Bikeability: setting children free

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What is Bikeability?
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Level 1
At Level 1 new riders learn to control and master their bikes in a space away from traffic such as a playground or closed car park. Trainees will usually be trained in a group of 3-12, though individual training may also be available in your area. At Level 1 you can:

➤ prepare yourself and your bike for cycling  
➤ get on and off your bike without help  
➤ start off, pedal and stop with control  
➤ pedal along, use gears and avoid objects  
➤ look all around and behind, and control the bike  
➤ share space with pedestrians and other cyclists

Level 2
Level 2 takes place on local streets, giving trainees a real cycling experience. Trainees learn how to deal with traffic on short journeys such as cycling to school or the local shops. Trainees are usually trained in small groups – up to 6 trainees per instructor – though individual training may also be available. At Level 2 you can:

➤ prepare for on-road cycling  
➤ start and finish an on-road journey  
➤ recognise typical hazards  
➤ let others know what you are about to do  
➤ know where to ride on the road  
➤ pass parked vehicles and side roads

Level 3
Level 3 equips trainees with skills for more challenging roads and traffic situations – busier streets, queuing traffic, complex junctions and roundabouts. It also includes planning routes for safe cycling. Level 3 training is delivered one-to-one or in groups of up to 3 so can be tailored to a trainee’s individual needs, such as a route to work or school. At Level 3 you can:

➤ prepare for a journey  
➤ understand advanced road positioning  
➤ pass queuing traffic  
➤ perceive and deal with hazards  
➤ understand driver blind spots  
➤ react to hazardous road surfaces
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What is Bikeability?
Is Bikeability Sufficient?
Is Bikeability Necessary?

**The story so far...**

- **320k** Bikeability trains over 320k children a year
- **50%** 50% of young people in England have the opportunity to take part in the scheme
- **2 million young people** trained to date
- **8x** Up to 8x more effective than other educational programmes
- **92%** 92% of parents feel that their child’s confidence is for cycling on road is higher after training
- **9 in 10 children** feel safer and more confident about riding their bike more often after Bikeability
- **Over 90%** Over 90% of children would recommend Bikeability training to a friend

**For every £1 spent on Bikeability there are £3 of economic benefits**

- Increased physical fitness
- Benefits from improved safety
- Reduced air pollution
Bikeability Plus
Is Bikeability Effective?

More children cycling
More safely
More often
Is there Room for Improvement?

Bikeability programme logic model process map, May 2017

**Rationale**
- Lack of physical activity is associated with a range of health issues that cost the UK an estimated £7.4 billion a year
- Parents are often concerned about children's cycling skills and safety on roads
- Most children love cycling, but often lack knowledge, skills and confidence to cycle well
- Government is committed to doubling cycling by 2025 and reducing each year the rate of cyclists killed or injured on English roads

**Inputs**
- Process for registering instructors and Bikeability schemes
- Process for training, developing and mentoring instructors
- Process for local authorities to apply for funding to deliver Bikeability training
- External organisation oversees Bikeability funding, instructor training and quality assurance
- DfT responsibility and management of Bikeability programme
- Government invests ~£12 million per year in Bikeability over four years 2016-20
- Additional funding from other sources

**Outputs**
- Instructors deliver standardised, quality assured Bikeability cycle training
- ~300,000 or more children and young people participate in Bikeability cycle training per year
- Local authorities decide which schools receive Bikeability training
- Local authorities receive grants for Bikeability training
- Children gain improved cycling knowledge and skills
- Children are better at perceiving hazards when cycling
- Teachers perceive Bikeability supports achievement of pupil and school outcomes
- Schools encourage trained children to cycle to school
- Children are able to cycle more safely
- Parents are satisfied with the training and perceive children are safer cyclists
- Parents allow children to cycle more often
- More children cycle more often
- More children cycle to school
- Reduced car usage and congestion around schools
- Some untrained children are relatively less safe and less likely to cycle

**Outcomes**
- Children are more confident cyclists
- Children are better at perceiving hazards when cycling
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**Impacts**
- Economic benefits (e.g. reduced absenteeism)
- Health benefits (e.g. improved physical and mental health)
- Increased physical activity
- Increased amount of cycling
- Behaviour maintained into adulthood
- Educational benefits (e.g. improved pupil attainment)
- Transport benefits (e.g. reduced journey times for parents)
- Environmental benefits
Where Bikeability Leads To
Thank you