18
To go out on bike rides with my family	19	22
To cycle to/from my family's houses	16	13
To get to places faster	16	13
To cycle to/from school	15	18
Fun/enjoyment	-	7
To do stunts on	6	6
Fitness/ health/ exercise	-	5
To ride in the park	-	2
Other	2	8
Don't know	7	2

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

Base: All children (470 in 2010 and 522 in 2015)

	%	
	2010	2015
Fun	89	82
Exciting	44	26
Good for me	31	16
Makes me healthy	30	16
Fast	18	12
Stunts	10	5
Wheelies	7	5
Skids	6	3
Dangerous	5	4
BMX	5	2
Hard/difficult	4	5
Mountain biking	-	1
Boring	2	3
Playing/hanging around with friends	-	1
Mountain biking	-	1
Challenging	-	1
Other	2	8
Don't know	1	3

**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 in 2010 and 498 in 2015)

	%	
	2010	2015
Always	46	45
Sometimes	45	45
Hardly ever	5	7
Never	3	1
Don't know	1	2

**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 in 2010 and 498 in 2015)

	%	
	2010	2015
Always	11	12
Sometimes	38	38
Hardly ever	18	17
Never	31	31
Don't know	2	2

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

Base: children who can ride a bike (455 in 2010 and 498 in 2015)

	%	
	2010	2015
Always	8	6
Sometimes	43	42
Hardly ever	19	21
Never	29	29
Don't know	1	2

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

Base: children who ever ride on the road (320 in 2010 and 343 in 2015)

	%	
	2010	2015
Very confident	41	41
Quite confident	45	42
Not very confident	11	13
Not at all confident	2	3
Don't know	1	1

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**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 in 2010 and 498 in 2015)

	%	
	2010	2015
Dad	52	48
Mum	37	39
Brother/sister	6	4
Grandparent	4	4
No-one, I taught myself	4	4
Another adult family member	4	4
One of my friends (child)	3	2
A teacher	1	*
A cycle training person	1	*
Other	1	1
Don't know	2	5

**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 in 2010 and 498 in 2015)

	%	
	2010	2015
Yes	58	55
No	42	43
Don't know	1	1

**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 in 2010 and 276 in 2015)

	%	
	2010	2015
From a cycle training person	94	99
From my parents/guardians	8	34
From a teacher at my school	6	3
From my friends	2	1
From another adult family member	1	5
From my brother/sister	1	2
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 in 2010 and 272 in 2015)

	%	
	2010	2015
Bikeability	92	82
Cycle proficiency	-	2
Other	2	4
Can't remember	6	14

**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 in 2010 and 48 in 2015)

	N	
	2010	2015
Yes - Bikeability	8	34
No - other	9	6
Don't know	4	8

**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 in 2010 and 4 in 2015)

	N	
	2010	2015
Yes, it was Bikeability training	1	4
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 in 2010 and 261 in 2015)

	%	
	2010	2015
Very good	72	75
Fairly good	24	19
Neither good nor poor	1	4
Fairly poor	1	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 in 2010 and 261 in 2015)

	%	
	2010	2015
To ride my bike more safely	68	65
To ride my bike safely on the road	53	39
To ride my bike with confidence	36	21
To be more aware of traffic when riding my bike	35	23
That I should always wear a helmet when riding my bike	27	17
To look after my bike	23	12
To enjoy riding my bike	21	11
To be visible at all times	21	8
That I should have lights on my bike when riding in the dark/poor light	16	8
To be more aware of other people when riding my bike	15	9
What different signs mean (signs aimed at cyclists)	6	15
Signals/ hand signals	-	7
Other	1	10
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 in 2010 and 261 in 2015)

	%	
	2010	2015
A lot more confident	64	59
A little more confident	28	33
No more or less confident	6	7
A little less confident	-	1
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 in 2010 and 261 in 2015)

	%	
	2010	2015
A lot more confident	51	41
A little more confident	35	41
No more or less confident	11	14
A little less confident	-	*
A lot less confident	*	-
Don't know	3	3

**D5 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 in 2010 and 261 in 2015)

	%	
	2010	2015
I ride my bike much more often than I used to	17	18
I ride my bike a little more often than I used to	33	27
I ride my bike just as often as I used to	47	52
I ride my bike a little less often than I used to	*	2
I ride my bike much less often than I used to	*	1
Don't know	2	1

**D6 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 in 2010 and 261 in 2015)

	%	
	2010	2015
Got a lot better	57	43
Got a little better	36	47
Stayed the same	3	9
Got a little worse	-	-
Got a lot worse	-	-
Don't know	3	*

**D7 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 in 2010 and 261 in 2015)

	%	
	2010	2015
Got a lot better	58	44
Got a little better	35	42
Stayed the same	6	13
Got a little worse	-	-
Got a lot worse	-	-
Don't know	2	1

**D8 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 in 2010 and 261 in 2015)

	%	
	2010	2015
Got a lot better	55	46
Got a little better	34	38
Stayed the same	8	15
Got a little worse	*	-
Got a lot worse	-	-
Don't know	3	2



**D9 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 in 2010 and 261 in 2015)

	%	
	2010	2015
Very likely	67	65
Fairly likely	24	25
Neither likely nor unlikely	3	4
Fairly unlikely	1	2
Very unlikely	*	*
Don't know	4	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 in 2010 and 260 in 2015)

	%	
	2010	2015
Very likely	63	41
Fairly likely	20	18
Neither likely nor unlikely	5	11
Fairly unlikely	3	10
Very unlikely	3	12
Don't know	5	8

**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 in 2010 and 152 in 2015)

	%	
	2010	2015
To ride my bike more safely	70	57
To ride my bike safely on the road	51	51
To ride my bike more confidently	41	34
To be more aware of traffic when riding my bike	19	12
To enjoy riding my bike	14	7
To look after my bike	8	8
To be more aware of other people when riding my bike	7	6
To be visible at all times	7	3
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	2
What different signs mean (signs aimed at cyclists)	5	6
Signals/ hand signals	-	3
Other	4	13
Don't know	6	4

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The Social Research Institute works closely with national government, local public services and the not-for-profit sector. Its 200 research staff focus on public service and policy issues. Each has expertise in a particular part of the public sector, ensuring we have a detailed understanding of specific sectors and policy challenges. This, combined with our methodological and communications expertise, ensures that our research makes a difference for decision makers and communities.