

# Education Children and Families

10am, Tuesday, 31 January 2023

## Bikeability in Primary Schools

Item number  
Executive/routine  
Wards All  
Council Commitments

### 1. Recommendations

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- 1.1 The Education Children & Families Committee is asked:
  - 1.1.1 To note this update report and the progress made on the delivery of Bikeability in Primary Schools.
  - 1.1.2 To note the challenges faced by some schools and the various solutions available to overcome them.
  - 1.1.3 To agree to receive a further progress update at the end of the academic year.

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# Education Children and Families

## Bikeability in Primary Schools

### 2. Executive Summary

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- 2.1 Further to a motion at the Education Children & Families committee in September 2022 on the path to 100% Bikeability for Edinburgh's primary schools, a report on progress was requested for the January 2023 committee.

The motion requests a report on the following:

- 2.1.1 Support for Active Schools to promote Bikeability uptake by schools not currently offering both Level 1 and 2. Work with Head Teachers and Active Schools to identify any barriers to uptake and providing recommendations on ways to address these.
- 2.1.2 Methods for re-communicating the scope and the benefit of the free offer to schools.

### 3. Background

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- 3.1 The City of Edinburgh Council works in partnership with Cycling Scotland to deliver cycle training in primary schools. We successfully request grant funding annually which funds a part time co-ordinator, mentors who assist our volunteer trainers and pays for teacher cover to allow for teacher training. Edinburgh's Active Schools Co-ordinators have a significant remit to recruit volunteers, deliver training to staff and volunteers and to co-ordinate training in primary schools.
- 3.2 Bikeability is accredited cycle training delivered to schools at levels 1, 2 and 3, and is designed to give children the skills and confidence they need to cycle safely on today's roads. Level 2 is taught on-road and teaches children the skills necessary to be able to negotiate most on-road situations.

### 4. Main Report

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Responses to the motion are below:

- 4.1 All primary schools are offered Bikeability annually. The offer is made by the Active Schools Co-ordinator in each Learning Community. Additionally some schools are identified as I-Bike schools by Sustrans who deliver bikeability directly to the school.

Annual statistics below show an improving trend in uptake of bikeability level 2 since the pandemic. (2022-23 information will be available from August 2023).

	2018-19	2019-20 (Covid)	2020-21	2021-22
<b>Number of schools delivering Level 2 bikeability</b>	49	6	24	46
<b>% Schools delivering Level 2 bikeability</b>	56%	7%	27%	51%
<b>Number of pupils receiving Level 2 bikeability</b>	2567	211	1190	2857

- 4.2 One of the limiting factors for schools is their capacity to deliver. The ability to release teachers to deliver bikeability to small groups can be challenging, and the difficulties of recruitment, training and subsequent availability of volunteers is also restrictive.
- 4.4 The geography of some schools can be an issue if there are no local safe spaces such as a quiet residential area for cycle training to take place.
- 4.5 Access to bikes is difficult for some schools, while we have been able to provide a pool of bikes to some of the schools that needed them most over the years, maintenance and upkeep has not been sustained.
- 4.6 Bikeability is offered to all City of Edinburgh Council mainstream primary schools in Edinburgh via Active Schools Co-ordinators or Sustrans. It is also offered to special schools and to specific high schools which are in our Bike4Ever programme – see 8.1 for further information.
- 4.7 Cycling Scotland provide enough resources to facilitate delivery in all our schools. Our grant funding from Cycling Scotland allows us to provide training courses for volunteers, including teacher cover for schools that need to release teachers for training. The funding also allows us to pay for mentors who can help to upskill volunteers and teachers.
- 4.8 Colleagues in Outdoor Learning accessed funding to enable the maintenance of bikes stored at schools. Over 30 school and over 180 bikes have benefited from this.
- 4.9 Our Active Schools team were recently trained as Bikeability Scotland Instructors which enables them to do some of the delivery, if required.
- 4.10 Some schools have engaged Young Ambassadors and Sports Leaders from the high schools to support the delivery of bikeability. This has been successful and is an area that we will explore in other areas. We also plan to re-establish an Active Travel working group with colleagues from the Active Travel team in Place, and third-party organisations.
- 4.11 Although the pandemic prevented so much activity from taking place for a period of time, as we emerged from lockdown, there was a noticeable increase in enthusiasm

for cycle training. Looking at the plans for January to June 2023 there is early indication that we are on course for 58 primary schools to participate in level 2 training in 2022-23.

