



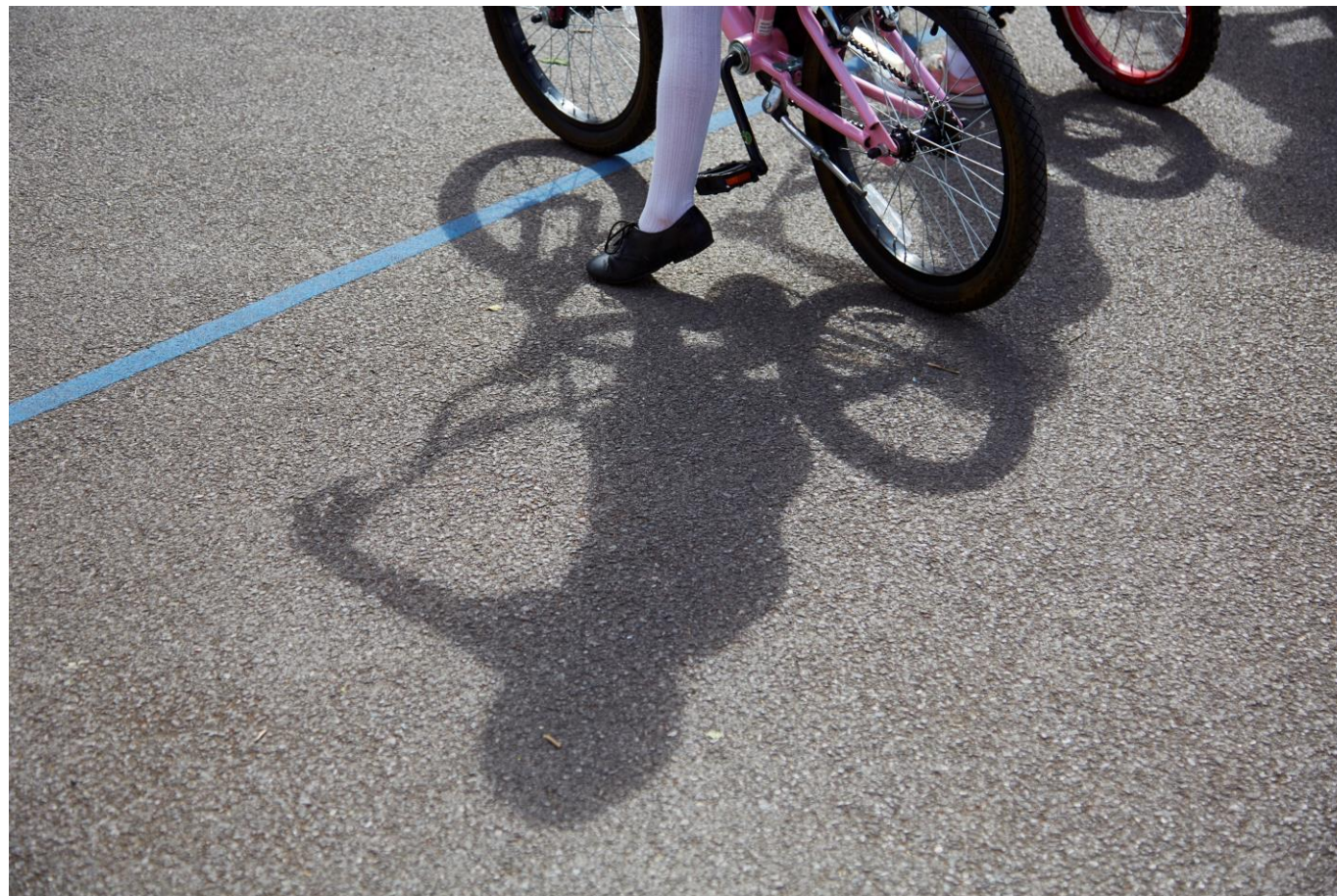
Bikeability: setting children free

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What is Bikeability?



