



# Active and Sustainable School Travel

## Ideas to meet school travel outcomes

This booklet contains information and resources in the following areas:

Sections	Suitable for nursery (purple page headers)	Suitable for KS1 (pink page headers)	Suitable for KS2 (green page headers)	Suitable for KS3 (blue page headers)	General information (yellow page headers)
<b>Increasing active travel in general</b>					
Customised School Travel Maps		X	X	X	
Information for Year 6/7 transition period			X		
School Travel Health Check resources			X	X	
Gate report template		X	X	X	
<b>Increasing cycling</b>					
Bike It		X	X	X	
Cycling Information sheets containing information on: <ul style="list-style-type: none"> <li>• Bike to school breakfasts</li> <li>• Bikeability cycle training</li> <li>• Grants that may be available</li> </ul>	X	X	X	X	X
Cycle storage suppliers					X
<b>Increasing walking</b>					
Themed walks	X	X	X		
Walking charts and Golden Boot Award		X	X	X	
Walk to nursery and school resources	X	X			
Walking bus ideas	X	X	X		
<b>Improving road safety</b>					
Road safety education resources		X	X		
<b>Increasing active, sustainable travel amongst members of staff</b>					
Car share ideas					X
Road show and health check visits					X
Leave car at home once a week					X



# Introduction

## What is active, sustainable travel?

Active travel is travel that uses active movement of the body as a form of transport, such as walking, cycling and scooting. Sustainable travel is travel that reduces the reliance on the private car, including walking, scooting, cycling, bus, rail, other forms of public transport and car sharing.

## What are the benefits of active, sustainable travel to school?

There are so many. Active travel to school or college by walking and cycling (and even the walk to and from the bus stop) provides the opportunity for regular exercise and promotes a healthier lifestyle. Walking, cycling or using public transport offers children greater independence and can help develop their social skills.

There are environmental benefits too. Reducing the number of cars on the road reduces congestion and pollution and provides a safer environment for pedestrians and cyclists.

Active, sustainable travel is cost effective. Walking and cycling is free and there may be discounts available on bus or rail travel to school.

By influencing children and young people's travel behaviour it is hoped that they will continue to choose sustainable travel throughout their lives.

## Members of staff can set a good example!

Many members of staff walk, cycle or take the bus to school. However there are still a large number who drive to school and feel there is no choice but to drive due to the heavy loads they have to carry or the distance they have to travel. We have included some ideas in this pack for members of staff to help to improve their levels of active travel, and to help set a great example for pupils.

Download a copy of this document by visiting  
[www.bristol.gov.uk/page/school-travel-planning-and-outcomes](http://www.bristol.gov.uk/page/school-travel-planning-and-outcomes)



## Increasing active travel in general: Customised School Travel Maps

You were sent A0 sized maps for your reception area in 2010. You can use the map in classrooms to help pupils plan their journey to school.

If you do not have an A0 map, there are A3 maps available to download for free from the website: [www.bristol.gov.uk/schooltravel](http://www.bristol.gov.uk/schooltravel)

You can print out the A3 maps to hand out to your pupils. Pupils can then use them to:

- Identify where they live and follow the safe walking and cycling routes to school;
- Draw their journey on their own maps;
- Identify where they may stop on the journey, for instance at friend's houses or at shops;
- Identify any short cuts that they can take;
- Work out how long it will take approximately to walk to school (using estimated times marked on the map);
- Follow the journey drawn on the map;
- Show parents/carers the safer journey to school they plan to take;
- Use the map to continue to walk and cycle to school every day!

An example of a customised school map is available overleaf to show the level of detail included.

# Travel to School Route Planner – Bridge Learning Campus Secondary School

## KEY

- Walking & Cycling
- Public Rights of Way/footpaths
- Walking & Cycle Routes – off road
- School crossing patrol
- Pedestrian crossing
- Zebra crossing
- Transport
- Bus routes
- Bus stop
- Railway stations
- Ferry stop
- Car Park
- Car Club Site
- Hour Bike Site
- Sch Schools
- Primary school & Childrens Centre (CC)
- Secondary School
- Special Schools
- Independent Schools
- Further Education
- Community
- Hospital
- Community Centre
- Leisure Centre
- Museum
- Library
- Youth Centre
- Parks
- Childrens Play Area
- Adventure Playground
- Wheelpark, BMX or Mountain Bike Area
- Park Entrance



## Journey Planners

To plan your journey by Bus, Train, Walking and Cycling visit [www.travelbristol.org](http://www.travelbristol.org)

To find out about cycling in Bristol visit [www.betterbybike.info](http://www.betterbybike.info)

For advice on Sustainable Travel to School visit [www.bristol.gov.uk/schooltravplans](http://www.bristol.gov.uk/schooltravplans)

For advice on Road Safety visit [www.bristol.gov.uk/roadsafety](http://www.bristol.gov.uk/roadsafety)

## Do you want to get more active?

Children and young people need 60 active minutes per day. Active Travel to school can help provide this as well as these other opportunities to be active...

## Go Places Do Things

Visit [www.goplacesdothings.org.uk](http://www.goplacesdothings.org.uk) for the best events, activities and opportunities for young people in Bristol.

## Sport Unlimited

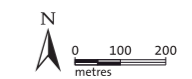
Visit [www.bristol.gov.uk/sportunlimited](http://www.bristol.gov.uk/sportunlimited) - A new way of encouraging children and young people, aged five to 19 to get more involved with sports.

## Sport Unlimited Plus

Visit [www.bristol.gov.uk/sportunlimitedplus](http://www.bristol.gov.uk/sportunlimitedplus) for activities during school holidays for children and young people aged four to 16. These sessions are about learning new skills, trying different sports, making friends and having fun.

## We're supporting Change4Life

For lots of tips, ideas and activities to help your family make small changes for a healthier future, visit [www.bristol.gov.uk/change4life](http://www.bristol.gov.uk/change4life)





## **Increasing active travel in general: Information for Year 6/7 transition period**

You can use your Customised School Travel Map as detailed in the previous section to help your Year 6 or 7 pupils map their way to their new school.

You can also use your School Travel Health Check data and resources (contained in this booklet) to show the effects of travel choice made at the transition between primary and secondary school to health and the environment.

The School Travel Health Check data can also be used at the stage when school choice is made by parents/carers and pupils, to show that choosing their nearest school often means they can walk or cycle and therefore the positive effect this has on health and the environment.

Your Customised School Travel Map can be downloaded and printed out for parent/carers and pupils to receive at open evenings so that they plan their new journeys early on, including stops the pupils may make on their journey, for instance calling for a friend to walk or cycle with.

Your Customised School Travel Map can also be used by parents/carers and pupils to walk or cycle the planned journey together before they start their new school.

You could arrange some lead walks/rides that take parents/carers and pupils on a journey from their primary to their secondary schools in groups, for instance on Induction Days. If you are a Bike It school, the rides could be arranged through your Bike It Officer (details of Bike It in the following section).



## Increasing active travel in general: School Travel Health Check Resources

These resources should be used in conjunction with the School Travel Health Check that has been sent out to your school, which shows how your pupils travel to school and the effect this has on health and sustainability.

