



Cycling  
Future

# Schools Cycling Roadshow

Cycling Future's Schools Cycling Roadshow has three principal objectives:

- to enthuse children about cycling
- to help introduce them to cycling as an everyday activity
- to enable them to cycle more safely

The Schools Cycling Roadshow can be used on its own or to support other schools cycling promotion initiatives such as cycle training (Bikeability), Safe Routes to School, School Travel Plans, Bike It and Go Ride.



The Roadshow has both an indoor and an outdoor component. On the playground groups of children can try out a range of bikes, some quite conventional but others, like the KMX Karts, rather different and very good fun! Bikes are naturally tailored to the age group on the playground at the time.

We also bring along a child-carrying trailer, a trailer-bike and a tandem to both illustrate the range of bikes available for moving people around and to give the opportunity for our staff to give rides. This is particularly important for those children who may not be able to ride themselves for whatever reason.

Whilst it's largely about fun we also re-inforce some of the key elements of Level 1 and Level 2 of Bikeability, the National Standard for Cycle Training, through a series of playground exercises and small-group discussion. Slow bicycle races, relay races and other 'games' are also used to develop or demonstrate skill on the bike and to introduce a small competitive element to the general enjoyment.

Indoors a range of audio-visual materials and fun quizzes are used to enthuse and inspire, to stimulate and support discussion of cycling as an everyday activity and again, introduce or reinforce some of the key concepts of cycling safely. The materials and the way in which they're used are tailored to the age group involved.

Cycling Future's Schools Cycling Roadshow is applicable to children from 5 years to 14 years old. Groups of around 15 – 20 children alternate between the indoor and outdoor activities, giving a capacity of around 200 children per day.

We liaise directly with the school and work with them to ensure that all the necessary arrangements are in place for the smooth running of the event. Events are normally run at a school but some clients may prefer a centralised location to which children are brought. It is also possible to bring in children from a feeder school for example, if the capacity allows.

Cycling Future is very happy to work with an authority's own cycle trainers who may wish to run or oversee the Bikeability related exercises on the playground.



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