

Summary of Findings | Evaluated by Dr Kay Inckle

# EVALUATION OF BIKEABILITY TRAINING AND CYCLING FOR STUDENTS ATTENDING SEND SCHOOLS



 bikeworks

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# BIKEWORKS

Bikeworks creates an inclusive environment for people to come together and enjoy cycling for travel, leisure and wellbeing.

## INTRODUCTION AND METHODOLOGY

Launched in 2007, Bikeability cycle training is a successful government-funded programme training for young people to cycle. The Bikeability Trust funds pilots to develop instructor CPD and deliver training to young people with a special need or disability to cycle. This report summarises the pilot findings evaluated by Dr Kay Inckle.

In keeping with the ethos of 'nothing about us without us' - students, their parents, and teachers actively participated in the evaluation by completing easy-read accessible surveys throughout the evaluation period. In total 135 surveys were completed about Bikeability training and the cycling showcases -where students, parents and staff got to try out a variety of accessible cycles.

## CONTEXT

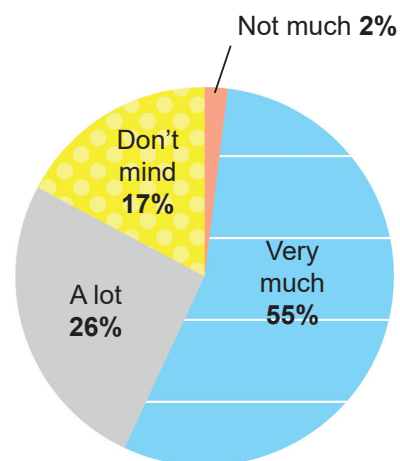
A major barrier to disabled people's access to cycling is lack of knowledge about the range of accessible cycles and the perception that cycling isn't for people with a disability. Students' experience of physical activity was also captured and showed that there is a high level of engagement in physical activity. 86% of respondents said they were physically active. This showed a positive bias for engagement in Bikeability cycle training since many of the students were already engaged in a form of physical activity.



# IMPACTS AND EXPERIENCES OF CYCLE TRAINING

The survey found that 81% wanted to cycle ahead of the training.

## HOW MUCH DO YOU WANT TO CYCLE?



### TESTIMONIALS

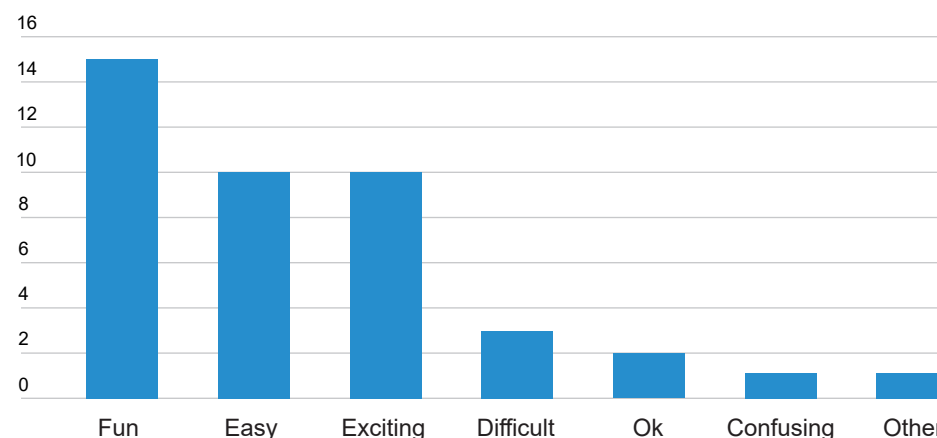
"I think cycling is good exercise for your legs."

"Cycling makes you burn calories fast after an hour."