Firstly, it is a good idea to familiarise yourself with the School Travel Health Check data for your school, so go and dig it out. The packs that have been sent to you contain:

- a School Travel Health Check report, which summarises the data for your school and rates your school as red, amber or green for the number of pupils within the walking threshold that arrive by car, and for the CO<sup>2</sup> emissions generated by the ways in which pupils travel to school;
- a spreadsheet that summarises the data for all schools across the authority;
- two postcode maps that show where your pupils travel from and by which mode of transport.

We can also send you this information electronically so that you can project it onto a screen for use in the classroom, at staff meetings, at open evenings etc. If you would like to receive this data electronically, please contact Jodi Savickas at [jodi.savickas@bristol.gov.uk](mailto:jodi.savickas@bristol.gov.uk) or call 0117 903 6103.

### What this section contains

The first part of this section contains ideas for you to incorporate the data in classroom sessions, and this is broken down into subject areas for ease of use.

The second part of this section contains suggestions on how you can use the data to your advantage to meet travel plan targets and to generally ensure your pupils' mode of travel benefits health and is sustainable for the environment.

The third part of this section contains some helpful resources for you to photocopy and use in class.



## STHC Classroom Resources:

### English and Literacy

Please use these resource ideas in conjunction with the reports, maps and spreadsheets that are provided in the School Travel Health Check data.

The School Travel Health Check data encourages pupils to raise questions about their school travel, and is especially interesting and relevant when the areas and issues displayed are familiar.

The following are suggested questions to raise, which come from the School Travel Health Check report:

- What do the figures in this document, the maps and the summary spreadsheet tell us about travel to our school?
- What can we do to encourage more sustainable travel?
- What targets should we set for encouraging sustainable travel? (Are there more appropriate targets to those you are currently setting?)
- How would our pupils prefer to travel and what are the barriers that prevent them from doing so? (You should have the answer to this in your School Travel Plan).
- Of the parents that drive their children to school, how many return straight home and how many go on to work (in some schools up to 50% drive straight back home!).

The questions are intended to spark up discussions and debate in the classroom, and can also be used as a basis for persuasive writing exercises. These elements relate to English and literacy sections of the curriculum.



## STHC Classroom Resources:

### Mathematics and Numeracy

Please use these resource ideas in conjunction with the reports, maps and spreadsheets that are provided in the School Travel Health Check data.

The data allows pupils to look at and use tables, spreadsheets and maps.

The spreadsheet includes percentages and comparative data that pupils can use to boost their mathematical skills using references that are relevant and familiar to them. This makes working with the data more interesting, whilst challenging their numerical minds.

Pupils can work out how well the school is performing against neighbouring schools using the information in the spreadsheet. The spreadsheet also shows comparative data from the previous year, allowing pupils to work out whether there has been an improvement in sustainable and healthy travel to their school.

Pupils can also work up a carbon rationing system to assess how much is used by travelling to school. The School Travel Health Check pack recommends to look at [www.fairsharesfairchoice.com](http://www.fairsharesfairchoice.com) for starters.





## STHC Classroom Resources:

### Physical Education

The School Travel Health Check data refers to a Walking Threshold Distance, which is the recommended walking distance that pupils can comfortably cover on their journey to school.

The recommended distance for primary schools is 800m and for secondary schools is 2,000m. Whilst it is helpful to see this applied to the map to show how pupils travel within this distance threshold, it is more helpful to allow pupils to measure out the walking threshold distance and walk it themselves.

This could be in the playground, or pupils can take to the local streets to give the distance a better and more realistic perspective. This way pupils will discover that the recommended walking threshold is not too far. They can then identify from the maps whether they currently travel from within the walking threshold and therefore change to walking if they currently travel by car.



## STHC Classroom Resources:

### Geography

Please use these resource ideas in conjunction with the reports, maps and spreadsheets that are provided in the School Travel Health Check data.

Using the maps, pupils can identify the local roads surrounding the school and label them.

Pupils can then go out onto the local streets to identify local landmarks, interesting features and hazardous areas and make notes on them. They can then return to the classroom and build up the maps that they labelled with road names by adding the features that were noted on their visit.

Alternatively, instead of taking pupils out of the classroom during the school day, pupils could make notes on local landmarks, interesting features and hazardous areas on their journey to school, and plot them on the maps when they get in.

The carbon emissions data allows the issue of climate change to be discussed in class. As comparative data is included from the previous year, pupils can become more aware of how their mode of travel to school affects the school's carbon footprint and the affects this has on the local and global environment. Pupils can also think of ways in which they can improve the school's carbon footprint.



## **STHC Classroom Resources:**

### **Design Technology and Art**

Please use these resource ideas in conjunction with the reports, maps and spreadsheets that are provided in the School Travel Health Check data.

Using the maps and skills taken from other subject areas mentioned in this pack, pupils can identify areas from where pupils are driven to school and create posters and artwork to target drivers and encourage walking or cycling. Artwork could include messages on the fun pupils have on their walk to school, alert drivers to the safety of pupils walking or cycling or any other messages that encourage safe, healthy and sustainable school travel.

Pupils could also practice their photography skills and photograph the sights they see on their journeys to school. Displays could be made that link the photographs with the maps contained in the School Travel Health Check.



## STHC Resources:

### Improving healthy and sustainable ways to travel to school

The report in the School Travel Health Check contains ways in which the data can help improve your school's levels of healthy and sustainable travel. This includes:

- Starting an informed debate on how far your pupils travel to school, the limitations this places on the use of sustainable modes and what your school community can do about encouraging active travel and reducing local transport CO<sup>2</sup> emissions;
- Encouraging pupils, staff and parents to consider the consequences of travel choices;
- Working up a carbon rationing system in the classroom to assess how much is used by travelling to school;
- Share the data amongst staff, pupils, governors and your school travel plan working group;
- Set some targets to improve your healthy and sustainable travel levels –
  - Short term – reduce number of pupils being driven in the walking threshold;
  - Medium term – increase the distance pupils are prepared to walk or cycle to school – target those just beyond the current walking thresholds (those pupils outside of the circle on the accompanying maps);
  - Long term – Consider how big an area your school draws pupils from. Should you be trying to draw more pupils from your local area or looking to provide sustainable transport options?
- School Travel Outcomes: Use it to help your school identify aims and objectives for your plan. Plus use the figures to set SMART\* targets to help you deliver your plan (\*Specific, Measurable, Achievable, Realistic and Time bound);
- Healthy Schools: Make the vital link between health and every day activity – this is the route to lasting health;
- Sustainable Schools/Eco-Schools: A zero carbon emissions building is no use if everyone drives to it! Make sure your school's carbon budget includes travel.

