

Current Council Led Cycling Activities in Barnet

Bikeability Cycle training to the under 16's

Schools Level 1 Bikeability training to Year 3 and 4 (4 hours over 2 days, playground based)

Schools Level 2 Bikeability training to Year 5, 6 and up (8 hours over 5 days, 2 hrs in the playground and 6 hrs on quiet residential roads)

Schools Level 3 Bikeability training to Year 7 and up (minimum of 2 hours on busy roads)

Holiday Bikeability cycle training took place over the October half term, Spring (Easter) and summer holiday.

In the academic year 2015/16 2,469 pupils received Bikeability training in 71 Barnet schools (including 2 SEN schools where 56 pupils received training). The following numbers attended each of the Bikeability training courses:

Level 1, 694 pupils

Level 2, 1738 pupils

Level 3, 37 pupils

Adult and Family Cycle Skills training

Adult cycle training has now been rebranded by TfL and is now called 'Cycle Skills'

The following training is delivered under the brand to correspond to the Bikeability levels and is now the standard message/promotion throughout London:

Basic cycle skills (corresponds to Level 1)

Learn to cycle with a free session tailored to you. You'll practice in a safe, off-road environment with a fully qualified instructor. In a session you'll learn the basics, build skills and gain confidence to navigate your local area.

Urban cycle skills (corresponds to Level 2)

Improve your cycling skills and confidence with a free session tailored to you. You'll start in a safe, off-road environment to refresh your cycling technique and develop new skills before moving on to practice on quiet roads. Your qualified instructor will support you throughout to help you cycle more confidently.

Advanced cycle skills (corresponds to Level 3)

Perfect your cycling techniques with a free one-to-one session with a fully qualified trainer. Improve your performance when dealing with complex junctions, heavy traffic or cycling at night and receive assurance that you are cycling efficiently and effectively. Sessions are tailored to your needs and fully funded by TfL.

Family cycle skills

Gain confidence and learn skills to cycle as a family with a free family cycling session. In the session a qualified instructor will teach you how to cycle with

children, using quiet routes and parks. These sessions offer the opportunity to build on, or prepare for Bikeability skills taught in schools.

In the financial year 2015/16 Barnet trained 261 adults.
29 families received cycle training.

Balance Bike training

Balance bike training has been delivered to Primary school teachers allowing them to deliver the training to their pupils themselves each year. Each school that receives the training also receives 6 balance bikes. In 2015/16 this was delivered to 9 primary schools and 54 balance bikes were given to schools.

Bike It Plus

Bike It Plus is a cycling programme devised by Transport for London with Sustrans (a national sustainable travel charity) that aims to increase the numbers of children cycling to school and to raise the profile of cycling in the school community. The project is match funded by Barnet through LiP funding. A Bike It Plus Officer (BIO) works with 2 clusters of schools, running a range of cycling activities such as skills training, Dr Bike sessions, Bikers breakfasts, Led rides, ditch the stabiliser sessions etc. Each cluster or hub consists of 5 primary schools and 1 secondary school, so that the BIO works intensively with each of the schools for one year and 2 years for the secondary school. The aim is to run 20 cycling activities within each school for the year. After the 'intensive' phase the school is then 'supported' at a distance where the aim is for the school to run various activities themselves with some support where required from the BIO.

Barnet has been running the Bike It programme from 2013/14 and started with one hub and progressed to running 2 hubs in 2014/15. In 2015/16 the BIO worked with a total of 29 schools.

School breakdown of pupils regularly¹ cycling to school during 2015/16 (Intensively engaged schools)

Hub 1

School	Pre Bike It Engagement (%)	Post Bike It Engagement (%)
Finchley Catholic High School	1%	1.4%
Frith Manor Primary School	2%	3.4%
Hollickwood Primary School	6%	17.6%
Manorside Primary School	2.4%	8.4%
Moss Hall Infant School	8.8%	9.2%

Tudor Primary School	7.3%	14.6%
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Hub 2

School	Pre Bike It Engagement (%)	Post Bike It Engagement (%)
Hendon School	0.7%	2.1%
All Saints' CofE Primary School NW2	3.4%	15.9%
Ayesha Community Education	0%	0%
Child's Hill School	8.9%	20.9%
St Agnes RC School	11.5%	19.8%
St Mary's CofE Primary School (N3)	10.1%	11%

The above chart shows cycling levels at the 2015/16 intensively engaged schools before and after Bike It Plus.

National Cycle Challenge

Since 2015 Barnet has been promoting and taking part in the National/Cycle challenge. The challenge gets workplaces across the UK competing to get the most employees cycling. In 2015 Barnet/Re came 51st out of the 461 organisations that took part in London.

The challenge in 2016 takes place throughout September and to support the challenge Barnet will be running Complete beginner cycle training sessions for staff as well as Dr Bike sessions where staff can have their bikes checked and minor faults fixed for free.

Dr Bikes

Dr Bikes have been held in schools and at tube and train stations across Barnet. In the financial year 2014/15 562 bicycles were checked/fixed. During summer 2016 Dr Bike events were held at the following stations along with the police who were invited along to security mark bikes:

East Finchley
Hendon Central
Finchley Central
Woodside Park
Edgware
High Barnet

The Dr Bike session provided a platform to promote Cycling in Barnet and the cycle training on offer to adults and children.

Led rides

Local Sky rides / Breeze rides are arranged and promoted in Barnet. These are local guided rides led by British Cycling members with the aim of getting more people cycling. There are usually 10-12 local Sky Rides that take place in Barnet each summer, but none were arranged by British Cycling for Barnet in 2016. A recent Breeze ride which aims to get more women cycling was arranged for Barnet staff on 6th July 2016 from NLBP to Allianz Park.

Cycle Grants for Schools

This TfL funding is used to support school led cycling activities that are sustainable over a period of time and are accessible to as many members of the school community as possible. Schools apply for this funding via the borough Cycling Officer for activities such as training staff to deliver learn to ride sessions, pool bikes, bike clubs, cycling events and activities, etc.

In 2016, 10 schools applied for and were awarded this funding.

