Kids on Bikes
The Future of Cycling
Velo-City Dublin
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
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.
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.
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
Contents

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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
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.

- Training Points
Bikeability Plus modules
Offered in schools to increase Bikeability take up and impact
Bikeability Funding

1. Department for Transport
   - Approve
   - Bikeability Trust
     - Annual grant, with conditions
     - Funding (90%)
     - Funding (10%)

2. Instructor Training Organisation
   - Must offer CPD
   - Must have at least 2 NSITs
   - Should run regular NSI courses
   - Must run NS instructor courses
   - Train

3. Instructor
   - ~5,000
   - Work for

4. Bikeability Scheme
   - ~380
   - Offer and deliver Bikeability to
   - Must have CPD policy
   - Should offer instructor mentoring

5. Local Authority
   - ~120
   - Contract
   - Send permission letter via

6. School Games Host School
   - ~80
   - Contract

7. School
   - ~17,000

8. Parent/Carer
   - ~1,000,000
   - Nag

9. Child
   - ~500,000
   - Permission

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BIKEABILITY EVIDENCE
Bikeability value for money

Economy

Money

Programme budget: DfT £50m, money from other sources?

Efficiency

Inputs

Programme management
LHAs/SGOs
ITO/schemes
NSITs/NSIs

Processes

Schools, parents

Programme development,
delivery, monitoring,
evaluation

Outputs

NSITs/NSIs

Trained/CPD,
Schools
Recruited,
Parents
Consenting,
Pupils trained

Outcomes

Better child
cycling skills &
confidence
Parents allow
children to
cycle more

Effectiveness

More children
cycling, more
safely, more
often
Better health
and transport
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.

- 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
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

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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
Our objectives

- Transforming physical education
- Removing barriers to sport
- Unlocking potential
- Empowering activism

Underpinned by:

- Championing insight
- Strengthening foundations
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.
How to access?

Website 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!

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Believing in every child’s future

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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.
The Pathway

5 to 11 Years

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