Ways in which the School Travel Health Check data can improve healthy and sustainable school travel:

- To identify parents who currently drive to school and find out their reasons why they do. A lot of the time parents drive to school as they have drive on to work afterwards, which comes on to the next idea;
- To identify clusters of pupils who live close to each other to set up a walking bus, which will allow pupils who are currently driven to walk with a large group without the need for all parents to supervise. This is especially helpful if pupils are currently driven because parents have to drive off to work immediately after the school run. Volunteers can take it in turns to help supervise the walking bus so that every child in the cluster area has the opportunity to walk to school every day, even if their parents can only walk and supervise once a week. For further information on setting up a walking bus, please visit:  
[www.dft.gov.uk/pgr/sustainable/schooltravel/howtsetupawalkingbus](http://www.dft.gov.uk/pgr/sustainable/schooltravel/howtsetupawalkingbus);
- To set up a buddy system for walking or cycling to school by identifying pupils who live close to one another and can travel together. This is like a walking bus but less formal and with fewer people. The buddy system could encourage older pupils to buddy younger pupils to help both pupils gain more independence on their journey to school;



- To pick out good examples of healthy and sustainable travel from the maps and data and offer praise. You could also allow the pupils with good travel habits to get amongst their peers and encourage others to travel the way they do;
- To reinforce links between other teams and nearby schools. For instance a road may be identified as being dangerous for pupils attending your school and neighbouring schools, which could affect the number of pupils walking or cycling from a particular direction. You could therefore use the data to demonstrate this issue and make requests for road safety improvements. The data could also be used to encourage more Bikeability training, as well as linking in with Healthy Schools criteria in terms of increasing physical activity in the school day;
- To inform, strengthen and help you set targets in your school travel plan, which should be reviewed every 12 months



## **STHC Classroom Resources** **Following are resources for:**

English and Literacy

Mathematics and Numeracy

Geography

To be used with the ideas suggested in STHC Classroom Resources section



## English and Literacy Resources

**What do the figures in this document tell us about travel to our school?**

**What can we do to encourage more sustainable travel?**

**What targets should we set for encouraging sustainable travel?**

**How would you prefer to travel and what are the barriers that prevent you from doing so?**

**Those that are driven to school, how many of your parents return straight home and how many go on to work?**



## English and Literacy Resources

Discussion notes





## Mathematics and Numeracy Resources

	Our school's data for this year	Previous year's data	Neighbouring School 1	Neighbouring School 2	Neighbouring School 3
			Name:	Name:	Name:
Pupils not attending nearest school					
Pupils within walking threshold (all modes)					
Pupils within walking threshold (travelling by car)					
CO <sup>2</sup> emitted per year for all vehicle modes					
Walking					
Cycling					
Car/Van					



## Geography Resources

**Last year's CO2 emissions**

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**This year's CO2 emissions**

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**How can we improve our  
carbon footprint?**



## Increasing active travel in general: Gate Report Sheet

### What is a School Gate Report?

The SGR is when a small discreet group observe the travelling behaviour of all those arriving and leaving the school. It should consider all aspects including how people travel to school, what they do safely and what they do unsafely.

### What to include

You can include things like seat belt use, mobile phones, pedestrian behaviour, cyclist behaviour etc. This can be used as a presentation to the whole school including parents, or used to produce a newsletter to send out to the whole school community. It should provide praise, as well as criticism. Wherever possible it should look to provide useful advice and solutions. It needs to cover both am and pm as the situation can be quite different at each end of the day

### It is your School Gate Report

Please feel free to remove or add anything that you think appropriate. For instance you may not wish pupils to be taking registration numbers or you may feel that you can use this information to 'name and shame' in their newsletter.

### Things you need to think about

**Where the pupils stand** – are they safe? Not too close to the kerbside and in a place that provides them with a good view of what is going on. This could be at the front of the school on the grass behind the railings or in a place where the pavement is wider.

**Behaviour** – Discuss with the children their own behaviour while doing the report. On one occasion a group of children decided to be judge and jury and chatted very loudly about a parent parking on the zigzags. The parent was not happy about this public criticism.

**Hi-Viz** – Will you wear hi-viz or not? If you do then it gives you a bit of flexibility about where you can stand to observe but there is an inevitable impact on the behaviour of drivers and pedestrians. If you don't then you really need to position yourself within the school grounds.

If you want hi-viz we can lend you some. We could also lend you a couple of hand held speed guns that they can use while doing the SGR – often people's perception of speed is far from the reality.

**You can then use this data to inform your School Travel Outcomes**



## Gate Report Sheet: Drivers

Look for drivers that are:	How many times - Tally chart
Parking on School Keep Clear markings	
Comments/Registration details	
Parking on pavement	
Comments/Registration details	
Parking too close to junctions/ blocking dropped kerbs	
Comments/Registration details	
Other	
Comments/Registration details	



## Gate Report Sheet: Pedestrians

Look for pedestrians that are:	How many times - Tally chart
Not looking before crossing road	
Running across the road	
Not holding hands	
Finding it difficult to cross the road due to parked cars	
Other	



## Gate Report Sheet: Car occupants

Look inside cars for:	How many times - Tally chart
Adults not wearing seatbelts	
Children not wearing seatbelts	
Children getting out on the road side not pavement side	
Other	



## Gate Report Sheet: Cyclists

Look out for cyclists:	How many times - Tally chart
Cycling on the pavement	
Cycling in the wrong direction	
Not wearing any protective clothing	
Other	



## Increasing cycling:

### Bike It

Bike It is an initiative set up and run by the charity Sustrans. There are three Bike It officers dedicated to schools in Bristol, and they look after many schools between them.

Bike It officers regularly visit their Bike It schools to help with cycle training, storage, travel plans and parental involvement, and provide practical experience through many different kinds of activities, including lessons linked to the national curriculum.

To find out more about Bike It, please visit the Sustrans website:

<http://www.sustrans.org.uk/what-we-do/bike-it>

If you are interested in becoming a Bike It school, please contact School Travel Advisor, Jodi Savickas, who can pass your details on to the Bike It officers:

Email: [Jodi.savickas@bristol.gov.uk](mailto:Jodi.savickas@bristol.gov.uk)

Tel: 0117 903 6103





# BETTER BY BIKE

Britain's First Cycling City

[www.betterbybike.info](http://www.betterbybike.info)



## Promoting Cycling to School A guide for Bristol Schools

## Information Sheets 1 – 12



**These Info Sheets aim to enable more schools to promote cycling as a healthy sustainable form of travel.**

One of Cycling City's ambitious targets is to double the number of pupils cycling to school **and** receiving cycle training by March 2011. This supports a range of initiatives in Bristol to reduce unnecessary car trips to school and promote healthier 'Active Travel'.

For information on other Cycling City Projects please contact us:

tel: **0117 903 6285**

email: [cycling.city@bristol.gov.uk](mailto:cycling.city@bristol.gov.uk)

web: [www.betterbybike.info](http://www.betterbybike.info)

If you would like this information in another language, Braille, audio tape, large print, easy English, BSL video or CD-ROM or plain text please contact:

School Travel Plan Team on: **0117 903 6814**

### **Info Sheet 1**

Introduction to the Issues

### **Info Sheet 2**

20 ways to Encourage Cycling to School

### **Info sheet 3A/3B**

How to Organise a Bike to School Breakfast

### **Info sheet 4**

Family Events to Promote Cycling

### **Info sheet 5**

How to Plan a Bike to School Event

### **Info sheet 6A/6B**

Useful Contacts for Bike to School Events

### **Info sheet 7**

Grants and Funding Available

### **Info sheet 8**

Top tips for teaching your child to ride unaided

### **Info sheet 9**

Top tips for checking your child's bike is safe

### **Info sheet 10**

Bikeability Cycle Training

### **Info sheet 11**

How to get hold of a second hand bike

### **Info sheet 12**

Bikes to hire or borrow in Bristol

All available to download from

[www.bristol.gov.uk/schooltravelplans](http://www.bristol.gov.uk/schooltravelplans)

For further info on school travel and cycling to school please ring **0117 903 6103**



# BETTER BY BIKE

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## Introduction to the Issues

## Cycling to School Info Sheet No. 1



*St Mary Redcliffe Primary School*

### Travel to School Facts and Figures for 2011

#### By Bike

- 1.3% of primary pupils regularly cycle to school.
- 4.5% of secondary pupils cycle to school as their main form of transport.
- About 30% of primary pupils regularly travel by car or car-share.