What is Bikeability?



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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Is Bikeability Sufficient?



Is Bikeability Necessary?



The story so far...

320k

Bikeability trains **over 320k** children a year

2 million young people trained to date

Over 90%

of children would recommend Bikeability training to a friend

50%

50% of young people in England have the opportunity to take part in the scheme

Up to **8x**

more effective than other educational programmes

92 percent

of parents feel that their child's confidence in cycling on road is higher after training

380 schemes

across the country

5000 trainers

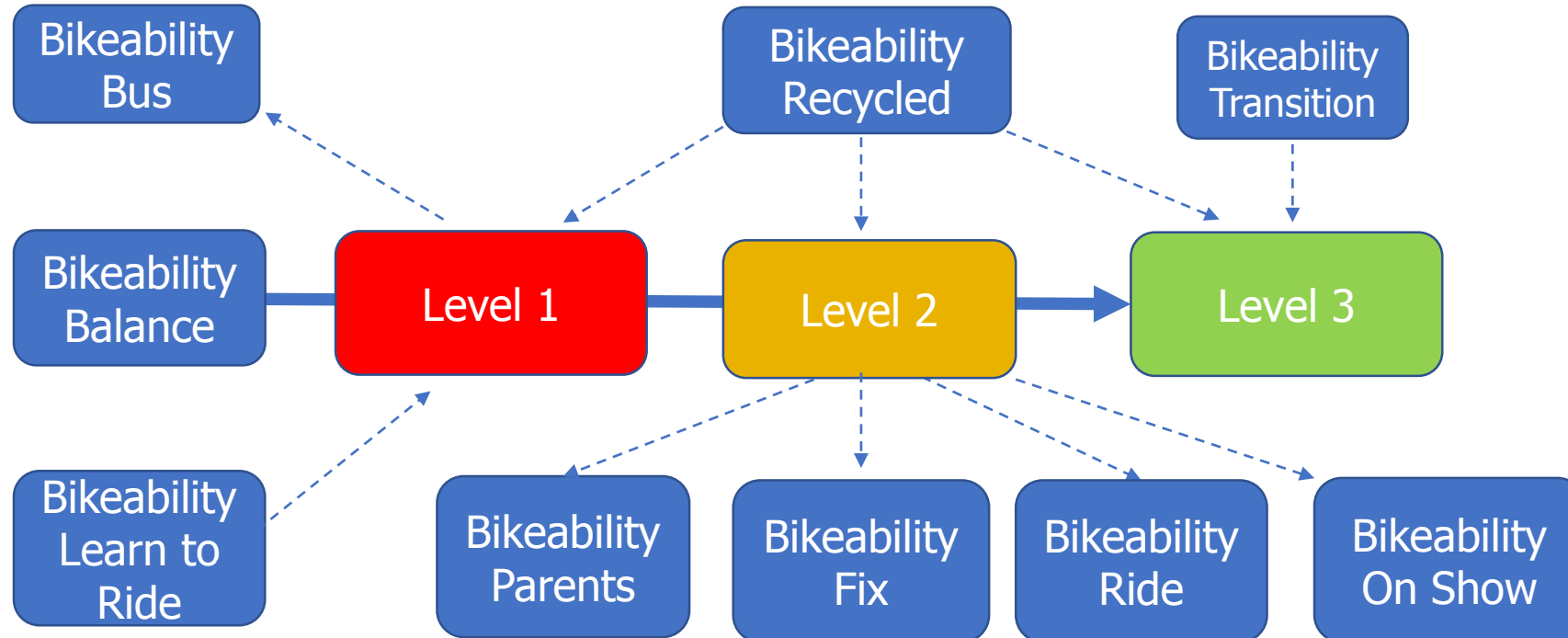
9 in 10 children

feel safer and more confident about riding their bike more often after Bikeability

