Cycling Scotland

# Bikeability Scotland – delivering life skills

Christopher Johnson, Head of Education and Training

03/09/2025

# About




Bikeability Scotland is the national cycle training programme for school children.

# Some stats

## Bikeability Scotland

- Over **half a million** pupils have participated in Bikeability Scotland since 2011
- **2/3rds** of Scottish primary schools timetable Bikeability Scotland cycle training
- **14** local authorities deliver on-road level 2 training in every primary school
- Bikeability Scotland is the largest school cycle training programme on record in Scotland

## Early Years Learn to Ride

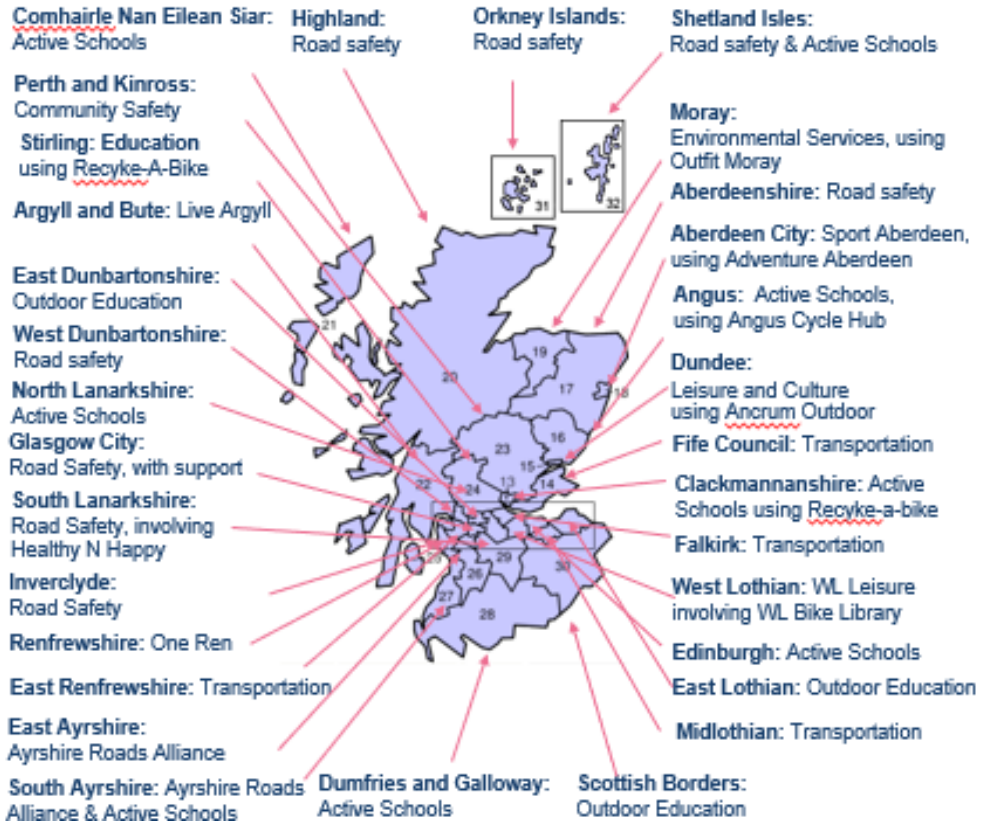
Over **10,000** children participating in play-based activity in nursery setting

## Road User Awareness Training

Over **2,000** S5/S6 pupils access Road User Awareness Training for learner drivers

# Bikeability Scotland is delivered in partnership

- The Bikeability Scotland Delivery Group provides programme governance. *Members include Transport Scotland; Education Scotland, Road Safety Scotland, Cycling UK, Scottish Cycling, Sustrans*
- 31 of 32 local authorities participate in Bikeability Scotland – recognising a statutory responsibility to provide road safety education
- Delivery takes place under local authority operating procedures, including risk assessments and insurance
- Delivery approaches vary locally: each authority is responsible for defining the coordinator's role and remit, and the most effective delivery model.
- All training is delivered to a quality-assured, national standard to ensure consistent learning outcomes for all pupils