But other surveys show that many pupils cycle to school once or twice a week or more occasionally.

#### By Car

- About 33% of primary pupils regularly travel by car or car-share.
- About 23% of these pupils live 750 metres from school and 37.4% live within 1km.
- About 18% of secondary pupils regularly travel by car or car-share
- About 22% of these live 1km or less from their school.

### How pupils would PREFER to travel:

We know from both national and local surveys that as many as 45% of pupils would like to cycle to school if they had to choose their favourite way of getting to school.

### Here are some reasons why people may not cycle to school:

- Lack of somewhere safe for pupils or staff to park bikes, or bike rack is full due to popularity
- The school doesn't encourage or allow pupils to cycle to school
- Pupils have not completed any Cycle Training – now free of charge to all schools for Year 3 upwards
- Staff and parents/carers lack confidence to cycle
- Parents/carers don't allow their child to cycle to school
- Pupils, parents/carers or staff don't own a bike
- People own bikes but they are in need of repair
- People don't know about the best route to take or where their nearest cycle path is located
- People don't have suitable equipment (panniers) for bike in order to carry equipment, laptops, items
- Staff have no showers or lockers to get changed
- Perceptions that they aren't fit enough or that weather is too bad
- Safety concerns about cycling in traffic

Please read our Info Sheets 2–10 for information on how to overcome these barriers at YOUR school.





# BETTER BY BIKE

Britain's First Cycling City

[www.betterbybike.info](http://www.betterbybike.info)



## 20 ways to Encourage Cycling to School

## Cycling to School Info Sheet No. 2

- 1 Ensure you have secure cycle parking** so that staff and pupils have somewhere safe to leave their bikes at school. Hold an official opening ceremony for new cycle parking facilities to promote cycling. See **Info Sheet 7** to find out about funding.
- 2 Book FREE Bikeability cycle training for pupils.** Tel. **0117 352 5532**
  - Level 1** – cycle skills in the playground for children in years 3 & 4
  - Level 2** – basic on-road training for children in years 5, 6 & 7
  - Level 3** – advanced on-road training for young people in year 7 or above
- 3 Run a “Learn to ride without your stabilisers” session.** See **Info Sheet No 8.**
- 4 Adult cycle training** is available for staff and parents. See **Info Sheet 6B** for details.
- 5 Have a Cycling Information Point in your School.** For free cycle maps and other information Tel. **0117 903 6701.**
- 6 Set up a Bicycle User Group** at your school to create a network of staff, pupil and parent cyclists to inform, encourage and support all bike users.
- 7 Run a Dr Bike clinic** – a bike mechanic will carry out bike checks and repairs.
- 8 Run an after school bike maintenance session** for parents or pupils or both.
- 9 Hold a Bike Breakfast** where all cyclists are rewarded with a free breakfast. Approach local shops for free food sponsorship. See **Info Sheet 4.**
- 10 Hold an Active Travel Day** with themed lessons, and link this with a Bike Breakfast.
- 11 Provide bikes for outdoor play sessions** for foundation and KS1 pupils.
- 12 Hold competitions** such as a virtual long distance race (each class earns so many miles per cyclist per day), a “Be safe, Be seen” fashion show or a cyclist of the week award. Approach local bike shops to donate prizes.
- 13 Have a “Bling my Bike” day** where cyclists can customize and decorate their bikes with a prize for the best dressed bike.
- 14 Organise a sponsored bike ride** to raise funds for the school PTA or charity.
- 15 Run a family cycle trip** to a local park or along a local cycle route.
- 16 Hold a community cycle gala day** in a local park or sports venue, possibly as a joint event with other local schools. See **Info Sheet 5 and 6.**
- 17 Buy some school bike locks** that pupils and staff can borrow. A set of bicycle tools and a pump would also be useful.
- 18 Set up an after school cycle club** providing a range of cycling activities.
- 19 Apply for grants** to help you promote cycling and run activities and events. See **Info Sheet 7.**
- 20 Promote the Cycle to Work scheme to Staff** – **save up to 50%** on the cost of a new bike and accessories by paying through a salary sacrifice tax free scheme. See **Info Sheet 7** or visit the council's Intranet or visit [www.cyclescheme.co.uk](http://www.cyclescheme.co.uk).

Sign up for the Sustrans ‘Bike it’ project: [www.sustrans.org.uk/what-we-do/bikeit](http://www.sustrans.org.uk/what-we-do/bikeit) or phone **0117 915 0130**

**Please read Info Sheets 3–10 for more detailed information.**



# BETTER BY BIKE

Britain's First Cycling City

[www.betterbybike.info](http://www.betterbybike.info)



## How to Organise a Bike to School Breakfast

## Cycling to School Info Sheet No. 3A

This is a simple, fun way to increase cycling to school and many schools run them annually or more often to try and maintain and increase levels of cycling.

**Be Inclusive:** Bike Breakfasts are open to all pupils as not all families have access to a bike, or are able to cycle. Many schools promote a 'bike, scoot and walk' breakfast to enable more people to consider taking part and leave the car at home.

Ensure your choice of food is accessible to all pupils dietary needs including religious and cultural needs. Most schools provide food suitable for both pupils and parents.



*Bike parking arrangements at Cheddar Grove*

### What happens at a Bike to School Breakfast?

Every breakfast is unique so be creative:

1. The breakfasts happen in the playground from about 8.00am until registration, with food, drink and fun activities taking place. For example, 'Dr Bike' mechanic to check bikes, slow bike races, raffle, competitions and activities run by other organisations.
2. Many schools go off-curriculum for the day with both in-class activities and outside visitors to support the day. Encourage staff and parents to cycle, not just pupils.
3. Ask local bakers, veg shops and supermarkets to sponsor the breakfast. Food is accessed in the playground on trestle tables, so that all the fun activities and food are in one place, and more parents take part.
4. Overflow Cycle Parking is needed as about 70% of pupils are likely to arrive by bike. Use the perimeter of the playground, fences, or a designated part of the field or grounds. To ensure children park their bikes in the correct place use laminated Year Group signs to park them around.



