

Bikeability Level 1 & 2 Cycle Training



Cambridgeshire
County Council



Department
for Transport



The
Bikeability
Trust

School Information Pack 2019 - 20



Cycle Training in Cambridgeshire

Pupils at your school are eligible for Bikeability cycle training funded via Cambridgeshire County Council. Outspoken Training, a local cycle training provider, would love to deliver the training in your school.

The Bikeability scheme is the National Standard for cycling which aims to encourage more children to cycle. The course is designed to equip cyclists with the knowledge, skill, and on-road experience to make a journey safely and confidently by bike on local roads.

The training is for children and adults alike, but our **Levels 1 & 2 course** for schools is specifically designed for children in **Year 5, 6 and 7** who want to start to make on-road trips by bike.

The Levels 1 & 2 course is for pupils who can ride a bike and wish to make on-road trips by bicycle. It is **not aimed at children who have no experience of cycling (non-riders)**. We can provide separate 'learn to ride' training as well. Please get in touch for more information.

Benefits of Bikeability

Bikeability will encourage more cycling in your area by giving trainees the skills they need to feel confident about cycling. We use qualified, professional, DBS checked and appropriately vetted instructors who have a passion for cycling to pass on their enthusiasm and ensure that all trainees have a really enjoyable week, full of learning new skills and building confidence.

What teachers say:

"Feedback from both pupils and parents has been positive. The most positive feedback was the 10+ additional bikes in the bike rack the day after the course finished - these children had still cycled to school."

What pupils say:

"Bikeability was really fun and taught me lots of important skills like road positioning, signalling and looking behind. I am going to cycle to school more now!"

What parents say:

"I just wanted to say a huge thank you for the training you did with Martha last week- she had a fantastic time. She is so much more confident on the roads and is very keen to cycle everywhere!"



About Bikeability



Level 1 equips participants with the skills to ride their bike with excellent control. Pupils will experience 2 hours of Level 1 training on the playground. If Level 1 is attained, this is followed by up to 6 hours of Level 2 training on local roads.

Level 1 Outcomes:

- Demonstrate understanding of safety equipment and clothing
- Carry out a simple bike check
- Get on and off the bike without help
- Start off and pedal without help
- Stop without help
- Ride along without help for roughly one minute or more
- Make the bike go where you want
- Use gears (when present)
- Stop quickly with control
- Manoeuvre safely to avoid objects
- Look all around, including behind, without loss of control
- Control the bike with one hand

All participating children receive a certificate representing the highest level they have participated in and a badge representing the highest level achieved. Schools will be provided with post course letters to send home following training.



Level 2 aims to give trainees the confidence to use their cycles on residential roads by developing cycling skills, creating positive attitudes towards road users and by increasing knowledge and understanding of the road and traffic. This level is taught entirely on the road.

Level 2 Outcomes:

- All level 1 manoeuvres (basic bike skills)
- Start a road journey
- Finish a road journey
- Be aware of potential hazards
- Understand how and when to signal their intentions to other road users
- Understand where to ride on the roads
- Pass parked or slower moving vehicles
- Pass side roads
- Turn left into a minor road
- Turn left into a major road
- Make a U-turn
- Turn right into a major road
- Turn right into a minor road
- Demonstrate decision making and understanding of safe riding strategy
- Demonstrate a basic understanding of the Highway Code

The following outcomes are optional:

- Decide where cycling infrastructure can help a journey and demonstrate correctly
- Go straight on from minor road to minor road at a crossroads
- Use mini-roundabouts and single lane roundabouts

Course Requirements

Every child who takes part in Bikeability training will require:

- **A signed Outspoken parental consent form** - school will need to print off the Outspoken consent forms and distribute them to parents to complete and return.
- **A roadworthy bike** - Trainees will need to use their own, roadworthy bike (we do not provide bicycles). School will need to send home the enclosed bike check form to help parents prepare their children's bikes ahead of the training. Any bikes with faults will not be able to continue on the course until fixed.
- **Suitable clothing** - Training will only be cancelled in extreme weather e.g. snow, ice, fog, etc. Waterproof jackets, warm clothing and gloves are necessary in cold or wet weather; water bottles and sunscreen in warm weather.
- **Helmet** - Trainees must use a helmet and it must comply with the BS EN 1078:1997 safety standard and be in good condition. The helmet will be checked by an instructor at the start of the course. Parents/Guardian must provide helmets for their child as Outspoken are unable to provide these.