# The National Standard for Cycle Training

Cycling Scotland

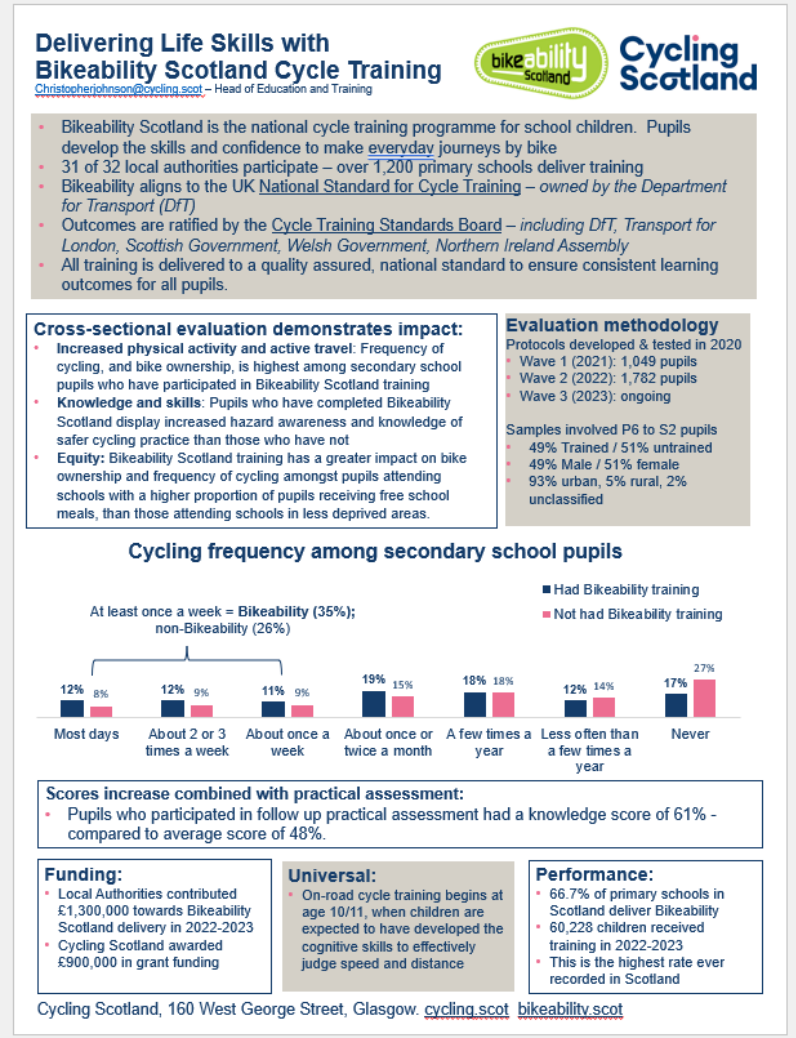
## Core Skills

- Ride in **CONTROL**
- Make good and frequent **OBSERVATIONS**
- Change and maintain the most suitable riding **POSITIONS**
- Understand **PRIORITIES**, particularly at junctions
- Communicate and **SIGNAL** intentions clearly to others






# Bikeability Scotland



Delivering Life Skills with Bikeability Scotland Cycle Training

Christopherjohnson@cycling.scot – Head of Education and Training

- Bikeability Scotland is the national cycle training programme for school children. Pupils develop the skills and confidence to make everyday journeys by bike
- 31 of 32 local authorities participate – over 1,200 primary schools deliver training
- Bikeability aligns to the UK National Standard for Cycle Training – *owned by the Department for Transport (DfT)*
- Outcomes are ratified by the Cycle Training Standards Board – *including DfT, Transport for London, Scottish Government, Welsh Government, Northern Ireland Assembly*
- All training is delivered to a quality assured, national standard to ensure consistent learning outcomes for all pupils.

**Cross-sectional evaluation demonstrates impact:**

- **Increased physical activity and active travel**: Frequency of cycling, and bike ownership, is highest among secondary school pupils who have participated in Bikeability Scotland training
- **Knowledge and skills**: Pupils who have completed Bikeability Scotland display increased hazard awareness and knowledge of safer cycling practice than those who have not
- **Equity:** Bikeability Scotland training has a greater impact on bike ownership and frequency of cycling amongst pupils attending schools with a higher proportion of pupils receiving free school meals, than those attending schools in less deprived areas.

