



# Kids on Bikes The Future of Cycling

Velo-City Dublin



YOUTH  
SPORT  
TRUST



# Why should every child learn to ride a bike?



Pure and simple fun

Keeps kids physically active

Benefits mental health and learning

Can be enjoyed as a family

Creates long-term benefits for the environment

Becomes their mode of transport

# The Union Cycliste Internationale (UCI)

- World governing body for cycling
- Founded in Paris in 1900
- Headquarters located at the UCI World Cycling Centre in Aigle, Switzerland



# UCI Mission



**To develop and promote cycling, in close collaboration with 194 National Federations, as a competitive sport, as a healthy recreational activity and as a means of transport**

## Cycling - Sport & Transport

A photograph of two young girls, likely at a cycling event, smiling and looking towards the camera. They are wearing cycling jackets and caps. The girl on the left is wearing a dark blue cap with 'WIGGIN' and a target logo, and a purple jacket. The girl on the right is wearing a black cap with 'sky' and a purple jacket. In the background, a person is holding a purple water bottle and another person is wearing a green jacket. A metal railing is visible in the foreground.

**Ensure that elite cycling acts as a catalyst to inspire even greater mass participation, and convinces more people to use bikes as part of their everyday lives**

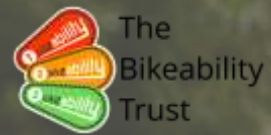
# UCI Agenda 2022



## MAKE CYCLING THE SPORT OF THE 21ST CENTURY

- Encourage children to learn to ride a bike
- Share best practices from leading federations
- Develop a children's cycling toolkit for national federations
- Bring together stakeholders working on children's cycling
- Make this objective a key part of the UCI Solidarity Programme

# Bikeability overview



Velo City, Dublin  
Paul Robison  
June 2019

# Contents

- Introducing the Bikeability Trust
- What is Bikeability?
- How is it funded
- Evidence of impact
- Vision for Bikeability





**THE BIKEABILITY TRUST**

# Introducing the Bikeability Trust

The national charity for Bikeability in England:

- Strengthen Bikeability, maximise its impact, promote its benefits
- Contribute to getting more people cycling, more safely, more often



**WHAT IS BIKEABILITY?**

# What is Bikeability?

A progressive, three-level programme in which trainees

1. first demonstrate excellent cycle handling skills in traffic-free environments...
2. then develop the skills and confidence needed for cycling on mainly local roads and simple junctions...
3. before tackling more challenging, often busier, sometimes multi-lane roads and complex junctions.

Additional 'Bikeability Plus' modules aim to increase the take up of Bikeability in schools and its impact on children's cycling.

# Bikeability Level 1 training



# Bikeability Level 2 training



# Bikeability award materials



# Bikeability Level 2 handbook

## Junctions

Do you know what to do at a junction?

T-junctions, side roads, cross roads and roundabouts are all negotiated using the same basic sequence.

1. **look** behind and ahead, note rights of way, judge time and space
2. **communicate** by indicating your intentions if other road users are present
3. **position** - when time and space permit
  - approach the junction in primary position
  - hold primary position though to the junction exit
  - select primary or secondary position to continue the journey

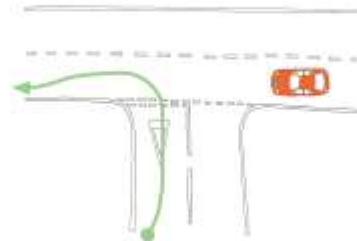
When turning left you must check over your left shoulder for undertaking traffic, including people on bicycles, before completing the turn.

When turning right you must check over your right shoulder for overtaking traffic, including people on bicycles, before completing the turn.

Turning left onto a minor road, the cyclist has right of way



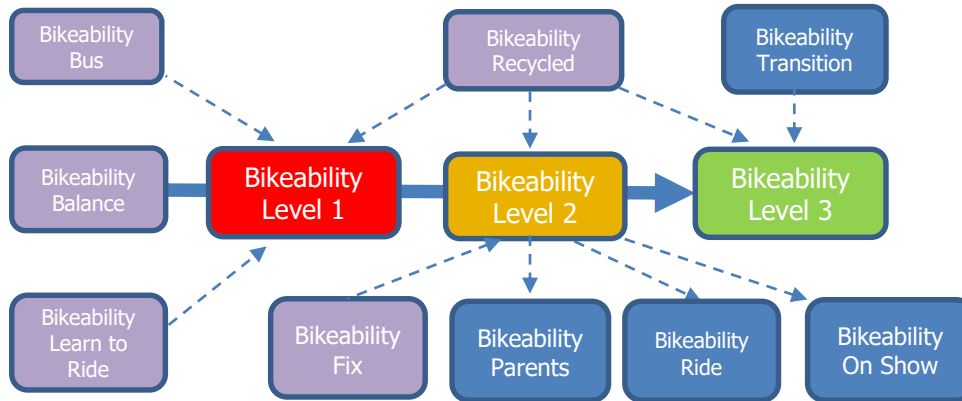
Turning left into a major road, traffic from the right on the major road has right of way



