

# Report

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Report to:	<b>Roads Safety Forum</b>
Date of Meeting:	<b>12 December 2016</b>
Report by:	<b>Executive Director (Community and Enterprise Resources)</b>

Subject:	<b>Bikeability Scotland Cycle Training</b>
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## 1. Purpose of Report

1.1. The purpose of the report is to:-

- ◆ advise the Forum of the Bikeability Scotland Scheme within South Lanarkshire schools for the previous completed academic year

## 2. Recommendation(s)

2.1. The Forum is asked to approve the following recommendation(s):-

- (1) that the contents of the report are noted.

## 3. Background

3.1. Bikeability Scotland is the name for multi level Cycle Training in Scotland, designed to give the next generation the skills and confidence to ride their bikes safely on today's roads.

The three levels of Bikeability Scotland form part of the Scottish Government's Cycle Action Plan for Scotland (CAPS) and align to the National Standard for Cycle Training developed on behalf of the Department for Transport. Cycling Scotland has responsibility for the administration and development of this programme nationally.

3.2. The following Bikeability Scotland levels are coordinated and supported by the Council's Traffic and Transportation Section.

Bikeability Scotland Level 1 - Teaching children the basic skills of riding a bike such as balance, control and making turns. This is offered to children in Primary 5 and takes place in the playground.

Children who have participated in Level 1 should be able to:-

- ◆ get on their bike, start cycling, then stop and get off
- ◆ ride their bike using the brakes and gears
- ◆ control the speed of their bike properly
- ◆ make their bike go where they want it to, including moving around objects safely
- ◆ stop quickly if they need to
- ◆ look all around them when riding, including behind, without wobbling
- ◆ give their bike a simple check to ensure it is road-worthy

Bikeability Scotland Level 2 - Teaching children how to ride a bike safely on the road and navigate basic junctions. It is usually delivered to children in Primary 6 and is designed to be delivered on a quiet risk assessed road after basic skills have been taught in the playground.

Children who have participated in Level 2 should be able to:-

- ◆ start and finish a journey by road, including passing parked cars
- ◆ be aware of everything around them and signal their intentions to other road users
- ◆ position themselves properly on the road and pass side roads
- ◆ use junctions including left and right turns into major and minor roads
- ◆ use the Highway Code and understand their responsibilities as road users

#### **4. Academic Year 2015/2016**

4.1. All primary schools were invited to participate within Bikeability Scotland Level 1 and Level 2 training during academic term 2015/2016.

4.2. To support the programmes, the certified one day “Cycle Training Assistant” training course was offered to all new or existing school trainers/volunteers looking to update their skills and knowledge to National Standards for cycle training and Bikeability Scotland Level 1 and Level 2 programmes.

4.3. Five “Cycle Training Assistant” courses were successfully delivered by Traffic and Transportation Officers approved by Cycling Scotland as certified training providers.

These courses are highly practical, with candidates demonstrating, teaching and participating within Level 1 and Level 2 activities. They also cover subjects such as risk assessment, bicycle safety checks and the importance of cycle helmets.

4.4. These courses have increased local capacity to deliver the Bikeability Scotland Level 1 and Level 2 programmes by competent and certified trainers, including the “on-road” element of Level 2. Exposure to the real life road setting is viewed positively by trainers and this will continue to be promoted.

4.5. 52 candidates were certified as Cycle Training Assistants after successful completion of a “Cycle Training Assistant” course.

4.6. A grant of £10,400 was successfully awarded from Cycling Scotland’s “Bikeability Scotland Grant Fund” for 2015/2016. Funding was used to provide additional equipment and materials to “on-road” schools and to fund the “Cycle Training Assistant” courses.

#### **5. Assessment Procedures**

5.1. Bikeability Scotland is offered on a continuous assessment basis. This entails the teacher/ trainer assessing pupils throughout training or during the final training session and grading their competence against set learning outcomes.

5.2. Pupils have individual learning outcomes rated in a traffic light system of red (developing), amber (consolidating) and green (secure) which mirrors the terminology and assessment framework within Curriculum for Excellence.

## 6. Results

6.1. Results from the academic term 2015/2016 are as follows:-

- ◆ 801 pupils from 48 schools completed the Level 1 course
- ◆ 939 pupils from 48 schools were subject to assessment at Level 2. This included 716 pupils from 35 schools completing Bikeability Scotland Level 2 to National Standards by having an element of “on-road” training
- ◆ 26 schools delivered multi-level training i.e. both Level 1 and Level 2
- ◆ approximately 105 trainers and 37 adult helpers conducted 457 lessons (including 119 “on-road”) accumulatively across participating schools at Level 2. A further 88 pupils completed theory only elements of the Level 2 course
- ◆ approximately 84 trainers and 21 adult helpers conducted 314 lessons accumulatively across participating schools at Level 1

Training results are summarised in the table below for the last three academic years.