**Evaluation methodology**

Protocols developed & tested in 2020

- Wave 1 (2021): 1,049 pupils
- Wave 2 (2022): 1,782 pupils
- Wave 3 (2023): ongoing

Samples involved P6 to S2 pupils

- 49% Trained / 51% untrained
- 49% Male / 51% female
- 93% urban, 5% rural, 2% unclassified

**Cycling frequency among secondary school pupils**



**Scores increase combined with practical assessment:**

- Pupils who participated in follow up practical assessment had a knowledge score of 61% - compared to average score of 48%.

**Funding:**

- Local Authorities contributed £1,300,000 towards Bikeability Scotland delivery in 2022-2023
- Cycling Scotland awarded £900,000 in grant funding

**Universal:**

- On-road cycle training begins at age 10/11, when children are expected to have developed the cognitive skills to effectively judge speed and distance

**Performance:**

- 66.7% of primary schools in Scotland deliver Bikeability
- 60,228 children received training in 2022-2023
- This is the highest rate ever recorded in Scotland

Cycling Scotland, 160 West George Street, Glasgow. cycling.scot bikeability.scot

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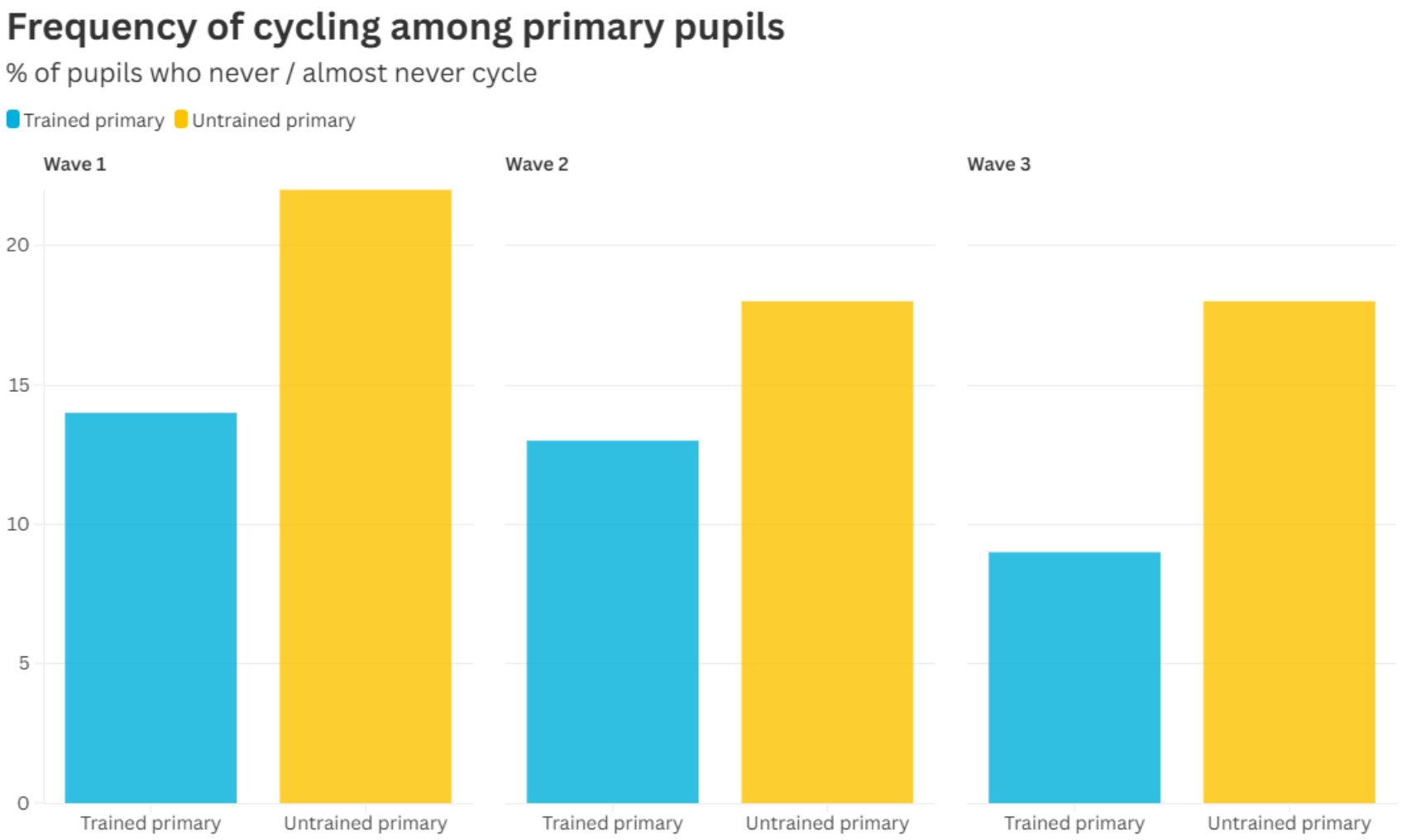
# Impact of Bikeability on cycling frequency



