

# Bikeability Scotland and I Bike

Cycling Scotland and Sustrans Scotland are committed to supporting school children across Scotland to develop skills and access bikes, facilities and opportunities to enjoy all the benefits of cycling, in line with the Cycling Action Plan for Scotland.

## Bikeability Scotland

- Bikeability Scotland cycle training supports pupils to develop an essential life skill: the ability to ride safely and confidently on-road.
- The Scottish Parliament unanimously passed a motion in 2012 calling on the Scottish Government to ensure that every child in Scotland has the opportunity to undertake on-road cycle training. The Scottish Government's Cycling Action Plan for Scotland supports the roll-out of Bikeability Scotland cycle training through schools, particularly in on-road training
- There are three levels to Bikeability Scotland, meeting national standards of cycle training.
  - Level 1 develops bike handling skills; usually delivered in primary 5 in a playground setting.
  - Level 2 is the most popular and important level and introduces skills and learning to ride safely on roads and is typically delivered in primary 6 or 7.
  - Level 3 develops advanced road skills and can be delivered in primary 7 or more frequently in secondary school.
- Cycling Scotland provide free access to resources and instructor training and training pathways, and offer local authorities grants to develop their on-road training offer.
- Essential to the successful delivery of Bikeability Scotland is an identified and committed local authority coordinator to ensure all schools have access to training, meet the council's statutory requirements and deliver a training programme in line with specific local operating procedures, such as PVG applications for instructors.
- The Bikeability Scotland programme is managed by Cycling Scotland on behalf of the Bikeability Scotland Delivery Group and is delivered by participating local authorities.

## I Bike

- Sustrans' I Bike projects work in schools to get more young people cycling, more often and to encourage more active travel to school. Officers deliver a tailored programme of activities designed to bring about long-term behavioural change. The programme provides intensive support to identified clusters.
- Among many other activities, I Bike Officers can support schools to participate in the Bikeability Scotland programme where this is in partnership with the local Bikeability Scotland coordinator.
- I Bike Officers can help encourage school staff, volunteers and parents to train as Bikeability Scotland Instructors, and to provide mentoring support to schools and pupils to benefit from the scheme.
- In some cases, with the agreement of the local authority and Bikeability Scotland coordinator, officers can deliver CTA training to staff and parent volunteers.
- I Bike volunteers are trained in CTA and in some cases also in CT to be able to support schools and are able to continue helping with Bikeability Scotland training after the I Bike officer has started working with new schools ensuring a lasting legacy.

## Working together

- The role of the Bikeability Coordinator is to support all schools across a local authority to access and deliver cycle training as a life skill.
- The role of the I Bike Officer is to provide opportunities and education to support staff, pupils and parents/carers in identified schools to make responsible and sustainable travel choices.
- An I Bike Officer cannot be a substitute for a local authority Bikeability Scotland coordinator. Schools and local authorities experiencing challenges in delivering Bikeability should contact Cycling Scotland.

Local authorities and schools can expect to see the biggest impact on young people for cycle training and opportunities to ride where a dedicated Bikeability Coordinator and an I Bike Officer are present.