

Bikeability

Programme information sheet

WHAT IS IT?

Many adults will remember doing their Cycling Proficiency Test. Bikeability is the Cycling Proficiency Test for the 21st century. Bikeability is not just about teaching children to ride a bike and equipping them with the necessary skills and knowledge needed to ride a bike safely throughout the rest of their life. It's also about introducing them to cycling as an everyday activity; an alternative mode of transport, an enjoyable pastime, which brings a healthier lifestyle and ultimately lots of fun. Bikeability will give children a life skill that once they've learnt, they will never forget.

The aim is to increase the numbers of children who receive quality cycle training by qualified instructors and by July 2010 to ensure that another 100,000 children will have done their Bikeability level 2. The ultimate vision is that by 2012 every child has the opportunity to get their Bikeability training. This means that we have to extend training to almost every school.

To get their Bikeability award, children (and adults) are taught how to ride their bikes to the Government-approved National Standard for Cycle Training, which sets out the training and skills essential for making cycling trips in today's road conditions. The standard was developed by over 20 organisations and is maintained by the professional body for cycle training, the Cycle Training Standards Board. (Members of the CTSB are the UK's leading bodies in road safety and cycling, for a list see the appendix at the end of the booklet or visit www.ctsb.org.uk) By establishing a National Standard, the Government has set out a nationwide uniform programme of formal training which will reassure parents that young people wanting to cycle have been instructed in the essential skills and procedures wherever they may live in England.



There are three Bikeability levels:

Level 1: is usually covered in a traffic free environment. By completing Level 1, you will be able to demonstrate the skills and understanding to be able to make a trip and undertake activities safely in a motor traffic free environment and as a pre-requisite to a road trip

Level 2: is covered on quiet roads but with real traffic conditions. By completing Level 2 you will be able to demonstrate the skills and understanding to be able to make a trip safely to school, work or leisure on quiet roads

Level 3: is covered on busy roads incorporating real traffic conditions and advanced road features. By completing Level 3 you will be able demonstrate the skills and understanding

to be able to make a trip safely to school, work or leisure on busy roads and using complex junctions and road features.

Children will be encouraged and inspired to achieve all three levels, recognising that there is always more to learn and to enjoy on a bike.

The Bikeability award

The Bikeability award consists of a fluorescent metal badge, folder plus booklet, and certificate. All Bikeability materials have been designed to appeal to the needs of parents, teachers and training instructors as well as children; all the designs and supporting materials have been researched with these groups around England.

WHAT DIFFERENCE DOES IT MAKE?

Since spring 2007, more than 150,000 children have had the chance to get their Bikeability level 2 award. The roll-out of the national scheme continues to gather pace.



Spalding School Sport Partnership wanted to use Bikeability to demonstrate cycling as a healthy, active pastime that could make a difference to how pupils view transport and the environment. They trained ten members of the public to deliver Bikeability training and engaged 22 partnerships primary schools in the programme. Over 580 pupils have now received Bikeability training through the partnership, with 537 achieving both Level 1 and 2.

“ Bikeability training has become one of our best received initiatives. Schools really buy into the idea of safer cycling and Bikeability helps them achieve their travel and sustainability plans. ”

Partnership Development Manager

In the Callington School Sport Partnership in Cornwall many local primary schools requested cycle training to support their School Travel Plan and promote cycle safety. The partnership was also keen to promote the local countryside and encourage young people to enjoy cycling as an activity.

The training took place in 23 primary schools, with a total of 448 pupils receiving Level 1 and 2 qualifications. Training was exceptionally well received in schools and pupils now cycle with confidence both on and off the road.

“ Now I plan to ride my bike to school whenever possible because when I ride my bike I feel happy and alert, ready for the day. ”

Year 6 pupil, Callington School Sport Partnership

A case study booklet demonstrating the impact of Bikeability in school sport partnerships across England can be downloaded from the Youth Sport Trust School Sport Xchange website: <http://ssx.youthsporttrust.org>

HOW TO GET INVOLVED AND FREQUENTLY ASKED QUESTIONS

Available funding

There is a massive £10m available for Bikeability cycle training via School Sport Partnerships over the next two years 2009/10 and 2010/11.

Who can apply for funding?

School sport partnerships, where the local authority either does not provide National Standard cycle training/ Bikeability, or does not offer training opportunities to all the children in its area. Funding must not replace or double up on local authority funding of National Standard cycle training.

How much can I apply for?

In most cases we would expect a first application to be in the range £10,000 - £25,000. Larger amounts may be available although we may need to adjust the value on consultation.

How many children can be trained / funded?

The maximum funding available is the equivalent of £40 per pupil, this includes £1.10 for the purchase of badges and certificates. Often, training can cost less than £40 per pupil and this has been shown through the initial 60 school sport partnerships who have delivered Bikeability, where they have created sustainable models of delivery that have reached a greater number of young people. We would expect an application of £10,000 to be for at least 250 training places and £25,000 to be for at least 625. This funding is ring fenced so you cannot use any underspend for other areas in the school sport partnership.

On receipt of a school sport partnership's application, the funding will be issued and is to be used across a full academic year (three payments across three terms) from point of acceptance. Should a partnership have any underspend following the completion of the Bikeability project, this amount shall either be deducted from the total of their following years Bikeability financial request or is to be paid back by the partnership should they wish to withdraw from the project.

Who completes the application?

The Partnership Development Manager must complete and sign the form and return it to the Youth Sport Trust.

Who do I apply to?

Applications are made to the Youth Sport Trust. They will in turn then liaise with Cycling England and the Department for Transport. Once all parties are happy with the application, they will instruct Momenta to release the funds through the normal channel.

How do I apply?

We have established a simple application process and we are extending it so that school sport partnerships can submit applications in three windows throughout the year. Partnerships will be able to submit an application for a full grant in any application window (i.e. come on board with delivery of Bikeability at any stage of the year) and they will be asked to indicate how they will phase delivery and associated funding across the remainder of the year.

Instalments would be released on a term by term basis subject to completion of the relevant monitoring forms.

Which children can be trained under this pilot?

The funding is targeted at providing cycle training to Year 5, Year 6 and Year 7 pupils although in some circumstances other year groups will be considered.

What kind of training can be provided?

Must be to Bikeability Level 2 (this may include Level 1 instruction). In some cases this may include attainment of some or all of the Level 3 outcomes.

Who provides the training?

A Bikeability registered scheme – the training has to be delivered by qualified instructors. This is usually by:

1. Registering your own scheme, recruiting and training instructors.
2. Working in partnership with others (usually your local authority).
3. Buying in a registered training scheme.

We have technical support and are encouraging school sport partnerships to create a long-term sustainable solution by building instructor local capacity. There is an off-the-shelf scheme and we can help you run courses to train instructors and develop your young leaders.

For further information on Bikeability please visit www.bikeability.org.uk