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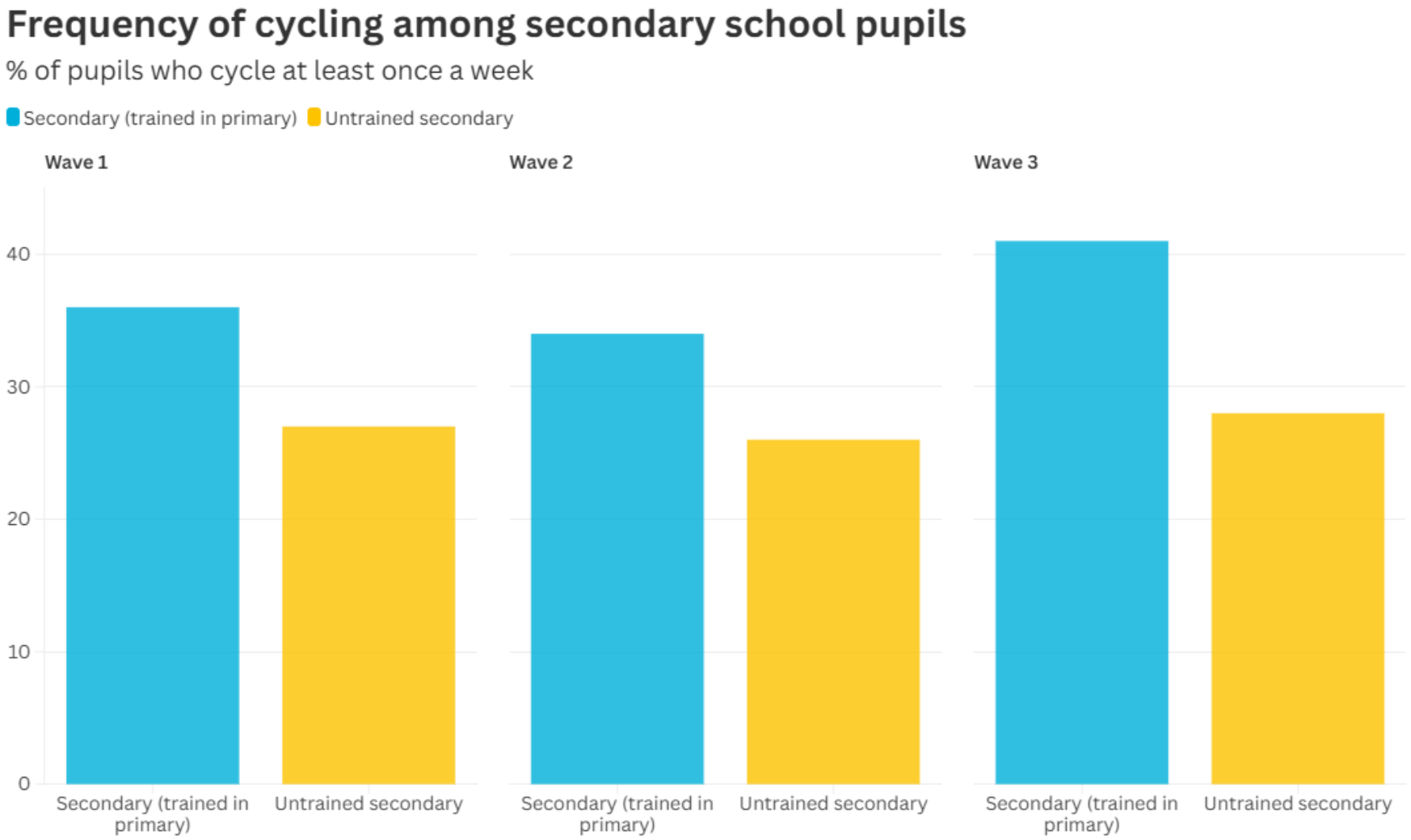
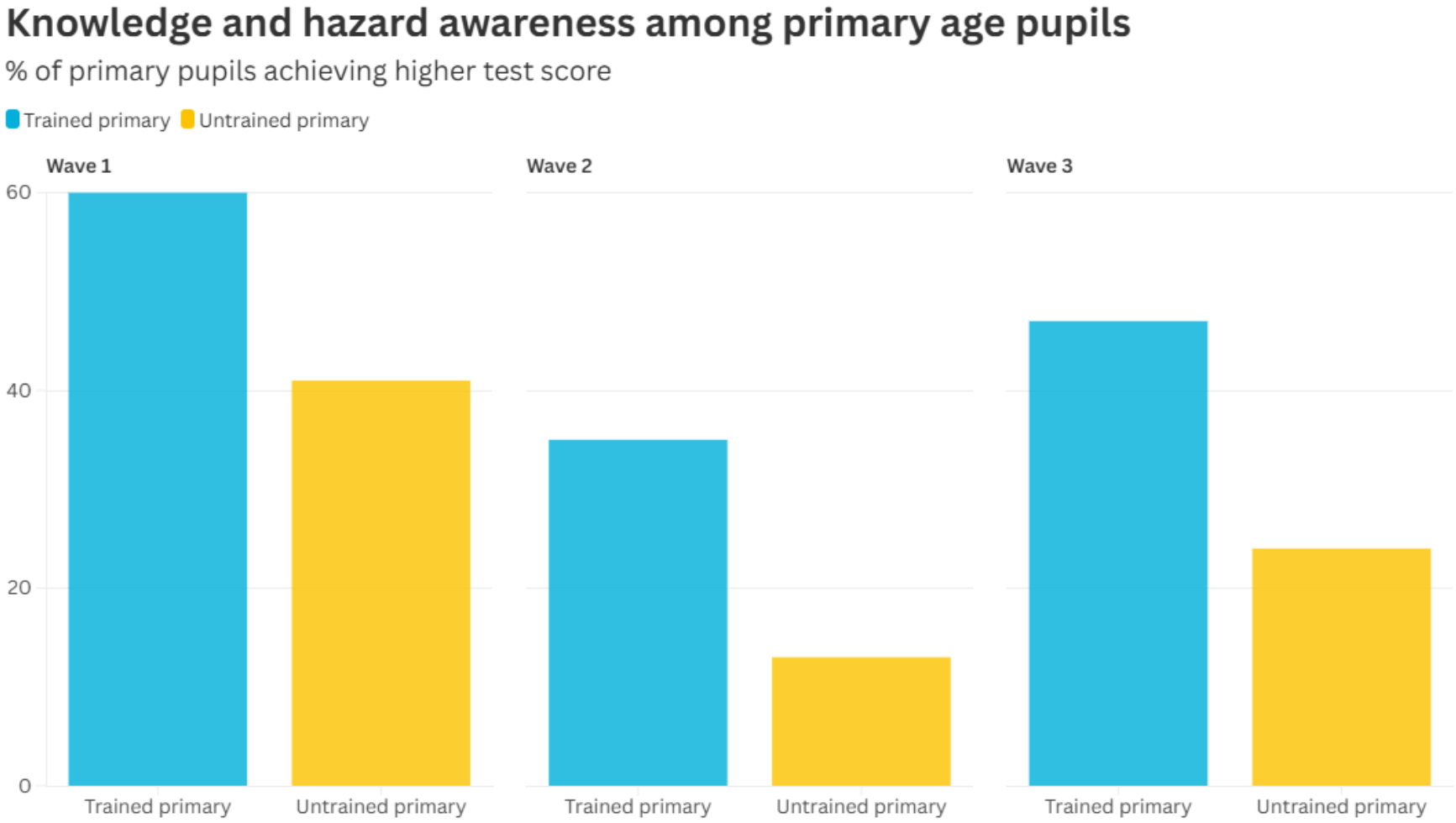


