



sustrans

JOIN THE MOVEMENT

I Bike



What is I Bike?

I Bike is a schools project giving children & young people the skills and confidence to walk, scoot and cycle to school and beyond.

I Bike aims to create a culture of walking, cycling and scooting in schools, promoting a safer, happier and healthier school community. We can help you increase the number of students who come to school by active travel (biking, walking, scooting and skating) by an average of 5.4% (average from past pupil surveys). This reduces congestion, creates a safer school environment, and increases physical activity on the school journey and in curriculum time - the average drop in pupils being driven to school is 4%.*

- **Partnership:** We will work with you and your team to help deliver your aims (eg of your active travel strategy). If you have a particular goal we can factor this in when working with schools.
- **Empowering Staff:** Teachers and school staff are supported, trained and mentored to embed physical activity and outdoor learning into the school day.
- **Volunteers Supported:** Local volunteers are recruited and trained to increase the support available to schools, including opportunities for parents to get involved in school activities.
- **Targeted Interventions:** We increase female participation in walking, cycling and scooting. We also work with school clusters across primary and high school ages to address the drop in cycling when pupils start high school.
- **Infrastructure Projects:** I Bike can enhance infrastructure projects by engaging the school community in developments, as well as encouraging people to change their travel choices. For larger scale *Places for Everyone* projects there are opportunities to have I Bike embedded as part of the behaviour change programme.
- **Legacy:** I Bike promotes a self-sustaining model, meaning schools continue to maintain a culture of active travel once the Officer moves on to work with new schools, typically each year.

*Hands Up Scotland Survey data



Figure 1 - What I Bike provides

Why work with us?

I Bike specifically targets the school run. This encourages the whole school community (including teachers, parents and carers) to be more active.

I Bike helps Local Authorities implement the National Transport Strategy (2016) which notes that:

"We need to tackle the congestion problems in many of our cities and towns, including those caused by the School Run which also lead to inactive lifestyles for our children and road accidents which cause deaths and injuries and contribute to problems of congestion and unreliable journey times."

Since 2009, I Bike has worked in a total of 375 schools across Scotland, engaging with more than 75,000 pupils. In I Bike schools an average of 7.1% of pupils travel to school by bike, compared to the national average of 3.7%.*

I Bike has also contributed to an average 8% increase* in active travel in schools, compared to those without I Bike.

*from H.U.S.S data analysis



Local Authority benefits:

- **Active, local volunteer recruitment along with training, mentoring and engagement of volunteers and teachers, making the project more sustainable in the longer term.**
- A dedicated, full time, I Bike Officer to deliver the project in schools selected by you.
- Full project administration by Sustrans including staff and volunteers all managed by an experienced team, plus resources provided (including IT equipment and officer budget of £8000 + for purchasing equipment, as well as access to discounts).
- Provision of activity resources such as: lesson plans, bike breakfast materials, cycle maintenance, bikes, scooters, helmets and other equipment all as part of the project cost.
- Training and awards for schools.
- Community engagement in infrastructure and place-making projects via school communities.
- Can be tailored to the needs of local Active Travel Strategies / projects / (e.g. school parking).



School benefits:

- **Pupils arrive to school ready to learn, increase their overall physical activity, improving their physical and mental health.**
- Pupil-led, tailored programme which fits with individual school priorities and needs.
- Teachers receive training and CPD plus resources which they can continue to use themselves and with pupil groups.
- Involvement of parents and local volunteers, upskilling them to support the schools' work and building capacity for sustaining the programme.
- Intensive work results in pupils gaining a range of skills and experiences.
- Supports the school to gain Cycling Friendly awards with access to funded grants.
- Increase in active travel to and from school resulting in a reduction in traffic during the school run.
- Higher awareness of active travel throughout whole school community.
- Access to discounted bikes, scooters and equipment.

How is I Bike delivered?

There is a wide range of activities, events, resources, equipment and training I Bike can provide, including:

Activities	Events	Resources	Training
Cycle and scooter training	Pedal powered cinema	Access to bikes/scooters loaned to schools	Bikeability
Led walks, bike and scooter rides	Active travel breakfasts	Sustrans volunteers	Cycle trainer/CTA
Journey planning	School Street closures	Online resources including lesson plans	Velotech/bike maintenance training
Road safety awareness	Big Street Survey	Delivery handbook including year planners	SQA's in high schools
Outdoor learning	Dr Bike safety checks	Funds for school resources	John Muir Award
Puncture repair	School challenge events	Discounts on equipment	Mentoring to run activities

We will tailor activities around each school's curriculum objectives.

The outcomes of the project are measured using a variety of methods that provide robust evidence of its' impact. The results include changes in mode of transport for pupils, physical activity levels, staff and partner opinion surveys. These are shared with the schools and LA on an annual basis.





How much does it cost?

I Bike is supported by Transport Scotland and is offered as a match funded project.

There are two funding options for the delivery of I Bike:

Match Funded

Through Transport Scotland grant funding, Sustrans will match your contribution by 50% reducing your overall cost to 50% after funding. This match cannot be via another Transport Scotland source (eg SCSP).

Fully Funded

You pay the total annual project cost but fund the project through Paths For All's Smarter Choices, Smarter Places fund.

Potential funding sources:

- [Smarter Choices Smarter Places](#)
- Cycling Walking Safer Streets
- Air quality funding
- Places for Everyone capital funding (where associated with an infrastructure project)



Who is involved?

I Bike is currently delivered in: Aberdeenshire, Aberdeen, Dumfries & Galloway, East Dunbartonshire, Edinburgh, Falkirk, Inverness, Perth and West Lothian. We share learning and insight of I Bike delivery across the country.

95% of partners we work with would recommend I Bike to other organisations.

Embeds active travel within Schools

“Our I Bike Officer has helped schools take up cycling or scooting sessions and show them how easy it is to take forward themselves. It has tied so well into the CFE that year 2 schools have managed to keep going with the project because they feel it is worthwhile and meets their aims as much as ours which is key.”

- Joanna Stewart, Strategy Development Officer Aberdeenshire Council

Enhances Community engagement in active travel

“Over the years the I Bike Officers have provided a valuable link between the schools and the local community. The I Bike Officer is now an established part of the P&K team and we could not do without an Officer who makes the connection between the Traffic & Road Network team at the Council and the schools. Any authority that does not have an I Bike Officer is missing out on a valuable asset.”

- Brian Cargill, Senior Engineer Perth and Kinross Council

Tackling the school run and parking issues

“Exceptionally good resource tackling the many issues surrounding low levels of physical activity, issues with parking around schools, issues with low level of active travel.”

- Michelle Kirkbright, Community Regeneration Officer West Lothian Council

To find out more:

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