Outspoken Training will provide trainees with **high visibility jackets** to be worn during the on-road training.

We ask schools to store the consent forms in school for our instructors to pick up on the first day.

Timetabling Bikeability

The course is usually delivered **during school hours on 4 consecutive days in one week** and each trainee receives **7-8 hours of training**. This means that our instructors are in school for 4 days, taking small groups of children out of the classroom throughout the school day. We try to be flexible, and to organise according to your requirements; some schools choose to arrange training at weekends or during the school holidays and we can also offer 2-day courses.

Format:

Day 1: Level 1 on the playground

Days 2-4: Level 2 on local, residential roads

Bikeability Ratios:

The Department for Transport provide Bikeability scheme with strict ratios and timings for us to follow. These include the following ratios:

Level 1: 1 instructor to a maximum of 12 pupils
2 instructors to a maximum of 24 pupils

Level 2: 1 instructor to a maximum of 6 pupils
2 instructors to a maximum of 12 pupils

Our instructors mostly work together in pairs which allows us the flexibility to work with larger groups.

The minimum number of children we can train at a school is six. There is no maximum number.

Example (A) weekly timetable - 2 groups of 4 to 12 pupils

Cambs Primary School (21 pupils)	Mon	Tue	Wed	Thu	Fri
10:00am - 12:00pm	Group 1	Group 1	Group 1	Group 1	
Course Level	1	2	2	2	
No. Trainees	10	10	10	10	
1:00pm - 3:00pm	Group 2	Group 2	Group 2	Group 2	
Course level	1	2	2	2	
No. Trainees	11	11	11	11	

Example (B) weekly timetable - 4 groups of 8 to 12 pupils

Cambs Primary School (41 pupils)	Mon	Tue	Wed	Thu	Fri
10:00am - 12:00pm	Group 1 & 2	Group 1 & 2	Group 1 & 2	Group 1 & 2	
Course Level	1	2	2	2	
No. Trainees	20	20	20	20	
1:00pm - 3:00pm	Group 3 & 4	Group 3 & 4	Group 3 & 4	Group 3 & 4	
Course level	1	2	2	2	
No. Trainees	21	21	21	21	

How to Book

To provisionally book training, please complete and return:

- a booking form; and
- a terms and conditions form.

Please return these to Emma Wright via team@outspokentraining.co.uk or to the address below:

Outspoken Training, The Bike Depot, 140 Cowley Road, Cambridge, CB4 0DL
01223 473820 team@outspokentraining.co.uk www.outspokentraining.co.uk

Attainment

Bikeability can contribute to pupils' attainment and achievement due to:

- pupils with better **health** and **wellbeing** are less likely to be absent and therefore more likely to **achieve** academically
- effective social and **emotional competencies** developed through Bikeability are associated with greater health and wellbeing
- the culture, ethos and environment of a school influencing the health and wellbeing of pupils and their **readiness** to learn. Bikeability training contributes to this ethos.

Personal, Health, Social & Economic Development

Bikeability strengthens opportunities for pupils to:

- learn how physical activity and cycling positively affects **physical health and wellbeing**
- **recognise that choices** can have positive, neutral and negative effects
- recognise, predict, **assess and manage risks** responsibly while cycling in their local area and using these opportunities to build resilience
- increase **independence** when cycling and be aware of their responsibility to keep themselves and others safe
- work with others to **assess, review, enjoy, celebrate and set goals** for progress in cycling ability, setting high aspirations and having a **desire to improve**
- develop strategies for keeping **physically and emotionally safe**, through road safety and cycle safety.

Citizenship & British Values

Bikeability creates opportunities for pupils to:

- develop an understanding of, and be able to describe the **rules and laws** relating to cycling and the use of highways
- recognise legal boundaries and **respect** the civil and criminal law of England in relation to safe cycling
- develop critical **thinking skills** through making choices about routes, speeds, environments
- express views in a **responsible** and sensitive way
- appreciate **diversity**, understand different viewpoints, **collaborate** for change and support all pupils to enjoy cycling.

Emotional Health & Wellbeing

Bikeability can help pupils to:

- understand how an active lifestyle can support **emotional health**
- **enjoy** recreational cycling in the wider community with friends and family
- increase confidence, **decision-making** and **self-esteem** through **challenge** and achievement of goals related to Bikeability
- develop **perseverance** and **resilience** when learning new cycling **skills**
- understand that pressure to behave in an unacceptable, unhealthy or risky way can come from a variety of sources.