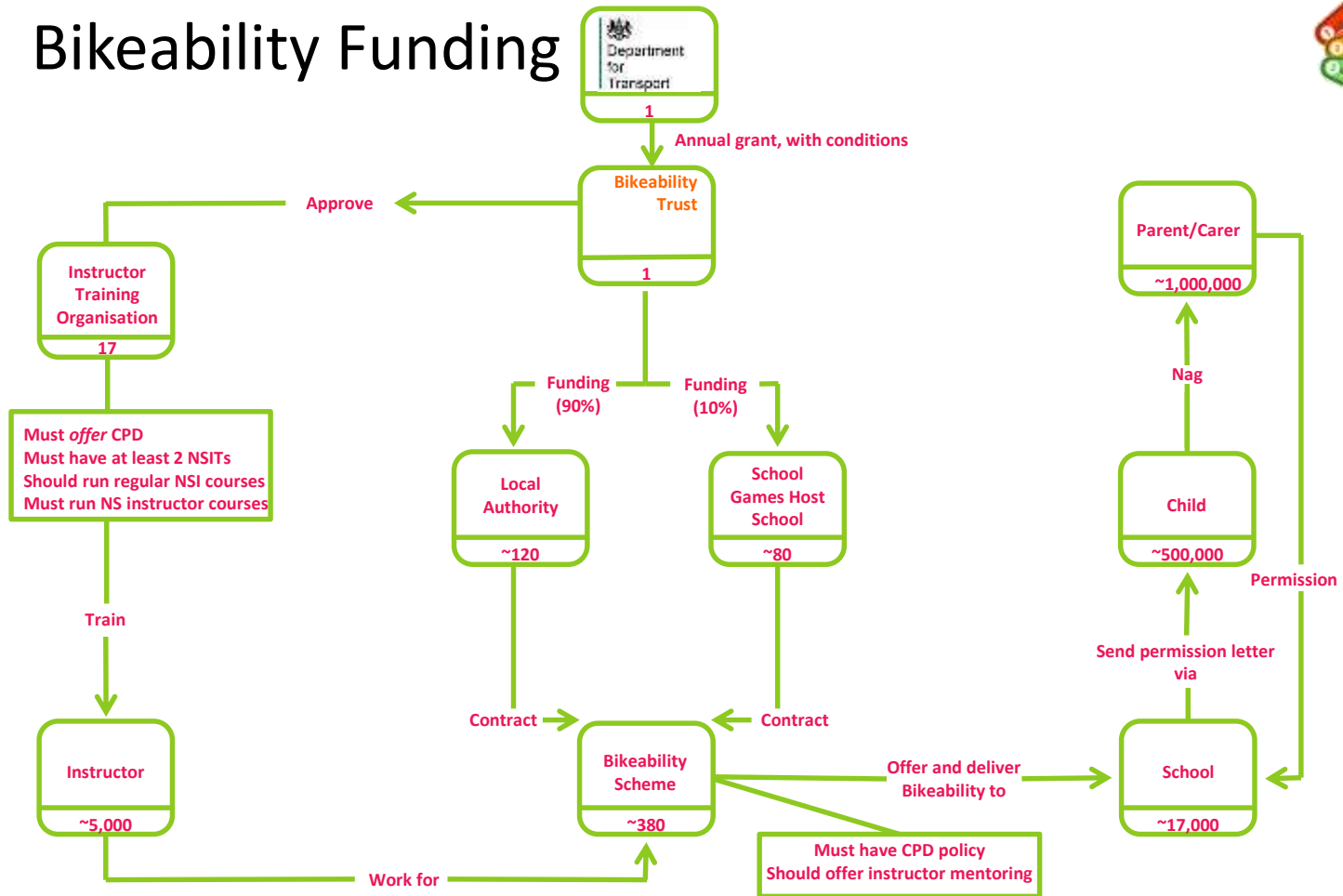


# Bikeability Plus modules

Offered in schools to increase Bikeability take up and impact



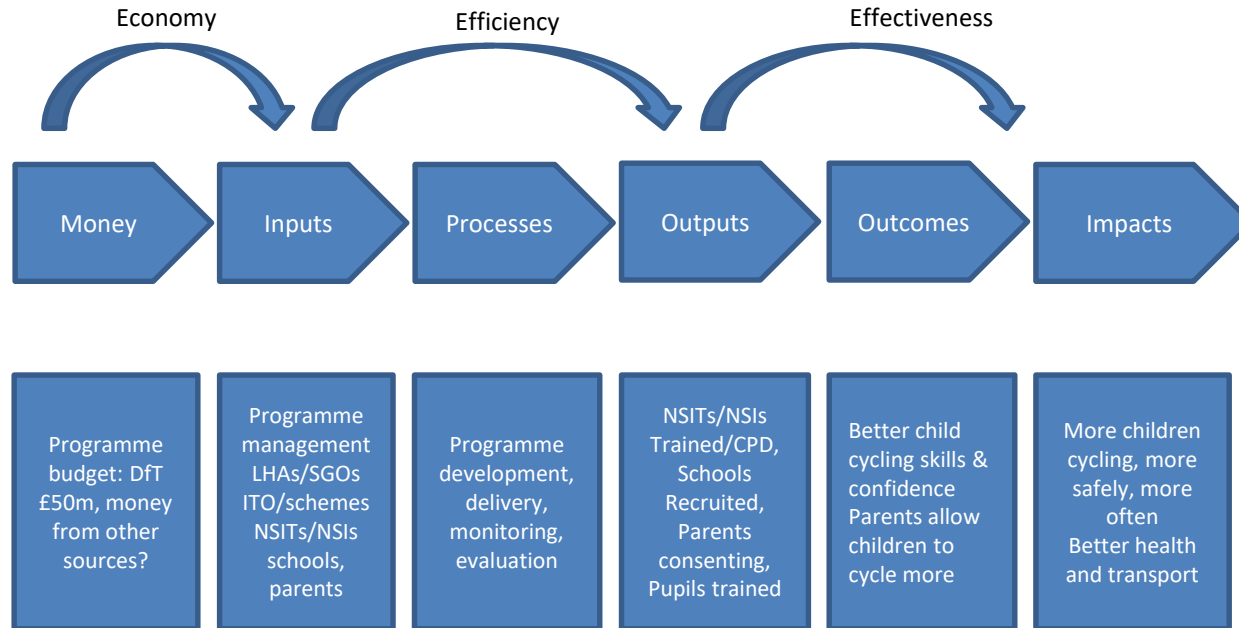
# Bikeability Funding





**BIKEABILITY EVIDENCE**

# Bikeability value for money

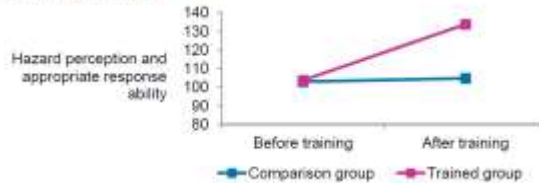


# Bikeability impact evidence

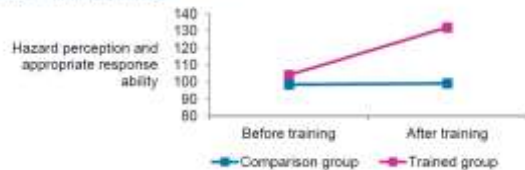
- [SDG 2012 school travel and Bikeability administrative data analysis](#)
- [TABS 2014 school travel survey](#)
- [Ipsos MORI parent/child attitudinal surveys 2010, 2015](#)
- [NfER 2015 hazard perception and risk mitigation study](#)
- [SDG 2016 Bikeability Plus pilot report](#)
- SQW 2019 Impact report

# ... cycling more safely, 2015.

Comparison of mean pupil ability scores at baseline before training (phase 1) and immediately after\* training (phase 2) "within 1-3 weeks of training"



Comparison of mean pupil ability scores at baseline before training (phase 1) and at least two months\* after training (phase 3) "within 2-3 months of training"



- Trained children were better at perceiving and appropriately responding to on-road hazards – **significant and sustained effect**
- Children reported increased confidence cycling on the road after training – **significant effect**
- But children did not report increased cycling frequency after training



The  
Bikeability  
Trust



**BIKEABILITY VISION**

# Vision for Bikeability

- Highly motivated and qualified instructor workforce
  - Require greater buy-in to Bikeability brand
  - Provide stronger instructor career pathways, improve CPD opportunities
- Each Level taught separately, as it was designed and at the appropriate stage in child's development
- Effort focused where results are most achievable
  - Delivery numbers are not the goal, more children cycling is the goal