*Henleaze School Breakfast Event*



# BETTER BY BIKE

Britain's First Cycling City

[www.betterbybike.info](http://www.betterbybike.info)



## How to Organise a Bike to School Breakfast

## Cycling to School Info Sheet No. 3B



*Henleaze School Breakfast Event*

### What to do:

- ▶ Set up a Working Group to plan the event, set the date and help on the day.
- ▶ Decide who will organise the food and drinks (some schools have hot drinks for adults). Ask your school kitchen staff if they'd like to be involved, or link with existing breakfast club.
- ▶ Organise Bike Parking arrangements, allocate a section of the playground/fencing/perimeter to each class. We often see about 70% of pupils arrive on bikes, plus scooters too!
- ▶ Invite the Lord Mayor or a special guest and contact the local press.
- ▶ Produce a Risk Assessment for any activities that will take place (outside organisations should have one for their own activity).
- ▶ Tell parents and carers well in advance and ask pupils to design posters and laminate to put on school gates. A poster is available from [www.bristol.gov.uk/schooltravelplans](http://www.bristol.gov.uk/schooltravelplans) under Cycling section.
- ▶ Book any support or activities (See Info Sheet 6 for ideas and contacts) or run your own Slow Bike 'Race', bike decorating.
- ▶ Hold a raffle or competition with prizes, eg poster competition.
- ▶ Ask teachers to plan curriculum activities for the week on the theme of Journeys, or Health or Environment. Visit: [www.bristol.gov.uk/roadsafety](http://www.bristol.gov.uk/roadsafety) and [www.bristol.gov.uk/schooltravel](http://www.bristol.gov.uk/schooltravel)
- ▶ Give jobs to older pupils, eg count the number of bikes on the day or give out a raffle ticket for all those who arrive by bike and count up the stubs.
- ▶ Have a wet weather plan, eg school hall for breakfast
- ▶ Take photos of the event to use in your Travel Plan Review and Healthy Schools portfolio.



# BETTER BY BIKE

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## Family Events to Promote Cycling

## Cycling to School Info Sheet No. 4

### Case Study 1 – Local schools join up

Since 2001, enthusiastic parents from Ashley Down, Sefton Park and St Bonaventures have organised five very successful family bike events at the local cricket ground. Pupils get to ride laps around the field, try out wacky bikes, win raffle prizes, buy high vis gear, and have free bike maintenance from Pemburys bike shop. This gives an opportunity for PTA to raise funds, by charging a small entry fee. Ashley Down regularly organise Bike Breakfasts, cycle training and off-stabilisers sessions.



### Case Study 2 – St Mary Redcliffe Primary Family Cycle Gala

St Mary Redcliffe Primary became a Bike It school in 2005 and held a Family Cycle Gala in Victoria Park. They had to ask for permission from the Parks Department, and organise First Aid and Risk Assessment. Pupils arrived in the morning to register for the ride around Victoria Park and were given rider numbers so that the number of laps could be recorded. **90+ kids rode over 800km in total.** The school now has the highest cycle to school figures for a Primary school.



### Other Examples:

**St Matthias and Dr Bells Primary** held a weekend cycle ride and picnic on Mangotsfield Station using the local Bristol to Bath cycle path.

**Cheddar Grove Primary and Blenheim Scouts** have developed a mountain bike trail around the perimeter of their field. Contact them if you would like to use this facility.

**Southville Primary school** – managed to get nearly all families to take part in Bristol's Biggest Bike Ride and run other family bike rides with the help of parents and local volunteers.



# BETTER BY BIKE

Britain's First Cycling City

[www.betterbybike.info](http://www.betterbybike.info)



## How to Plan a Bike to School Event

## Cycling to School Info Sheet No. 5

Please note that events which involve using a local Park or facility or that require a road closure will take longer to organise as permission, licences and health and safety arrangements will need to be organised. Why not contact other local schools to make it a local community event.

### Five weeks before or earlier!

- ▶ Decide whether you want an off-curriculum day, a breakfast or a weekend event. Involve School Council to get their ideas
- ▶ Get support from management and set date
- ▶ Decide on event timings and activities
- ▶ Seek permission – if you want to use a park or private venue. There may be licences to apply for – especially for road closures/street parties.
- ▶ Recruit helpers from staff, parents and governors

Please let the Cycling City team know the date as soon as you know it, to see whether we can help support the event.  
0117 903 6745

### Four weeks before

- ▶ Contact local bike shop for prizes and to see if they can offer free bike checks
- ▶ Contact local shops about free food and drink
- ▶ Book outside people to run activities (or earlier as they get very busy, especially in the summer months)
- ▶ Sort out Health and Safety provision and produce a Risk Assessment using the council's format (headteachers should have access to this information but advice is available)
- ▶ Invite the Lord Mayor or local councillors or celebrity to your event.

### Three weeks before

- ▶ Plan bike parking. Most schools use perimeter railings, internal fences or enclosed courtyards. Each year group has an allocated part of the playground marked out with laminated posters
- ▶ If you need to hire 'crowd barriers' to use as parking, do this much earlier
- ▶ Draw up a rota for who's doing what on the day

### Two weeks before

- ▶ Give parents details of event via newsletter
- ▶ Design posters and flyers
- ▶ Hold a Staff Meeting to let everyone know what's planned
- ▶ Inform local police – they may be able to come and provide security stamping on bikes

### One week before

- ▶ Write press release to invite local press
- ▶ Send flyers home with all pupils
- ▶ Put posters up around school
- ▶ Laminate A4 Year Group signs to designate cycle parking
- ▶ Write a timetable for the event for teachers and helpers and outside people to clarify who is doing what and when

### Day of event

- ▶ Get pupils to count the number of bikes that have turned up
- ▶ Give all pupils with bikes a raffle ticket as they come through gate
- ▶ Hold assembly to give out prizes or to judge any other competition
- ▶ Take lots of photos to record your event



# BETTER BY BIKE

Britain's First Cycling City

[www.betterbybike.info](http://www.betterbybike.info)



## Useful Contacts for Bike to School Events

## Cycling to School Info Sheet No. 6A

In order to engage more children and young people in cycling-related initiatives the school travel team are here to support a range of school-based cycling events.

If you are organising a school event please contact the **School Travel Plan Team** below.

### The School Travel Plan Team can:

- ▶ Provide advice and support on organising bike to school events
- ▶ Possibly provide a grant to support your event/initiative and cycle parking
- ▶ Attend your event (subject to enough notice and availability)
- ▶ Help you organise special guests to come and open your new cycle parking or attend event
- ▶ Lend parents/staff a Tag-a-long bike

Please contact us if you are planning an event:  
 tel: **0117 903 6745** or **0117 903 6103**  
 email: [janine.mccretton@bristol.gov.uk](mailto:janine.mccretton@bristol.gov.uk) or  
 email: [jodi.savickas@bristol.gov.uk](mailto:jodi.savickas@bristol.gov.uk)

For info on Sustainable Travel to School visit  
[www.bristol.gov.uk/schooltravel](http://www.bristol.gov.uk/schooltravel)

### The Smarter Travel Choices Team can:

- ▶ Provide free Cycle Route Maps and a range of info and advice to help people get cycling (plus other travel information such as ferry and train timetables, car-clubs, car-sharing schemes).

tel: **0117 903 6701**  
 email: [Transport.plan@bristol.gov.uk](mailto:Transport.plan@bristol.gov.uk)  
 web: [www.travelbristol.org](http://www.travelbristol.org)

### Sustrans

Sustrans' School Travel team supports schools to enable more children to have safe, sustainable and healthy school journeys. We provide a free information service and have a wealth of offline and online resources such as free newsletters, information sheets, curriculum guides and case studies. Visit [www.saferoutestoschools.org.uk](http://www.saferoutestoschools.org.uk) or contact us at 0117 915 0100 or [schools@sustrans.org.uk](mailto:schools@sustrans.org.uk).



