

Cycling  
Scotland



# Help children learn a skill for life



Visit [bikeability.scot](https://www.bikeability.scot)  
to find out more

# Bikeability Scotland gives children the skills and confidence they need to cycle safely on the roads and encourages them to carry on cycling into adulthood.

The Scottish Parliament recognises that 'every school child should have the opportunity to benefit from cycle training'. Each year over 37,000 children participate in the Bikeability Scotland programme, managed by Cycling Scotland and funded by Transport Scotland. Here are a few reasons why schools should get involved:

1. **Confidence** Our research<sup>1</sup> shows that 65% of pupils were more confident cycling after Bikeability Scotland training and 82% of parents were more in favour of letting their children cycle after completing the training.
2. **Cycling safety** Children participating in Bikeability Level 2 on-road training, score significantly higher on hazard perception and appropriate response tests, after training, than children who have not received training<sup>2</sup>.
3. **Active lifestyle** A recent study<sup>3</sup> highlighted that children who had experienced on-road cycling training were more likely to cycle to school and preferred to cycle locally and with their families. In our own research<sup>4</sup>, 45% of pupils reported cycling more frequently following Bikeability Scotland training.
4. **Supports Curriculum for Excellence outcomes** Bikeability Level 2 on-road training is an excellent way to deliver Health and Wellbeing Experiences and Outcomes, as evidenced in a recent survey<sup>5</sup>.
5. **Fun!** The main feedback we get from children after training is that they really enjoy the learning experience and the independence of riding a bike on their own.



## Bikeability Scotland comprises of three main levels:

**Level 1** Fun sessions, delivered in an off-road, traffic-free setting, designed to develop basic bike control skills. Typically delivered in P5.

**Level 2** The core of the programme, with a focus on making short journeys on quieter roads, using appropriate signalling and observation. Typically delivered in P6-7.

**Level 3** Planning a journey and use of more challenging routes, designed to consolidate skills and empower trainees. This is typically delivered after Level 2.

Visit [bikeability.scot](http://bikeability.scot) to find out more



## Who delivers Bikeability Scotland?

The programme is delivered by a network of thousands of Cycling Scotland trained instructors, often parents, teachers and/or members of the local community.

There are a range of different departments involved in local authority co-ordination across Scotland, including Active Schools, Outdoor Education and Sustainable Transport, demonstrating the number of outcomes that Bikeability Scotland supports. Evidence shows that Bikeability Scotland is most successful in authorities where it is fully supported by Education.

Our schools leaflet explains how Bikeability Scotland can support the culture, ethos and environment of a school by promoting child-centred wellbeing through **Health and Wellbeing Experiences and Outcomes**, and through alignment with **Getting It Right For Every Child (GIRFEC)** and the **UN Convention On The Rights Of The Child (UNCRC)**.

## What support is available for local authorities and schools?

Cycling Scotland is committed to supporting all local authorities to deliver Bikeability Scotland, and currently provides the following free of charge:

- Bikeability Scotland training resources
- Training courses to become a Bikeability Scotland instructor
- Advice, guidance and promotional material, including Parent Guides, School Gate Banners and Classroom Packs.

Cycling Scotland provides a financial support package of £20,000 to local authorities committed to increasing delivery of Level 2 on-road training. This funding can help tackle physical or logistical barriers to children participating, including bicycle provision. From 2018/19 it can also be used to appoint experienced instructors to lead sessions and contribute towards delivery ratios, where they will be supported by a trained member of school staff and any volunteers.

## Additional areas of support include:

- Providing tutor time to assist with developing mentoring support, and risk assessing new training venues
- Providing resources, training and support in respect of delivering inclusive cycle training
- A Level 3 recommended delivery package, developed in collaboration with East Renfrewshire Council
- Schools may also wish to become a Cycle Friendly Primary School and gain recognition for encouraging cycling as well as access to resources including lesson plans: [www.cycling.scot/CF-Primary-Schools](http://www.cycling.scot/CF-Primary-Schools)

Teachers and parents can support the programme too; by encouraging pupils to practice their skills, helping them to safety check their bike, or even becoming a Bikeability Scotland Instructor!



1. Cycling Scotland's 'Give Everyone Cycle Space' campaign survey (May 2016)  
2. National Foundation of Educational Research, 2015  
3. Cambridgeshire County Council, May 2013  
4. Give Everyone Cycle Space', 2016  
5. Edukado, 2018

Help us ensure that all children in Scotland benefit from Bikeability Scotland training and learn to cycle with confidence – a skill for life.



Use our online school checker to find out which schools in your authority currently deliver Bikeability Scotland:  
[www.cycling.scot/bikeability-scotland](http://www.cycling.scot/bikeability-scotland)

You can also see which schools deliver Bikeability Scotland training on our interactive map:  
[www.cycling.scot/bikeability-scotland/parents](http://www.cycling.scot/bikeability-scotland/parents)

**Contact us:**

0141 229 5350

[bikeability@cycling.scot](mailto:bikeability@cycling.scot)



RECYCLED  
Made from  
recycled material  
FSC® C000000