# Impact of Bikeability on knowledge, including hazard awareness

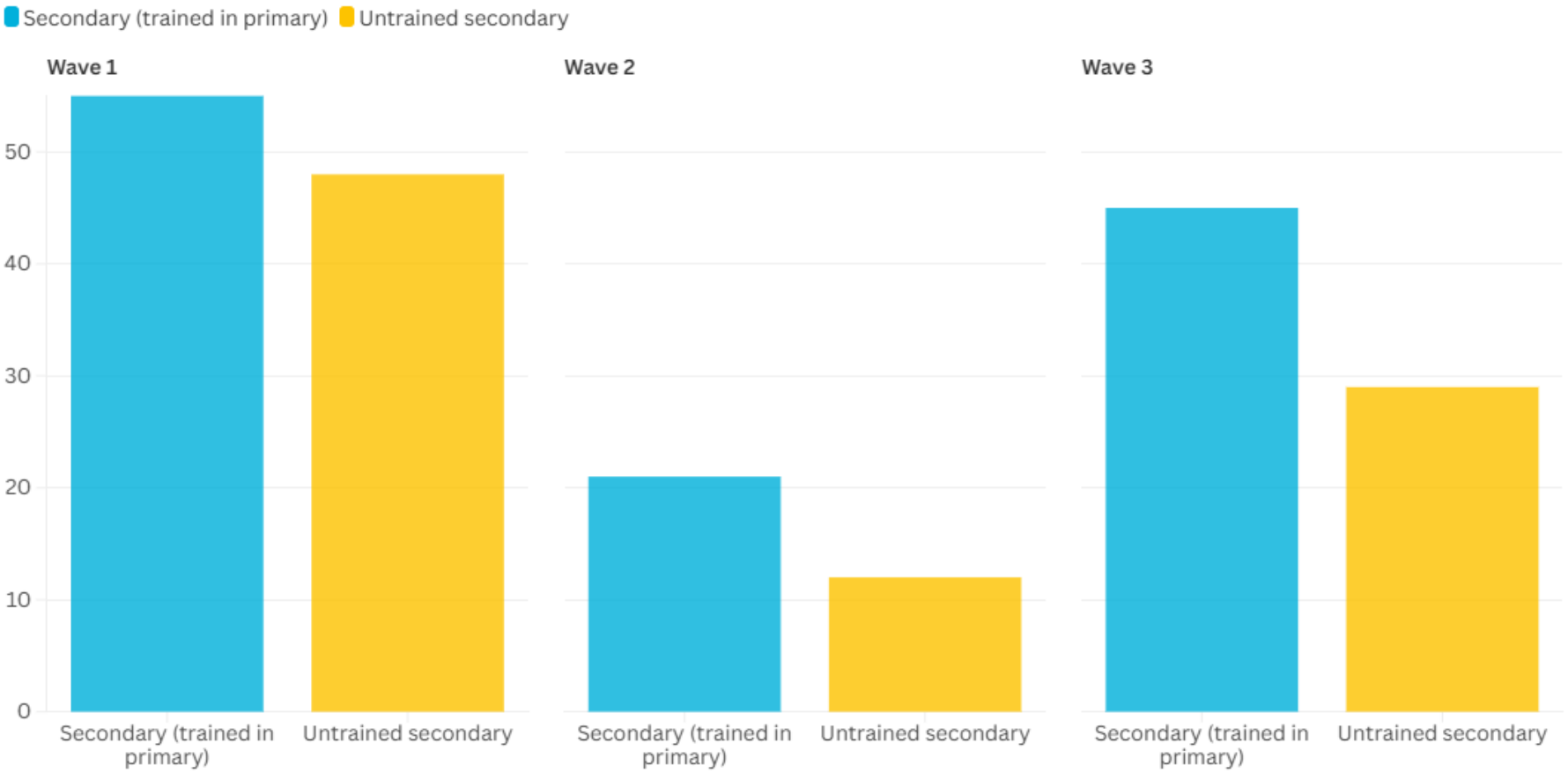



Due to changes in the question set between wave 1 and waves 2 & 3 direct comparison of scores in the different waves cannot be made.

