

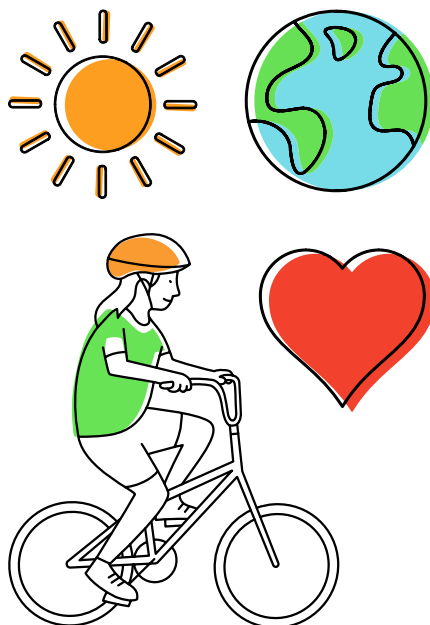
An Introduction to Bikeability and the Bikeability Trust



An Introduction to Bikeability

Bikeability is the government's national cycle training programme. Each year more than 420,000 children in primary schools across England complete Bikeability training. Since 2007 more than 3.5 million school children have received training. Bikeability is based on the UK-wide National Standard for cycle training – a complete guide to cycling ability for everyone:

- For all levels of experience
- On any type of cycle
- Everywhere cycling is allowed
- In all weather and traffic conditions
- At any time of day or night.



Independent research shows Bikeability gives children the skills and confidence to cycle more often and more confidently on today's roads. By encouraging more people to cycle more often, Bikeability helps address some of society's biggest challenges, such as childhood obesity, pollution levels and climate change.



An Introduction to the Bikeability Trust

The Bikeability Trust is a Charitable Incorporated Organisation whose object is to advance the education of the public in general (and particularly amongst children) on the subject of cycling. The Trust manages, develops and promotes the Bikeability programme, supports local Bikeability commissioners, schemes and instructors, and distributes Bikeability award materials.



The Bikeability Trust's Vision is to ensure everyone has the confidence to cycle and enjoy this skill for life. By 2025 the Bikeability Trust will have helped more than 5 million children take up Bikeability cycle training and cycle more confidently, more often. We will have also offered thousands more families and adults the chance to take up cycle training. We will achieve this through our 5 strategic goals. We will have:

1. Secured the funding to offer a Bikeability for All programme
2. Ensured high quality delivery of Bikeability for All
3. Secured partnerships that give more children the opportunity to take up Bikeability by removing barriers to cycling and learning this life skill
4. Encouraged more children and adults to cycle more confidently, more often
5. Demonstrated the impact of cycle training for improved road safety, improved urban mobility, education curriculum importance, individual health and wellbeing, cleaner air and the environment.

What does Bikeability look like?

The Bikeability programme comprises three core Bikeability levels. The National Standard and Bikeability teach four essential ways that safe and responsible cycling can be done everywhere cycling is permitted:

- Making good and frequent observations
- Choosing and maintaining the most suitable riding positions
- Communicating intentions clearly to others
- Understanding priorities on the road, particularly at junctions.

Riders are introduced to these 'four core functions' at each Bikeability level:

- Bikeability Level 1 develops cycle handling skills away from traffic
- Bikeability Level 2 develops skills and confidence for cycling on single-lane roads and simple junctions with medium levels of traffic
- Bikeability Level 3 develops skills and confidence for cycling in complex, often busy roads and junctions sometimes with speed limits above 30 mph.

Who can take part?

DfT funding for Bikeability Level 1 is aimed at children in school years 4 and below, Level 2 (and combined Level 1 and 2) at children in school years 5 – 6 inclusive, and Level 3 at all people in full-time education or training.

Bikeability is an inclusive programme, and providers and instructors will ensure that reasonable adjustments are made so everyone can participate.



How effective is Bikeability?

In 2019, **SQW/BPSR** found Bikeability has a positive impact on:

- Children's propensity to cycle on roads
- Parent's preparedness to allow children to cycle on roads
- Children's road safety knowledge.

**BIKEABILITY IMPACT STUDY
FINAL REPORT**

Positive, and statistically significant, impacts associated with being offered at least Level 2 Bikeability on a range of pupil outcomes.

Source: Bikeability Impact Study Final Report - A study commissioned by the Department for Transport, May 2019

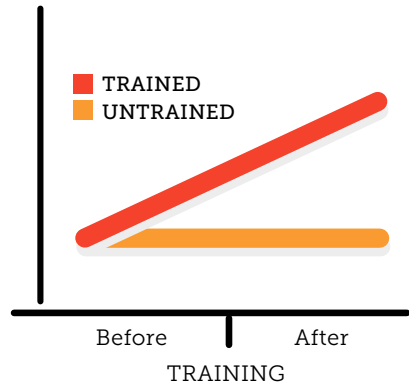
www.bikeability.org.uk/support/publications/

Independent research shows that Bikeability contributes to more people cycling, more safely, more often.

In 2015, **NFER** found:

- Trained children were better at perceiving and appropriately responding to on-road hazards
- Children reported increased confidence cycling on the road after training.

CHILD'S CONFIDENCE OF CYCLING ON ROADS BEFORE AND AFTER BIKEABILITY TRAINING



Source: Research into the impact of Bikeability training on children's ability to perceive and appropriately respond to hazards when cycling on the road, February 2015

www.nfer.ac.uk/publications-research/

In 2015, **Ipsos MORI** found:

- Bikeability is viewed positively by parents and children
- Children report improvement in their ability to judge risks
- Parents report Bikeability has improved their child's safety
- Parents and children say Bikeability has a positive impact on children's cycling confidence
- Both parents and children report cycling more after training.

PARENT'S SATISFACTION WITH CHILD'S BIKEABILITY TRAINING RECEIVED



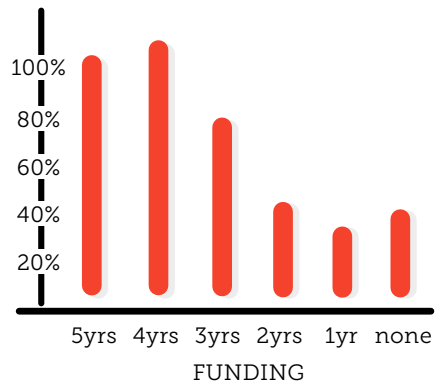
Source: Research to explore perceptions and experiences of Bikeability training among parents and children, May 2015

www.bikeability.org.uk/support/publications/

In 2012, **SDG** found:

- Higher levels of Bikeability funding associated with more children cycling to secondary school
- More children cycling to secondary school where all feeder primary schools offer Bikeability
- Sustained local authority funding for Bikeability associated with more children cycling to secondary school.

INCREASE IN 11-15 YEAR OLDS CYCLING TO SCHOOL BY LONGEVITY OF FUNDING



Source: Cycling to School – a review of school census and Bikeability delivery data, March 2012

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If you would like to know more about Bikeability,
visit bikeability.org.uk