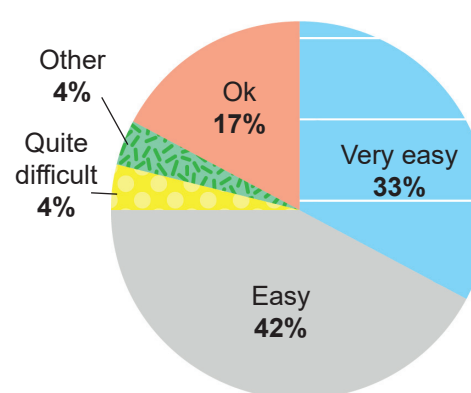
"I'm excited about cycling and I like cycling very much"

The post-training survey explored students' experience of the Bikeability training. Students chose from a range of descriptors (they could pick more than one) to explain their experience of cycling, the majority described it as fun, exciting and/or easy. None said that they didn't know or described it as scary, boring. One student ticked other and described it as "refreshing".

## WHAT DID LEARNING TO CYCLE FEEL LIKE?



## HOW EASY OR DIFFICULT WAS LEARNING TO CYCLE?



### TESTIMONIALS

"My instructor made learning how to cycle on the road fun and interesting"

"I really enjoyed it because I liked doing the bike riding on the roads"



# MEDIUM TERM IMPACTS AFTER 3-6 MONTHS

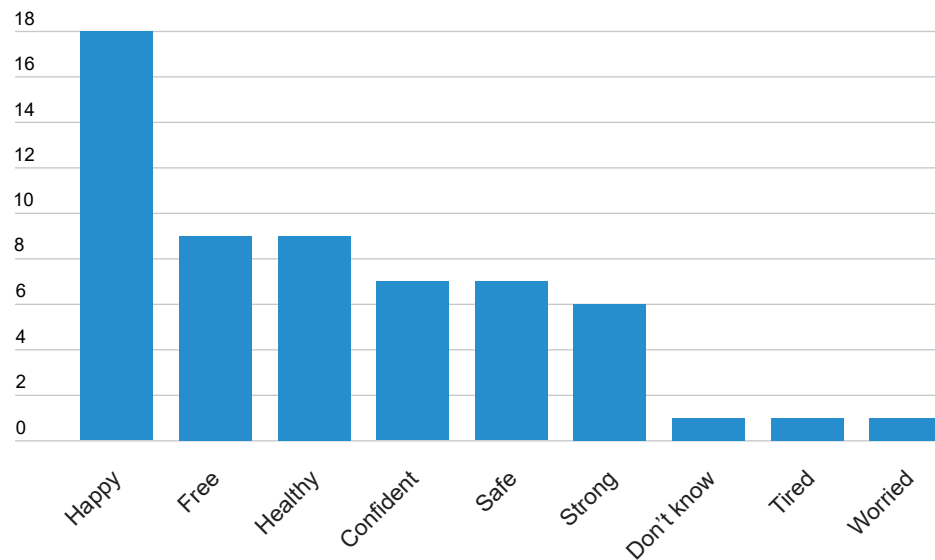
## “I love cycling”

At 6 months after the Bikeability training students were still reporting positively on their cycling experience in their free-text comments, stating that “I love cycling”, “I like it very much” and “cycling is very fun”.

Students were asked in surveys after 3 then 6 months to describe the impact of cycling. All responses were positive with no mention of negatives such as sad, scared, worried or upset.

## HOW DOES CYCLING MAKE YOU FEEL?

“It’s good for your mental awareness. It makes you concentrate on learning in class. Bicycling is a good experience.”