School Sport, Physical Activity & Physical Literacy

Bikeability provides pupils with a pathway to:

- participate in regular **active travel competently and confidently**
- participate in cycling out of school hours and develop lifelong **physical activity** habits
- enter cycling **competitions** (intra-school, inter-school and club) and participate in cycling **leadership** opportunities
- experience a range of **cycling opportunities** (i.e. BMX, road racing, time trials, cyclo-cross, mountain bike racing, track cycling and cycle speedway. Non-racing cycling sports include artistic cycling, cycle polo, freestyle BMX and mountain bike trials)
- achieve the Chief Medical Officer recommended daily **60 active minutes**.

Spiritual, Moral, Social & Cultural Development

Bikeability enables pupils to:

- recognise the difference between right and wrong, develop acceptance of and engagement with the fundamental **British value** of democracy
- understand the **consequences** of their **behaviour** and **actions**, making appropriate decisions while cycling
- use a range of **social skills** both in and out of school as they participate in and advocate the benefits of cycling safely
- willingly participate in sporting or physical activity opportunities, having the confidence to **enjoy cycling** out of school hours.

Cross-Curricular Opportunities

Bikeability creates opportunities for pupils to:

- develop **speaking and listening** skills, including positional and directional language
- read a variety of **non-fiction** texts including handbooks, signs and instructions
- use knowledge and understanding developed in **science**: cogs, wheels, forces, power, air and speed
- use their experiences of Bikeability as a source for topics in **literacy** (instructional, creative, reports, poetry)
- use learning achieved in **numeracy** through shapes, direction, distance and speed
- develop **geographical knowledge** and confidence when following maps, routes and pathways
- support physical education outcomes such as **balance, stability and coordination**.



WHAT CAN
BIKEABILITY
DO FOR YOUR SCHOOL?



About Outspoken

Outspoken has been operating since 2005 and our services are driven by a commitment to improving community health and well-being.

- We help children, adults and families to cycle more often and more safely through cycle training and cycle maintenance training.
- We help local authorities and schools to reduce traffic congestion and improve learning by increasing school travel by bicycle.
- We help businesses to reduce their carbon footprint by choosing emission-free courier services and strengthen the well-being of their workforce by encouraging cycle commuting.

Outspoken Training is recognised by the Department for Transport as one of only 19 Instructor Training Organisations (ITOs) and as an accredited provider of Bikeability cycle training. In order to maintain our status, we must adhere to the National Standard for cycling in all aspects of our business, from recruitment and mentoring to child protection and management structures.

- Accredited provider. We operate Bikeability delivery schemes for local authorities and Schools Sports Partnerships.
- Instructor training. We provide training and continuing professional development for National Standard Instructors and ongoing consultancy support and advice to other Bikeability scheme operators.
- Safeguarding. We have undertaken the required employment checks for all staff who visit schools and colleges to deliver cycle training. This includes all appropriate employment checks and an enhanced Disclosure and Barring Service (DBS) check. Our instructors carry photo identification to confirm to schools and other providers that they are subject to the safeguarding process as outlined above. Also our instructors hold a First Aid certificate.
- Experience. We have a wealth of experience delivering cycle training in schools across Bedford, Cambridgeshire, Lincolnshire, Northamptonshire, Oxfordshire, Peterborough and Suffolk; counties where Bikeability take-up rates are some of the highest in the country.

Contact Details



Out Team

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Website: www.outspokentraining.co.uk

Other Cycling Services



For us, Bikeability training is just the beginning. We want to see more children, more active and having fun on their bikes. As a result, we have created a range of cycling activities tailored for school's sport premium funding to help make space for cycling in the curriculum.

- **Balance First** - A 5 session, learn to ride programme for children in reception.
- **Bikeability Level 1** - A 2-hour, playground session for pupils in years 3 and 4.
- **Bike Club** - A 5 week, club offering a range of cycling games and activities.
- **Scoot to School** - A 1 hour, playground session suitable for pupils in year 2 and above.
- **Cycling Events** - Anything from Try Out Shows, pedal powered cinemas, smoothie bikes and much more. Visit www.outspokencycles.co.uk/event-activities for more information.

For more information on our cycling services, prices and details of how to book please email: team@outspokentraining.co.uk