*Lord Mayor officially opens bike shed at Wansdyke Primary*

### The Parks Department

If you are planning an event in a local park or green space you need to check with the licensing and events team about permission and other events that may be planned on the same day.  
 tel: **0117 922 3719**

### Local Police

Why not invite your local Beat Manager or PCSO to your event – some officers travel by bike, and some may be able to advise on security coding of bikes.



*Breakfast at St Matthias and Dr Bells sponsored by Morrisons and Stokes Veg Shop*





# BETTER BY BIKE

Britain's First Cycling City

[www.betterbybike.info](http://www.betterbybike.info)



## Useful Contacts for Bike to School Events

## Cycling to School Info Sheet No. 6B

### Wacky Bikes

The following organisations have a range of Wacky Bikes for children, some have accessible bikes for kids who can't yet ride or who have additional needs, eg three and four wheeled bikes. Please shop around as some have more than others and costs vary.

- ▶ **Bigtopmania** Tel: **01409 211178**  
Mob: **07768 498090** email:  
[info@bigtopmania.co.uk](mailto:info@bigtopmania.co.uk)  
[www.bigtopmania.co.uk](http://www.bigtopmania.co.uk)
- ▶ **Circus Maliabaristas** Tel: **0845 6443475**  
email: [lindsay@circusentertainers.co.uk](mailto:lindsay@circusentertainers.co.uk)  
[www.circusentertainers.co.uk](http://www.circusentertainers.co.uk)
- ▶ **Kai Paulden** Tel: **0777 5530556**  
email: [pauldenkai@gmail.com](mailto:pauldenkai@gmail.com)
- ▶ **Millyped** Tel: **07984 737090**  
email: [millyped@hotmail.co.uk](mailto:millyped@hotmail.co.uk)  
[www.millyped.co.uk](http://www.millyped.co.uk)
- ▶ **The Ape Project and Pedal Powered Ape Trike**  
Tel: **0790 3798333**  
email: [info@apeproject.co.uk](mailto:info@apeproject.co.uk)  
[www.apeproject.co.uk](http://www.apeproject.co.uk)
- ▶ **Carnival & Fairground Bikes**  
Contact Kevin Dennis. Tel: **07981 539005**  
email: [bikebeard@gmail.com](mailto:bikebeard@gmail.com)  
<http://spokenchain.blogspot.com>

### Eco friendly bikes

- ▶ **Biggles Re-cycles** – trikes, wacky bikes and much more, contact Nik Biggles. Tel: **07901 886 947**  
email: [bigglesrecycles@yahoo.co.uk](mailto:bigglesrecycles@yahoo.co.uk)
- ▶ **Rinkydink** – is a pedal-powered sound-system made out of recycled bikes and other materials, which pupils can ride around the playground.  
Tel: **01285 760413**
- ▶ **Smoothie Moves** – Pedal-powered Smoothie Maker. Tel: **07824 878904**  
[www.bristolfoodhub.org/smoothiemoves.htm](http://www.bristolfoodhub.org/smoothiemoves.htm)
- ▶ **The Ape Project and Pedal Powered Ape Trike**  
Tel: **0790 379 8333**  
email: [info@apeproject.co.uk](mailto:info@apeproject.co.uk)  
[www.apeproject.co.uk](http://www.apeproject.co.uk)

### Local Bike Mechanics for Dr Bike Checks, Repairs and Courses

- ▶ **Andy Sabel** – Bike Mechanic –  
Tel: **07970 376 806**  
email: [drbikecan@gmail.com](mailto:drbikecan@gmail.com)
- ▶ **Cycle Hub** Tel: **07824 776923**  
email: [paul@thecyclehub.com](mailto:paul@thecyclehub.com)  
[www.thecyclehub.com](http://www.thecyclehub.com)
- ▶ **Cycle Therapist** Tel: **0117 327 0079**  
Mob: **07818 420790**  
email: [info@cycletherapist.co.uk](mailto:info@cycletherapist.co.uk) or visit:  
[www.cycletherapist.co.uk](http://www.cycletherapist.co.uk)
- ▶ **Life Cycle UK** Tel: **0117 353 4580**  
or visit: [www.lifecycleuk.org.uk](http://www.lifecycleuk.org.uk)
- ▶ **Taylor'd Cycles** Tel: **07811 330586**  
email: [ross@taylor'dcycles.com](mailto:ross@taylor'dcycles.com)  
[www.taylor'dcycles.com](http://www.taylor'dcycles.com)

Your local bike shops are often able to offer free support and prizes.

### Mountain Bike and BMX stunt display teams and coaching related activities

- ▶ **Andrei Burton and Inertia BMX Shows** –  
Tel: **0770 817 1793**  
email: [burton\\_Andrei@yahoo.co.uk](mailto:burton_Andrei@yahoo.co.uk) or  
[inertiabmxshows@hotmail.com](mailto:inertiabmxshows@hotmail.com)  
or Tel: **0773 334 4426**
- ▶ **RJ Ride Guide** Tel: **01474 703397**  
email: [rich@rjrideguide.com](mailto:rich@rjrideguide.com)  
[www.rjrideguide.co](http://www.rjrideguide.co)
- ▶ **Sole Events** – Contact Mark Malloy  
Tel: **01934 425510**  
email: [marc@sole-events.co.uk](mailto:marc@sole-events.co.uk)
- ▶ **Rob Reed** Tel: **07825 233571**  
email: [thegreenworld@hotmail.com](mailto:thegreenworld@hotmail.com)

### Health and Safety Note

It is the school's responsibility to ensure that anyone you hire for an event meets your school's health and safety requirements, such as Public Liability Insurance, CRB clearance (where necessary) and has completed a Risk Assessment for their activity. Bristol City Council does not recommend any particular supplier.



# BETTER BY BIKE

Britain's First Cycling City

[www.betterbybike.info](http://www.betterbybike.info)



## Grants and Funding Available

## Cycling to School Info Sheet No. 7

### Cycle Parking

#### School Cycle Parking Grant

We currently have limited funds available to supply grants for cycle parking. However, you are free to apply for a cycle parking grant using the application form at [www.bristol.gov.uk/schooltravelplans](http://www.bristol.gov.uk/schooltravelplans) and we will assess your application

**Take a Stand** scheme – up to two FREE bike stands (for four bikes) are available from Life Cycle UK on **0117 353 4580** or visit [www.lifecycleuk.org.uk](http://www.lifecycleuk.org.uk)

This is open to voluntary sector groups, schools, small businesses, churches and surgeries (in fact almost any type of organisation!)

**Cycle parking for anyone to use** (located on footways near shops and other destinations)

Tel: **0117 352 5736**

email: [nick.pates@bristol.gov.uk](mailto:nick.pates@bristol.gov.uk)



*New bike parking at Fair Furlong - a new 'Bike It' school*

### Cheap, Free and Discounted Bikes

Council Staff Bike to Work Scheme – for tax-free bike 'purchases'. Visit the council's Intranet and do a search on Bike to Work scheme.