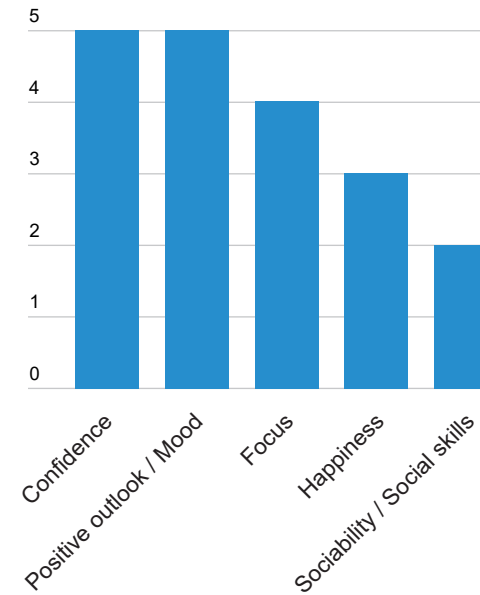






## TEACHER REPORTED IMPACTS

Teachers also completed surveys after the training, at 3 and 6 months.



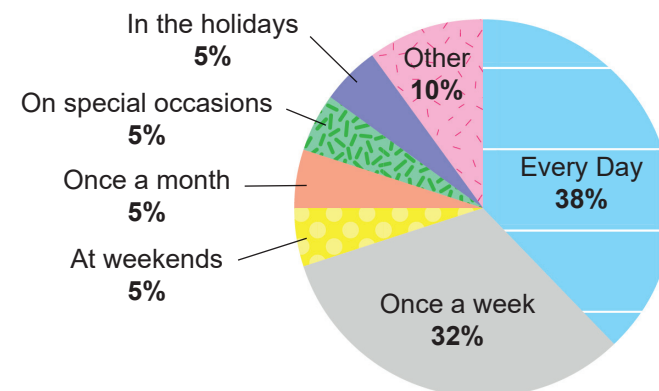
### TESTIMONIALS

"I feel the cycle Showcase has made an impact on confidence building for a number of our students."

"All of our students really enjoyed taking part in the cycling activity and I feel it is a good way for students to build confidence."

"A very good activity for the kids helping build confidence and gain good exercise."

## HOW OFTEN WOULD YOU LIKE TO CYCLE?





# CYCLING ASPIRATIONS

Here are some free-text comments from students, parents, and teachers.

## STUDENTS

"I would like to cycle a bit faster because it can be very quicker and get on time. And the directions were quite great."

"I want to ride a bike because I love to ride a bike at home or at school."

"It was a fun experience and I would like to cycle more."

"I would like to do tricks with a bike"

## PARENTS

"Cycle correctly and good balance."

"I hope he learns easily how to ride a bike."

"Learn to ride with confidence."

"We would be delighted for him to learn cycling road safety."

"My main hope is that Emily will be able to cycle on the road safely and independently."



## TEACHERS

"I would like the students to be able to ride the tricycles and bicycles confidently and independently."

"Sense of independence and cycling safely on the roads."

"I think this gives them some sense of achievement and independence as well as being active."

"We would really like the school to have a long-term plan with Bikeworks where we could identify students and the sessions and have a rolling programme i.e. new to cycling (complete beginners) to cycling safely on roads. ... The ultimate aim is we would like to get as many students cycling (safely) as possible and enjoying their local community."



# IN SHORT

## RECOMMENDATIONS

- There is a lot of interest and appreciation of Bikeability training for students in SEND schools (including and possibly beyond level 2) and the programme should be rolled out on a wider basis.
- The Showcase has a particularly important role to play where there is little knowledge or experience of cycling and/or accessible cycles amongst the participant groups and should be used as an introductory activity in these contexts.
- Gathering some prior knowledge of the level of physical activity and or/cycling experience within the school can be helpful in pitching the Showcase and Bikeability training correctly.
- Schools should continue to provide ongoing cycling activities in partnership with Bikeworks (or a similar local organisation) once the training is complete to help redress some of the barriers to cycling.
- Where partnership with a cycling organisation is not possible an “after-care” resource/plan can be drafted with the school to enable students to continue cycling in the longer term. This could include regular trips to an inclusive cycle centre, funding applications for cycle purchases etc by the school.
- Revisit the evaluation of the Bikeability CPD course. The instructors were rated highly by students and teachers and data from instructors will help to inform key components of the course.



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