

Case study

Cowley International College

Fact file

Client:

Cowley International College

Location:

St Helen's, Merseyside

Frequency:

Ongoing



Situation

Cowley International College prides itself on its commitment to promoting healthy lifestyles and protecting the environment. This is evident from the wide range of extra curricular activities and facilities provided for pupils.

In line with this approach the college were keen to increase the numbers of pupils cycling to school and using the cycle facilities on site, and planned a school-wide promotion of cycling as a healthy and environmentally friendly form of travel during spring and summer term 2012 to achieve this.

The College contacted BikeRight! to find out more about cycle training available for secondary school pupils that could complement this promotion.

Our Solution

BikeRight! suggested Bikeability Level 3 training, which 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 the training was delivered as an entire Year 7 activity, to give all pupils the opportunity to improve their cycling skills and ensure their safety when cycling, and give them more confidence to cycle to school.

A timetable of two-hour training sessions over two weeks was devised in collaboration with staff to accommodate anticipated numbers, along with loan of equipment such as helmets and bikes to top up the school's own supply.

By making the cycle training an opt-out rather than opt-in activity the college achieved a high uptake, and BikeRight! delivered training to over 135 Year 7 pupils in groups of three per instructor, giving them an experience of Level 3 cycling on roads around the college.

Pupils taking part in Level 3 training were awarded certificates at a special presentation assembly, celebrating their hard work and achievements.

Benefits

- The training increased awareness and knowledge amongst participants, enabling them to be better, safer cyclists
- Pupils taking part really enjoyed the sessions while learning valuable life skill, proving cycling can be fun!
- Pupils of differing abilities were catered for
- The training aimed to increase the number of pupils cycling to school on a regular basis
- The college clearly demonstrated its commitment to the health, safety and wellbeing of its pupils

"BikeRight! made my job easy both in planning and during the training. I was kept informed and they did everything necessary to ensure smooth running of the courses."

Cycle training is now part of our PE development plan. We will definitely do it again next year."



Making cycling viable, safer and better



Case study

SEN - Cycling by numbers

Fact file

Client:

Children with Special Educational Needs

Location:

Schools in Greater Manchester and Warrington

Frequency:

Ongoing



Situation

Few people, if any, have a recollection of taking their first steps, and for most of us, the memories we associate with learning to ride a bike are seldom clear. Once we've acquired the necessary skills, it's surprising how quickly we forget how frustrating the process may have been at the time.

For some people, however, there are additional problems to overcome. There may be physical constraints affecting coordination and fine motor control, both of which are prerequisites for independent cycling. For some, the barriers to learning may be mental or emotional. Irrespective of how these issues present themselves, one certainty remains: we are all individuals and we all learn in our own particular way.

Our solution

It's important to remember when working with children, especially those with special educational needs that what works for one doesn't necessarily work for another. Sensitivity is the key, and the way in which new concepts and skills are introduced requires patience and careful consideration.

BikeRight! has a range of approaches that are both flexible and effective in teaching children with varying needs the basics

of riding a bicycle. Taking the pedals off the bike, for example, to help a child develop balance, or allowing the children themselves to design the course to cycle around, giving them confidence and familiarity. Using counting games is often very effective.

Benefits

- Learning a valuable life skill
- Gaining independence and confidence
- Allowing integration with other children
- Being included in physical activities

One...Two...Three...How did that feel?

"Again! Again!" was the reply.

So, by threes, fours, and then fives, we made our way around the playing field.



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Case study

Russell Scott Primary School

Fact file

Client:

Russell Scott Primary School

Location:

Tameside,
Greater Manchester

Frequency:

Ongoing



Situation

Russell Scott primary school were looking for a cycling course for children in reception class but were unable to find anything suitable for children aged 5-6. Bikeability was too advanced as most of the children could not yet ride a bike.

Our solution

BikeRight!s PrePedal course is specifically designed for teaching children to ride. Playing carefully designed games using specially designed balance bikes is a great way to teach children the basics of bike riding.

The BikeRight! course is designed specifically for working with children and introduces them to riding on balance bikes and later on progression to pedal bikes

The PrePedal course is based on basic skills that older children and adults learn on a full size bike but these skills are taught to younger children on bikes that have no pedals but otherwise have all the features of a full size bike.