# Contact us

Paul Robison

CEO

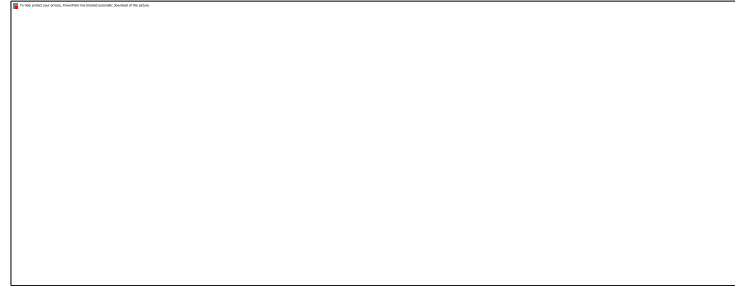
The Bikeability Trust

t. 07946 605545

e. [paul@bikeabilitytrust.org](mailto:paul@bikeabilitytrust.org)

w. <http://bikeabilitytrust.org/>





Louise Gray  
Development Manager – Cycling Programmes and Local Commissioning  
[07827 830619](tel:07827830619)  
[Louise.gray@youthsporttrust.org](mailto:Louise.gray@youthsporttrust.org)

—

**Winning on  
the world stage**



—

**Inspiring a  
nation**



**These bike riders**  
were children once  
and are now parents



---

# Transforming Britain into a great cycling nation





**YOUTH  
SPORT  
TRUST**

Believing in every child's future

# Our objectives

Transforming  
physical  
education

Removing  
barriers to  
sport

Unlocking  
potential

Empowering  
activism

Underpinned by:

Championing  
insight

Strengthening  
foundations







# What is HSBC UK Ready Set Ride?

HSBC UK Ready Set Ride is all about helping children *learn to ride* a bike.

**A comprehensive learn to ride programme for families and communities, keeping that inspiring ‘hands off the saddle’ moment to themselves**

Developed together with British Cycling, Ready Set Ride empowers school staff, parents and carers to help children aged 18 months to eight years learn to ride a bike in fun, simple steps.

It focuses on the development of the fundamental movements of coordination and balance. It also develops confidence on two wheels, with a positive impact on movement skills across all other sports.

1

Prepare 2 Ride

Fun games to help get ready to ride.

2

Skills 2 Ride: Balance

Learn important cycling skills with no pedals

3

Skills 2 Ride: Pedals

Use the whole body to stop, start, twist, turn.



# How to access?

Website [www.readysetride.co.uk](http://www.readysetride.co.uk)



Download app for use with mobiles and tablets.

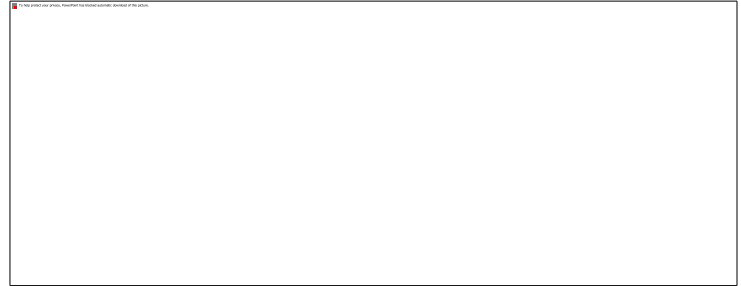
Take the app anywhere and enjoy the games and activities in the playground, classroom, garden, at the park or even away on holiday!

Resources from Youth Sport Direct web shop



# HSBC UK Ready Set Ride in Practice





# Thank You!

Louise Gray

Development Manager – Cycling Programmes and Local Commissioning

[07827 830619](tel:07827830619)

[Louise.gray@youthsporttrust.org](mailto:Louise.gray@youthsporttrust.org)



**YOUTH  
SPORT  
TRUST**

**Believing in every child's future**

**T 01509 226600**  
**E [info@youthsporttrust.org](mailto:info@youthsporttrust.org)**  
**W [www.youthsporttrust.org](http://www.youthsporttrust.org)**

**@youthsporttrust**  
**youthsporttrust**



# Kids on bikes – the future of cycling





# Learning to cycle





# Fun









# Skills









# Ongoing











# The structure



## 2 to 5 Years

**Balance Bike** is a fundamental cycling skills programme which focuses on delivery to children aged 2 to 5 years of age.







## 5 to 11 Years

**Sprocket Rocket** foundation cycling skills Programme which focuses on delivery to youth aged 7 to 11 years.



**SPROCKET  
ROCKET**







## 9 Years & Up

**Cycle Right** is a road safety training programme designed to give cyclists the knowledge and skills to move safely through the road system, an environment shared with other road users.









# Opportunities for development



# Self









# Inclusivity











# Challenges







## 11 Years & Up

**Gearing Up** specific cycling skills programmes. Gearing Up deals with the specific fundamental skills required for cycling in a specific environment.









# Roundtable Q&A





**Thank you!**

[www.uci.org/cycling-for-all](http://www.uci.org/cycling-for-all)  
Twitter: @cycling



YOUTH  
SPORT  
TRUST