#### The Source

**Lifecycle UK** – has a recycled bicycle scheme in Knowle and a youth project.

Tel: **0117 353 4580**

[www.lifecycleuk.org.uk](http://www.lifecycleuk.org.uk)

**Bike Loan scheme** in Lawrence Hill. Free to join, weekends only.

Contact Mandy Cox on **0117 304 1425**

email: [mandy.cox@wellspringhlc.org](mailto:mandy.cox@wellspringhlc.org)

**The Kebele Centre** – bike maintenance, fixing and recycling project in Easton.

Tel: **0845 313 8403**

email: [kebelesocialcentre@riseup.net](mailto:kebelesocialcentre@riseup.net)

#### The Emmaus Project

Tel. **0117 954 0886**

[www.emmausbristol.org.uk](http://www.emmausbristol.org.uk)

### Cycle to School Initiatives

Schools can apply for funding for cycle to school initiatives. Please download the application forms at [www.bristol.gov.uk/schooltravelplans](http://www.bristol.gov.uk/schooltravelplans)

#### Launch of the Cycling City Community Fund

The £100,000 fund has been set up to support small scale and community projects and events that promote cycling. It is being administered by Quartet Community Foundation and guidelines and application forms can be downloaded from their site at <http://www.quartetcf.org.uk>

### Adult Cycle Training

Cycling City has funded a number of Discounted Cycle Training places at the reduced rate of £5 a session (usual cost £30). To apply

Tel: **0117 315 5110**

[www.cyclingcityclub.com](http://www.cyclingcityclub.com)



# BETTER BY BIKE

Britain's First Cycling City

[www.betterbybike.info](http://www.betterbybike.info)



## Top tips for teaching your child to ride unaided

## Cycling to School Info Sheet No. 8

### 1. Getting the child familiar with their bike and how it works

#### Practice:

- ▶ Holding the bike (both hands on handlebars)
- ▶ Pushing the bike around and steering it
- ▶ Using the brakes to stop the bike while pushing it around
- ▶ Getting on and off the bike
- ▶ Balancing while stationary – where to put your feet

### 2. Preparing to set off

Give clear instructions about what you want your child to do

Use positive language  
(avoid all talk of falling off, holding up, crashing)

#### Tell them:

- ▶ To ride wherever they like (don't worry about riding in a straight line or a particular direction to start off with)
- ▶ How to correct a wobble (steer towards the way the bike is leaning)
- ▶ How to set off and pedal
- ▶ That you will be holding them and running along with them at all times
- ▶ That they can stop and rest whenever they want



### 3. Riding

- ▶ Gain your child's trust by holding on to them at all times
- ▶ DO NOT LET GO WITHOUT TELLING THEM
- ▶ As they gain confidence hold on less and less tightly
- ▶ Agree with your child that when you feel they are riding really well you will let go but that you will keep your hands close to them and continue to run along with them
- ▶ As confidence increases move hands away from child but keep running along close to them
- ▶ Give lots of praise and encouragement
- ▶ Make it Fun
- ▶ Take breaks as needed (for rest, drinks or snacks)



The Road Safety Team have template letters, lesson plans and resources for schools and other organisations who wish to run family 'learn to cycle sessions'.

Contact Emma Downey on **0117 922 4383**



# BETTER BY BIKE

Britain's First Cycling City

[www.betterbybike.info](http://www.betterbybike.info)



## Top tips for checking your child's bike is safe

## Cycling to School Info Sheet No. 9

### 1. Size

Your child should be able to touch the ground easily with both feet and reach the handlebars. As they become confident, the saddle should be raised so feet touch the ground on tiptoes.

### 2. Brakes

Your child should be able to reach and apply brakes comfortably. Cables should not be frayed. Blocks should contact wheel rim (not tyre) and not be worn down.

### 3. Tyres

Should be inflated hard. There should not be any bald patches where the inside of the tyre (canvas) is exposed. There should not be any obvious holes or cuts in the tyre, which could expose the inner tube.

### 4. Wheels

Should spin freely without obstruction. Spokes should not be corroded, loose, broken or missing.

### 5. Handlebars

Should be correctly aligned and tightened.

### 6. Headset

Apply front brake and rock the front of the bike, there should be no more than a slight hint of rocking movement of the headset parts (where the handlebar stem joins the frame and forks)

### 7. Frame and Forks

There should be no obvious accident damage such as bent forks, wrinkled paint or large cracks or dents.

### 8. Pedals

Should not have any parts missing and should be attached tightly to the cranks.

### 9. Chain

Should not be too loose or it will come off and should be lightly lubricated. A very dry or rusty chain or one with very stiff links is likely to break.

### 10. General

All nuts and bolts should be properly tightened and quick releases firmly closed (with curve facing inwards). Any accessories should be firmly attached and fitted correctly.



For information on local bike mechanics, Dr Bike checks, repairs and maintenance lessons please see [Info Sheet 6B](#)



# BETTER BY BIKE

Britain's First Cycling City

[www.betterbybike.info](http://www.betterbybike.info)



## Bikeability Cycle Training

## Cycling to School Info Sheet No. 10

The council's Road Safety Team offers **Free** Bikeability child cycle training to all Bristol schools. Most courses are run in primary and junior schools **but training is also available to secondary schools, special schools, holiday clubs and youth groups.**

**All courses are suitable for children with special needs** and run by experienced national standards instructors.

**The Bikeability Level 1 course** is designed to develop basic cycling skills in a safe traffic free environment through fun games and activities. These courses are usually offered to 7–9 year olds but can be adapted for older children.

**The Bikeability Level 2 course** is designed to develop the skills, experience and confidence needed for cycling on today's roads. These courses are conducted on quiet to moderately busy residential roads. These courses are usually offered to 9–11 year olds but can be adapted for older children.

**The Bikeability Level 3 course** is advanced on road training, designed to ensure cyclists are able to manage all road conditions. These courses are offered to young people aged 11–16.

Bristol City Council's cycle training scheme has "Bikeability" accreditation to the new national cycle training scheme. Last year we trained 3,000 children and this year, thanks to funding through the Greater Bristol Cycling City project we hope to double the number trained to 6,000.

We are looking for more instructors to help us achieve this so if you are over 18, a regular cyclist and have experience of working with children please call the number below to find out more.

**For further information or course bookings**

Ring Emma Downey on **0117 922 4123**

email: [emma.downey@bristol.gov.uk](mailto:emma.downey@bristol.gov.uk)





# BETTER BY BIKE

Britain's First Cycling City

[www.betterbybike.info](http://www.betterbybike.info)



## How to get hold of a second hand bike for you or your child

## Cycling to School Info Sheet No. 11

It is always a good idea to buy a second hand bike from a bike shop because you can be sure that the bike is in good working order.

**Bools Bikes**, 3 Staple Hill Road, Fishponds  
Tel: **939 2746**. Open Mon–Sat 10–6  
[www.boolsbicycles.co.uk](http://www.boolsbicycles.co.uk)

**Budget Bikes** Raleigh Road, Southville, BS3  
Adults and Childrens Tel: **07773 125392** Open  
Mon–Sat 9–5 Fully serviced before sale. Prices £55  
upwards. Average price under £100.