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

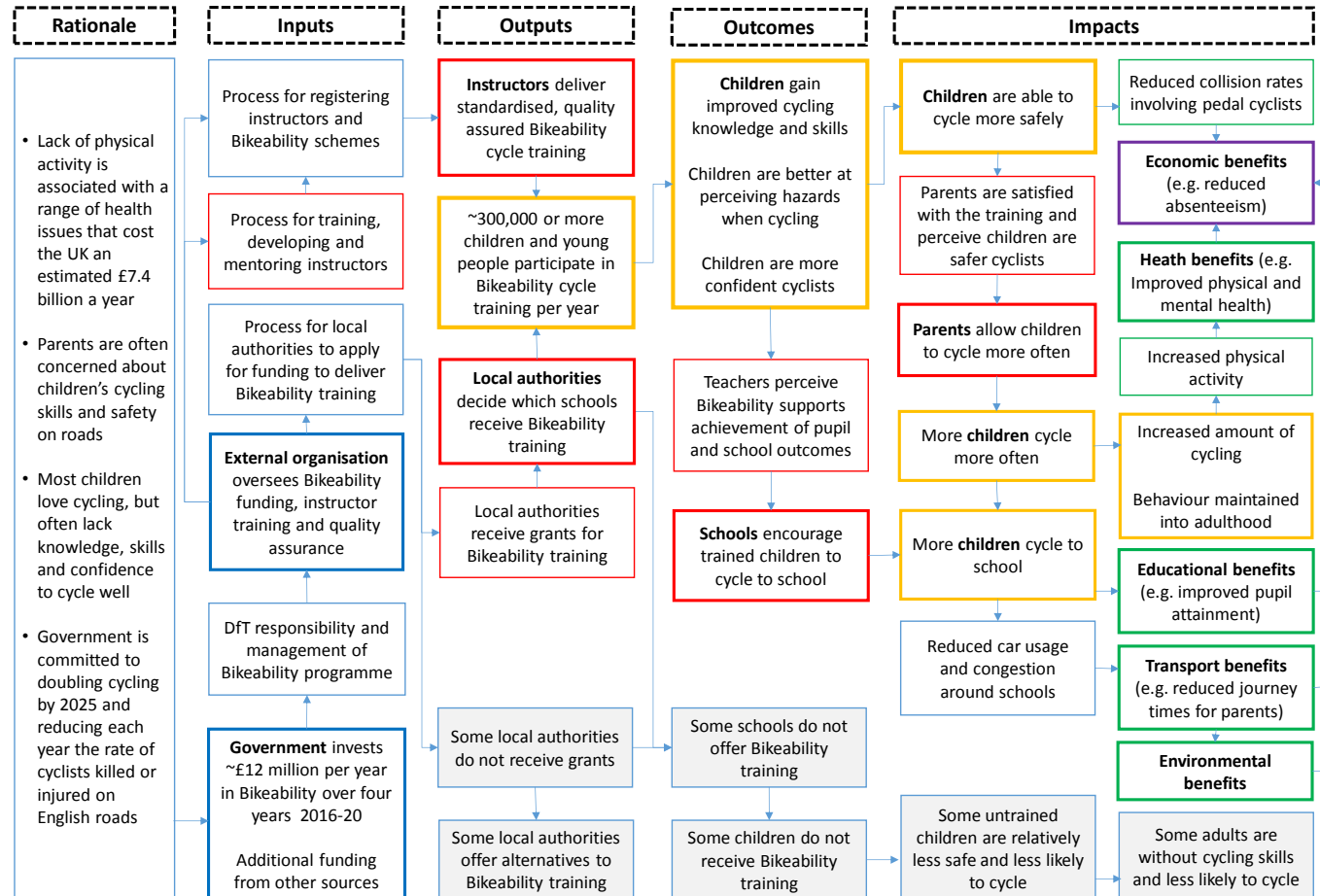
More safely

More often

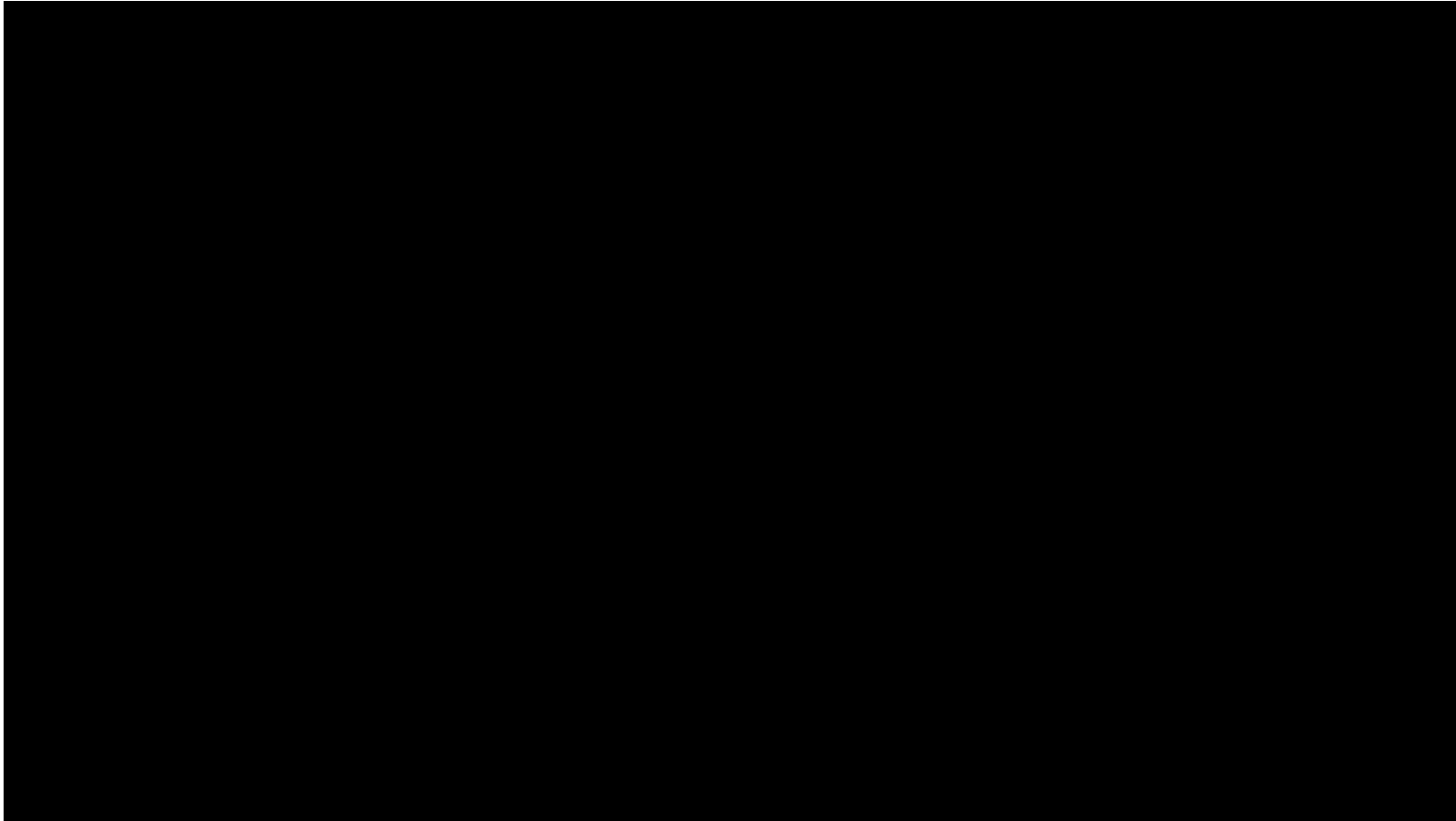
Is there Room for Improvement?



Bikeability programme logic model process map, May 2017



Where Bikeability Leads To



Thank you