# Impact of Bikeability on knowledge, including hazard awareness

## Knowledge and awareness among secondary school pupils

% of secondary schools achieving higher test score

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# Quality Improvement

## Choosing and maintaining the most appropriate place to ride on the road.

Comparison of pupils correctly answering questions relating to road priorities



# Realistic

“Bikeability at Levels 2 and 3 must take place on real roads and junctions where riders learn how to interact with other road users. It does not require any specialist training equipment or clothing” – National Delivery Guide







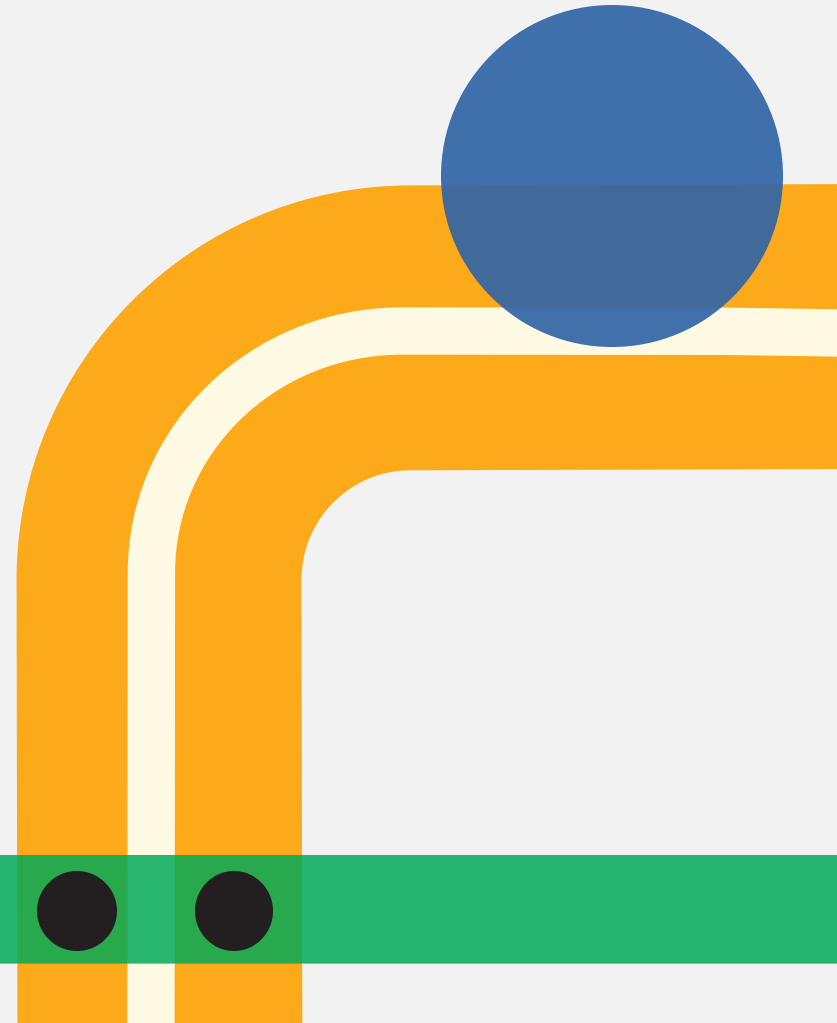
# Active Mobility Hub – inter disciplinary research