4.12 Further positive news is that we have a dedicated officer 0.4FTE who has accessed funding and coordinated additional cycling programmes across the city. The funding includes:

- £25,000 for adapted bikes from Cycling Scotland (additional to the £20,000 for bikeability)
- £30,000 for Bike4Ever from Smarter Choices Smarter Places (see 8.1)
- £66,000 over 3 years from sportscotland/Cycling Scotland for a range of inclusive programmes (this funding is not yet confirmed)
- £2,000 Community Benefit Fund from Belac for cycle supplies such as helmets, lights, locks etc.

## **5. Next Steps**

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5.1 Identify and focus on primary schools that have not delivered bikeability in the last few years and work with them to identify solutions.

5.2 Re-instigate the Active Travel working group to collate resources, identify gaps

5.3 Continue to offer bikeability to all primary schools.

## **6. Financial impact**

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6.1 There is no additional financial impact.

## **7. Stakeholder/Community Impact**

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7.1 Schools and Lifelong Learning staff will continue to engage with key stakeholders over the impact of future service delivery. The emphasis will be on ensuring that robust systems remain in place to measure not just the quantitative but also the qualitative impact of participation in cycle training.

## **8. Background reading/external references**

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N/A

## **9. Appendices**

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9.1 Appendix 1 Smarter Choices Smarter Places



**Smarter Choices Smarter Places**

**Edinburgh School's Cycling Project 2022-23 – BIKE4EVER**

**Project Outcomes:**

- To increase the number of pupils cycling within the school and home environment
- To increase the number of pupils and families cycling as a form of transport including to and from school
- To increase the number of trained deliverers at schools including school staff, parents and senior pupils
- To increase the confidence of pupils both on-road cycling and off-road cycling
- To increase the skill and ability level of pupils cycling
- For pupils and families to enjoy cycling as an activity and mode of transport

**Target Age Group:**

- S1 pupils / targeted approach

Rationale – Capitalise on the enthusiasm created in primary schools from bikeability to Secondary schools to ensure cycling is a lifelong activity but also use a targeted approach to ensure a meaningful group of pupils gain this experience.

**Time-Scale:**

- April 2022- March 2023
- Term 3 2022 and term 1 2023

Rationale – Run project during term-time when the weather is best.

### **Potential Project Activities:**

- Each school/cluster project to be bespoke to its needs but activities could include:
  - Bespoke training for staff/teachers/parents/senior pupils including bikeability 3, bike maintenance and CPD.
  - Extra-curricular cycling clubs (linked in with Edinburgh Road Club where possible). Activities could include cycle trails promoting nearby cycle paths, cycling games, skill progression and possibly stunts/tricks.
  - Curricular provision of 'Cycle Skills' sessions. Activities could include cycle trails promoting nearby cycle paths, cycling games, bike maintenance, skill progression and possibly stunts/tricks.
  - Final activity of morning/afternoon trip to Glentress or family weekend cycling sessions.
  - Curricular provision of 'S1 Cycle Routes' Target all S1 pupils to discover local cycle routes on led cycle expeditions in and around school and community.

### **Project Condition:**

In order for schools to take part in this programme the HT/Senior Management must identify a member staff that will be responsible for cycling and hence be the 'Cycle Champion'. Their responsibilities would include working alongside ASC to provide annual BSI within the school, maintaining any bikes, attending BSI and bike maintenance training, exploring the option of using cycling as a form of transport to and from school events and appointing fellow school staff who will support.

### **Partnership Work:**

- Throughout each project we will work closely with key partners such as Brake The Cycle who can provide free bikes to pupils living in deprivation who don't currently have a bike at home ensuring access to cycling is sustainable.
- Other key partners include Edinburgh Greenspace Trust and Bikes For Refugees.
- Planned cycle rides to public gala days and community events will be explored and organised where possible.