

# Overcoming barriers 7589 T



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It is important that both children and adults know how to stay safe on the roads. A parent or guardian's lack of cycling confidence can prevent them choosing to cycle the school run as a family, even if their child is a competent cyclist.

Cycle training will help to make journeys safe and enjoyable by teaching many key skills such as good road positioning, signalling, and visibility.

Cycle training can be organised to take place at school, during school hours. You can also signpost families to cycle training which can be completed outside of school time.

If your school works with Sustrans, your school's officer may be able to provide training for you. Your local authority can often advise on cycle training, and may even provide it for free.

Here's a brief introduction to the cycle training available in England, Wales, Scotland and Northern Ireland:

### **Cycle training in England**

Bikeability is the Department for Transport's flagship national cycle training programme for schoolchildren in England. Bikeability cycle training is a practical training programme, which provides children with a life skill and enables them to cycle confidently and competently on today's roads.

At different levels, children learn to:

- develop early cycle handling and awareness skills (Bikeability Balance)
- master pedalling (Bikeability Learn to Ride)
- prepare for on-road cycling (Level 1)
- cycle on single-lane roads and simple junctions (Level 2)
- handle busier streets, complex junctions and roundabouts (Level 3).

If your school works with Sustrans, please ask your officer for further information about cycle training. If your school does not have a Sustrans officer, please visit the [Bikeability website](#)

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## **Scooter training**

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## **Built environment**

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## **Other ideas to make cycling and scooting to school inclusive**

### **Speak to other members of staff**

Talk to your school's Inclusion or Parent Liaison Officer to identify the pupils who will have the greatest barriers to traveling to school by cycle or scooter. If they are interested in cycling or scooting to school but need help to overcome barriers, you can signpost their families to local organisations who may be able to support them with accessing equipment.

## **Engage families who live further away**

Park and wheel is an option to suggest to families who live too far away to cycle or scoot for the whole journey to school. We'd suggest asking parents who drive to park at least a 10-minute walk from school and complete their journey by cycle or scooter. This helps create a cleaner air zone around your school and helps keep them active.

Despite your best efforts to help children overcome barriers to cycling or scooting to school, there may still be some children that cannot do this during your event.

Sustrans Big Walk and Wheel is taking place 11-22 March. You can register

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