# 15 Lines between sessions

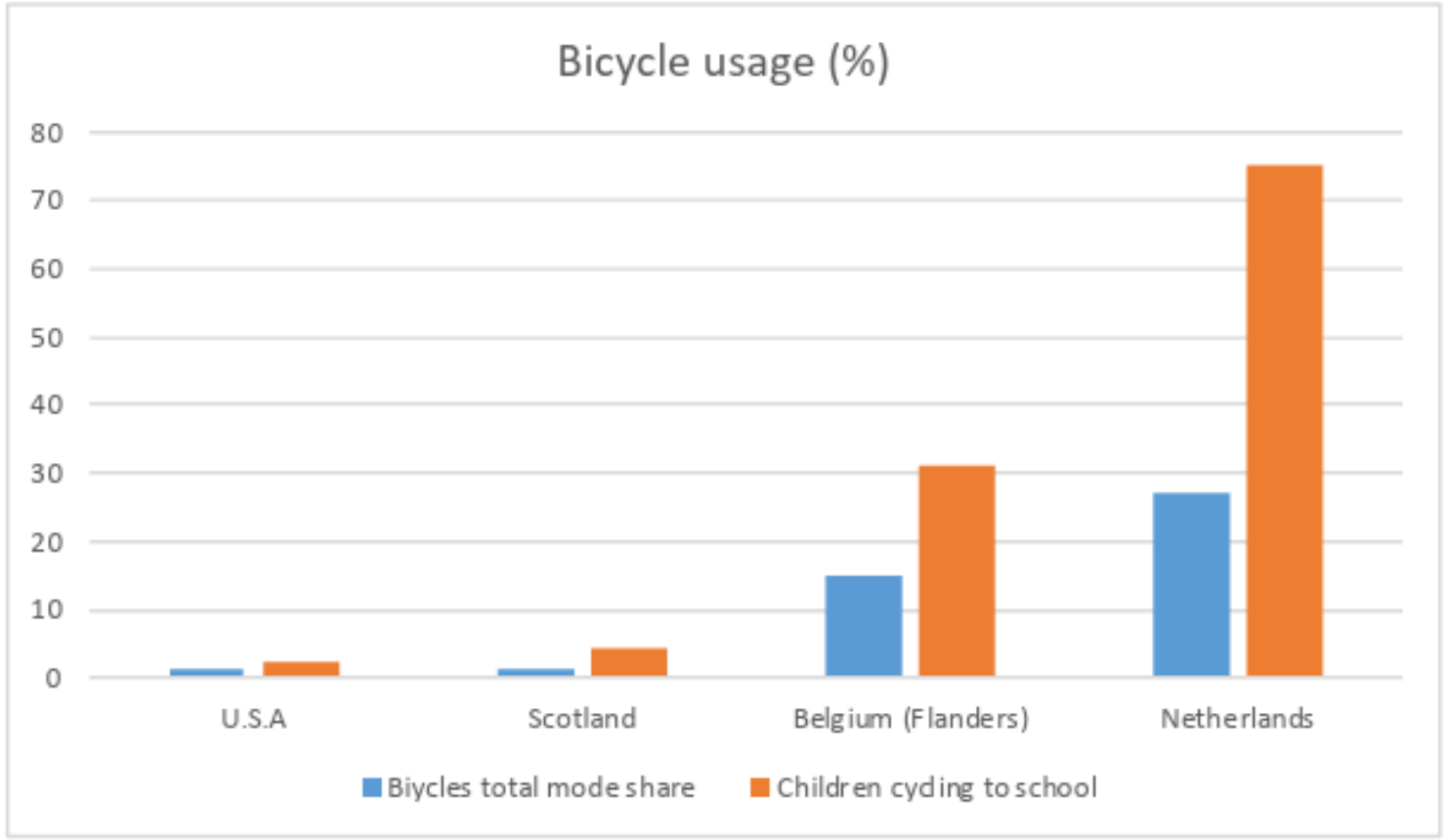
**Something that really came to attention was the need to move and organise between Bikeability sessions, and the amount of work that went into that. Reacting to conditions, communicating, organising, etc. In many ways these provided more 'realistic' encounters with traffic and place than the defined sessions did...**

**What do these movements look like? What is involved? Is there value in giving these greater attention in the Bikeability sessions?**



# International Comparator





# Rider feedback

**Max, Barrhead:** *I'm quite confident on the road. If any cars are coming, I know what to do and where to go… I learned that through training.*

*I probably would prefer no cars and just a cycle path or bike track.  It would be a lot more safe and more free*

**Izzy, Broughty Ferry:** *It definitely boosts my confidence, being able to be trusted to go by myself with my friend.*

*I love riding bikes. And I feel like that's definitely improved my love for bikes because of how amazing it can be to be able to do so many things on just this little metal frame.*



**Kelly Fry, Freelance Cycle Tutor**

*I did some training at Kinross Primary School and one of my friend's sons was in the training programme. I'd actually taught him to cycle a few years before.*

*On my way home, I ended up driving behind him and saw him cycling so confidently on the road, in a little bit of traffic as well.*

*And for me, that was just the moment where you're like,* ***actually, it works****; you're seeing it in action.*

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