	No. of schools 2013-14	No. of schools 2014-15	No. of schools 2015/2016	No. Of pupils 2013-14	No. of pupils 2014-15	No. of pupils 2015/2016
<b>Level 1</b>	35	42	<b>48</b>	664	842	<b>801</b>
<b>Level 2 Playground</b>	26	14	<b>13</b>	607	299	<b>223</b>
<b>Level 2 “on-road”</b>	39	39	<b>35</b>	934	827	<b>716</b>
<b>Total No. of Pupils</b>				2,205*	1,968*	<b>1,740*</b>

*\*An element of duplication may be present where pupils have undertaken both levels during the same academic year.*

6.2. Cycle helmet usage continues to be monitored. Out of the 1,740 pupils taking part in Level 1 and Level 2 training, 92% (1,591) were wearing a helmet.

There has been a significant increase in helmet wearing since the initial measure taken during 2005/2006. This recorded 55% of pupils to be wearing a helmet. The introduction of mandatory cycle helmets during “on-road” training has had a positive effect on figures. Helmet wearing will continue to be promoted. Trends are shown in the following table:-

<b>Cycle Helmet Wearing</b>	
Academic Year	Percentage of Pupils
2015/2016	92%
2014/2015	97%

2013/2014	93%
2012/2013	90%
2011/2012	89%
2005/2006	55%

## **7. Bikeability Scotland Awards**

- 7.1. The Bikeability Scotland awards ceremony forms part of Cycling Scotland's annual conference programme. Awards granted are 'Bikeability Coordinator of the Year', 'Bikeability Volunteer of the Year' and 'Bikeability Pupil's Choice Award'.
- 7.2. Two awards were presented to South Lanarkshire Council employees during the 2015 Cycling Scotland conference. Jan Brownlie of Blackwood Primary School received the 'Highly Commended' Pupil's Choice Award. Colin Smith, Assistant Road Safety Training Officer, received the 'Highly Commended' Bikeability Coordinator of the Year Award.

## **8. Future Developments**

- 8.1. Bikeability Scotland Level 1 and Level 2 programmes will be offered to each primary school on an annual basis. The "Cycle Training Assistant" course, for school staff and community volunteers who wish to deliver to National Standards Level 1 and/or 2, will be made available in tandem.
- 8.2. Level 2 "on-road" training will continue to be promoted and additional support and equipment will be provided to support the transference of skill from the artificial playground environment to risk assessed residential streets as funding and staffing allows.
- 8.3. The Assistant Road Safety Training Officer will continue to attend Cycling Scotland's "Bikeability Scotland Delivery Group". This delivery group develops, researches, consults on and steers the activities of Bikeability Scotland nationally. Members comprise of Cycling Scotland, Road Safety Scotland, Sustrans, Scottish Government, Education Scotland, Cycling UK, Scottish Cycling, Sports Scotland, Road Safety West of Scotland and Active Schools representatives.

## **9. Employee Implications**

- 9.1. There are no employee implications associated with this report.

## **10. Financial Implications**

- 10.1. Printed training materials are provided free of charge by Cycling Scotland.
- 10.2. A grant of £10,400 was received from Cycling Scotland for academic year 2015/2016. This funding met the cost of "Cycle Training Assistant" courses, cycle helmets, road warning signs and bicycle maintenance expertise.
- 10.3. A grant of £13,050 from Cycling Scotland's "Bikeability Scotland Support Plus" fund has been allocated to facilitate the continuation of this work during academic term 2016/2017.

## **11. Other Implications**

11.1. There are no risk or sustainability implications in terms of the information contained in this report.

## **12. Equality Impact Assessment and Consultation Arrangements**

12.1. This report does not introduce a new policy, function or strategy or recommend a change to an existing policy, function or strategy and, therefore, no impact assessment is required.

**Michael McGlynn**  
**Executive Director (Enterprise Resources)**

16 November 2016

### **Link(s) to Council Objectives and Values**

- ◆ Improve and maintain health and increase physical activity
- ◆ Improve community safety
- ◆ Develop a sustainable Council and communities
- ◆ Improve road network and influence improvements in public transport
- ◆ Achieve efficient and effective use of resources
- ◆ People focussed

### **Previous References**

Road Safety Forum 12 November 2014.

### **List of Background Papers**

None.

### **Contact for Further Information**

If you would like to inspect the background papers or want further information, please contact: - Colin Smith, Assistant Road Safety Training Officer  
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