



# Case study Cowley International College

Bikeability is the name for national standard cycle training. This is available for FREE for pupils in years 7, 8 and 9 across Merseyside. Read how Cowley International College took advantage of this to give their pupils the confidence, skill and independence to make safer, healthier journeys to their place of study.

Making cycling  
viable, safer  
and better



**TRAVELWISE**  
MERSEYSIDE®

# Fact file

## Client:

Cowley International College

## Date:

March 2012

## Location:

St Helen's, Merseyside

## Frequency:

Annually

## Number of people:

Over 135 year 7 pupils



**"The cycle training scheme was extremely positive for our school, the pupils enjoyed it and have gained new life skills. We can highlight activities like this to Ofsted and cycling contributes to several national schemes and agendas for schools, promotes healthy lifestyles and is a great transport option for our young people."**

Cameron Sheeran, College Principal

**"The pupils enjoyed the training. BikeRight! made my job easy both in the planning of the training and while the training was going ahead. I was always kept informed and they did everything necessary to ensure the smooth running of the training."**

Stuart Foster, Key Stage 3 Coordinator

## Situation

Cowley International College is a large high school of almost 1500 pupils that prides itself on its commitment to promoting healthy lifestyles and protecting the environment.

The college was keen to increase the numbers of pupils cycling to school safely, to reduce congestion and use the cycle facilities on site.

## Solution

TravelWise Merseyside offer national standard Bikeability Level 3 cycle training which is delivered by BikeRight! This is available to secondary schools across Merseyside, aimed at Year 7, 8 and 9 pupils.

Level 3 of the National Standards for Cycle Training follows on from the Level 2 training undertaken at primary school, experiencing more advanced on-road situations such as traffic light controlled junctions and roundabouts.

After discussion with staff at the college it was decided to deliver the training as an entire Year 7 activity, to give ALL pupils the opportunity to:

- Improve their cycling skills
- Give them more confidence to cycle to school
- Enhance their general road safety proficiency
- Get as many pupils as possible enthusiastic about cycling to school

## How did it work?

BikeRight! and the college's Key Stage 3 Coordinator agreed a timetable of 2 x 2.5 hour training sessions over two weeks. Bikes and helmets were available for those who needed to borrow them.

BikeRight! instructors first risk assessed the area to give pupils the experience of cycling on roads around the college. On the days of training, pupils were taught at a ratio of 1 instructor:3 pupils

By making the cycle training an opt-out rather than opt-in activity the college achieved a high uptake, and over 135 Year 7 pupils took part!

Pupils were awarded Bikeability certificates at a special presentation celebrating their achievement in learning new road and life skills.

## Benefits

- Ofsted inspectors look for evidence of sustainable development in action, including cycle storage and training initiatives, healthy lifestyle activities and encouragement of environmental awareness
- The college clearly demonstrated its commitment to the health, safety and wellbeing of its pupils
- Cycle training provision offers links to the Healthy Schools and Eco Schools Programmes
- The training increased road awareness and knowledge amongst participants, enabling them to be better, safer cyclists
- Pupils of differing abilities were catered for
- Most significantly it is hoped that the training will increase the number of pupils cycling to school on a regular basis, reducing congestion and promoting independent travel

---

To get Bikeability Level 3 Cycle Training at your school contact BikeRight! on 0151 482 5703 [info@bikeright.co.uk](mailto:info@bikeright.co.uk)

For more on cycling in Merseyside including:

- Bikeability
- Adult cycle training courses
- Adult bike maintenance sessions
- Cycle maps
- Bike rides and events
- Cycling in Merseyside

contact TravelWise on 0151 330 1253 [info@LetsTravelWise.org](mailto:info@LetsTravelWise.org)  
[www.LetsTravelWise.org/cycling](http://www.LetsTravelWise.org/cycling)

---

## Some pupil feedback...

**"It was good, now I feel safer on the road."**

**"The best part was the instructors; fun, nice to talk to, friendly. I would love to do it again!!..."**

Making cycling viable, safer and better



**TRAVELWISE**  
MERSEYSIDE®