

Training children to

cycle



What is Bikeability?

- Bikeability is 'cycling proficiency' for the 21st century, designed to give the next generation the skills and confidence to ride their bikes on today's roads
- To find a scheme near you visit bikeability.org.uk



Who are TABS?

- The Association of Bikeability Schemes (TABS) was established in 2011 to become the industry body for all those who are engaged in the many aspects of cycle training
- TABS is a membership body with over 130 organisations including the UK's major cycling groups, Bikeability schemes, local authorities and School Games Organiser Host Schools.
- The core aims of TABS are to raise the profile of Bikeability, creating a single forum for discussion and consultation with Government agencies and key stakeholders on all aspects of cycle training, plus lobbying to help secure the long term future of Bikeability
- TABS works independently and objectively to represent member views
- TABS works closely with our members to enhance their scheme's potential, professionalism and training. In turn this offers assurance to teachers/parents of the training quality.



The Association of Bikeability Schemes (TABS)

www.tabs-uk.org.uk info@tabs-uk.org.uk

Join TABS

Join TABS today and help influence the future of Bikeability. TABS organises training workshops, an annual national Bikeability conference, best-practice guidance notes, a monthly newsletter, members discussion forum plus the provision of bespoke, specialist advice. Membership fees start at just £50/year. Please contact us for more information / membership application form.

87%

OF CHILDREN feel **more confident** about riding their bike more often after Bikeability*

*MORI 2010

92%

OF PARENTS feel that their **child's confidence** for cycling on-road is higher after Bikeability training*



SINCE 2006

1.5 million

children have **participated in Bikeability**

CURRENTLY ONLY

50%

of Year Five children (approx. 275,000) can **access Bikeability** training at their school



"My son finished his beginner bike training today... and I just wanted to say how much he enjoyed it. He is now riding independently and is really pleased with himself! The trainers were excellent and I will definitely recommend the training to other parents."

"It's brilliant being on our bikes and being with your friends."

"THANK YOU... for giving me the gift of safety whilst cycling. I will never forget the fun that I had."

What TABS members said about TABS national training conference 2015:

"Very relevant to discuss common goals, problems and look at solutions through the workshops."

"Very useful, great opportunity for networking too and checking in with other schemes for top tips."

"It felt as if the whole Bikeability movement had come of age!"

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tabs-uk.org.uk