Benefits

The school recognised the benefits of children learning gross motor skills on a bike at such a young age. The children tried out numerous fun activities using the balance bikes.

Both class teachers said they enjoyed the course and it was well received by the children.

“The children had a fantastic time”

“We liked the bikes and the man who came to teach us”



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Case study

Refugee Action

Fact file

Client:
Refugee Action

Location:
Platt Fields Park, Manchester

Frequency:
36 courses delivered between
September 2013 and May
2015



Situation

Refugee Action approached us with an idea to encourage their clients to set up a cycling club to enable them to access services, expand their horizons in a cost-effective way and to build social connections with other like minded people.

- Many of the trainees did not speak English fluently; the training helped them practice their language skills and to mix with British people
- Through progression of the training the refugees were able to move from leisure cycling to commuting, giving them more freedom to find work

Our solution

We offered Refugee Action some funded places on the Freewheeling programme. This meant that each attendee had access to a bike to learn basic bike skills, progressing onto Level 2 intermediate cycling and then to the advanced Level 3 training.

Several of the BikeRight! employees became engaged in supporting Refugee Action in other ways – building bikes to be donated to attendees, fundraising and working with refugees to access other courses from BikeRight!

Benefits

- Lent bikes and helmets to each attendee and allow them to attend at infrequent times due to various constraints due to their circumstances
- Flexibility of attendance was allowed for, to cater for the constraints of the trainee circumstances

“Thanks for all of your support with the Cycling Club over the past few years – it’s been a fantastic programme and we couldn’t have run it without you”

“It was really fantastic to meet new people and deal with the wonderful staff of the club, it was a stress reliever which helped us to release from the tensions in our life”

“The time I spend riding is great and getting together with the others gives me joy. Please don’t stop this session, it is wonderful.”

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Case study

Willow Park Housing Trust

Fact file

Client:

Willow Park Housing Trust

Location:

Wythenshawe,
Manchester

Frequency:

One-off sessions



Situation

BikeRight! was approached by the Willow Park Housing Trust HR Director. She was keen to offer cycle training to staff in order to support and encourage cycle journeys both to and for work. A small number of staff regularly cycled to work but had not had any training in the past. The Trust wanted to encourage more people to try commuting by bike. As many employees lived locally this was a realistic aim that would improve the health, fitness and well-being of staff whilst reducing the Trust's carbon footprint and car parking requirements.

The Trust was also keen to encourage staff to travel by bike on site visits and regular patrols. Housing wardens usually travelled around the area in Trust vans but a switch to a bicycle, at least for some journeys, would save money. The Trust also wanted employees to be visible and more approachable when out and about in the area – using bikes is an ideal way to achieve this and also allows staff to be more knowledgeable about the community they are working in.

Our solution

BikeRight! discussed specific training needs with the Trust's HR Team. After establishing what the staff and the Trust hoped to gain from the training, National Standards for Cycle Training sessions were scheduled at three different office sites.

In total BikeRight! delivered training to 11 employees. Some participated in the training because they were interested in cycling to work whilst others were asked to attend so they could cycle for work purposes in the future. BikeRight! ensured employees received the training in small groups where all participants had the same goal and similar abilities.

For those considering cycling *to* work we delivered National Standards Level 2 training on quiet side streets before moving on to advanced Level 3 training. We tried to incorporate the main routes into the office so that participants experienced the exact roads and junctions they would use in future. The session for the trainees who would be cycling *for* work was designed using the routes they were likely to take in the course of their duties. Some participants were initially not keen

to cycle for work – but the training gave them confidence and provided first-hand experience of the ease and benefits of cycling.

Benefits

- Participants gained vital knowledge to be safer on the roads
- Individuals gained the confidence to cycle more frequently
- The Trust is assured that staff have received training to the National Standards for Cycle Training
- The Trust implemented measures to reduce its carbon footprint

Participants rated the course as "Excellent" and stating that they felt inspired to cycle more after training.

"My confidence and competence on the road has improved as a result of the training session."

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