**Jakes Bikes** 6A Haymarket Walk, Bristol BS1 3LN  
Tel: **0117 329 7363**. Appointment only to view bikes  
on the website. Mon–Fri 9.30–5.30. Only adult bikes  
[www.jakesbikes.co.uk](http://www.jakesbikes.co.uk)

**The Bicycle Shop**, 276 Gloucester Road, BS7 8PB.  
Tel : **949 8950** Open 10–5.15 Mon, Tues, Thurs, Fri.  
10–5 Wed and Sat. Adults and Childrens on display  
on pavement.

**The Bike Workshop**, 88 Colston St (near BRI)  
Tel: **926 8961** Open Mon–Fri 9–5.30, Sat 9.30–5.30.  
Hybrid, Mountain, Touring bikes from £100. Adults  
and Childrens. Guaranteed three months, first  
service free. [www.bikeworkshop.co.uk](http://www.bikeworkshop.co.uk)



### Cheaper options

Police auctions  
Avon and Somerset police sell unclaimed recovered  
bikes on their website.

[www.avonandsomersetpolice.uk](http://www.avonandsomersetpolice.uk)

### Classified adverts

[www.trade-it.co.uk](http://www.trade-it.co.uk)

[www.gumtree.com](http://www.gumtree.com)

[www.freecycle.org](http://www.freecycle.org)

[www.thisisbristol.co.uk](http://www.thisisbristol.co.uk)

[www.preloved.co.uk](http://www.preloved.co.uk)

### Online auctions

Such as eBay, remember postage can be expensive

### Local and low cost

[www.emmausbristol.org.uk](http://www.emmausbristol.org.uk) 0117 954 0886

**Free bicycles for community groups and charities**

[www.thebristolbikeproject.org](http://www.thebristolbikeproject.org)

[www.lifecycleuk.org](http://www.lifecycleuk.org) 0117 353 4580

It is advisable to have your bike checked over and  
serviced by a bike mechanic before you or your child  
ride your new bike.

Read information sheet **6B** and sheet **9**

### Do you have a bike that you don't want anymore?

There are various bike-recycling projects around the city that would love  
your donations.

Visit: The Bristol Bike Project [www.thebristolbikeproject.org](http://www.thebristolbikeproject.org)

Life Cycle [www.lifecycleuk.org](http://www.lifecycleuk.org) 0117 353 4580

Emmaus [www.emmausbristol.org.uk](http://www.emmausbristol.org.uk) 0117 954 0886

Kebele Community Co-Operative <http://www.kebelecoop.org>

There are plans to develop a bike recycling facility at Bristol prison,  
which is currently out to tender, so watch this space!

### Disclaimer

Bristol City Council is not  
responsible for any  
incidents relating to the  
sale or use of bicycles  
purchased from any of the  
suppliers mentioned in this  
leaflet. This is intended as  
an information sheet only.



# BETTER BY BIKE

Britain's First Cycling City

[www.betterbybike.info](http://www.betterbybike.info)



## Bikes to hire or borrow in Bristol

## Cycling to School Info Sheet No. 12

There are more places than you may think where you can hire bikes and accessories so that you can start exploring in and around the city by bike. If you haven't ridden for a while, hiring a bike for a day or so is also a great way of seeing if you're ready to get back in the saddle. **Get out there and enjoy!**

### Bike Hire for all the Family

#### Free Weekend Bike Loan Scheme,

New Deal Flyers, based at Baynton House in Lawrence Hill. Open from 10am –12 & 2pm–4pm at weekends only.

A wide range of bikes, sizes to fit all the family, also some electric bikes too! (Some bikes have fitted child seats.) Helmets and locks are also provided.

Registration is essential.

Contact Mandy Cox **0117 304 1425** or email

**Mandy.cox@wellspringhlc.org** for more information.

#### Webbs of Warmley Cycles

12–14 High Street BS15 4ND, **0117 967 3676**

Located at Warmley station 100 yards from the railway path, bikes can be hired for men, women and children (24" wheels) for 24hrs. £12 for an adult bike, £10 for kids. £7.50 for a bike trailer.

### Adult Bike Hire

#### Specialized Concept Store

12–14 Park Street opposite College Green , **0117 929 7368**. State of the art bike shop which has just started hiring out city hybrid bikes for £7 for up to 4hrs, £12 for up to 8hrs and £16 for 24hrs. Lock hire £1.

#### Blackboy Hill Cycles

180 Whiteladies Road, Bristol BS8 2XU,

**0117 973 1420**. Family run bike shop located right next to the Downs for easy access to the Downs, Suspension Bridge and Ashton Court Estate. Cycle hire is £12 for the day which includes a lock – helmets are £2 extra.



Prices correct at time of going to print.

## Increasing cycling: Cycle Parking Suppliers

Company Name and Address	Telephone No.	Email	Web site	Details/Description
Autopa Ltd	01788 550556		<a href="http://www.autopa.co.uk">www.autopa.co.uk</a>	Sheffield stands, shelters, cycle lockers
BikeAway Ltd	01752 202116	<a href="mailto:info@bikeaway.com">info@bikeaway.com</a>	<a href="http://www.bikeaway.com">www.bikeaway.com</a>	Manufactures galvanised steel cycle lockers. The lockers save space, with 12 units fitting into the footprint of one standard parking space
Broxap Ltd	01782 564411	<a href="mailto:sales@broxap.com">sales@broxap.com</a>	<a href="http://www.broxap.com">www.broxap.com</a>	Provides specifiers with a comprehensive choice of modular cycle parking systems, including single and multiple cycle stands and single and multiple front-wheel supports
Cycle-Works Ltd	02392 815555		<a href="http://www.cycle-works.com">www.cycle-works.com</a>	Sheffield stands, shelters, cycle lockers
Dixon-Bate Ltd	01244 288925		<a href="http://www.dixonbate.co.uk">www.dixonbate.co.uk</a>	Sheffield stands, cycle lockers
External Solutions Ltd	01724 847770		<a href="http://www.external-solutions.co.uk">www.external-solutions.co.uk</a>	Sheffield stands, shelters
Furnitubes International Ltd	0208 378 3200		<a href="http://www.furnitubes.com">www.furnitubes.com</a>	Sheffield stands, shelters
Gear-Change	01202 826525		<a href="http://www.gear-change.co.uk">www.gear-change.co.uk</a>	Self-contained cycle parking, showers and changing rooms
Glasdon Manufacturing Ltd	01253 891131		<a href="http://www.glasdon.com">www.glasdon.com</a> - (Go to 'Glasdon manufacturing')	Cycle lockers, shelters, cycle stands (not Sheffield)
Life Cycle UK	0117 929 0440		<a href="http://www.lifecycleuk.org.uk">www.lifecycleuk.org.uk</a>	Sheffield stands



Company Name and Address	Telephone No.	Email	Web site	Details/Description
Lock-It Safe Ltd	01472 346382	info@lockit-safe.co.uk	www.lockit-safe.co.uk	Cycle parking for local authorities, NHS trusts, rail operators, civil engineers, architects and private companies
Lowrey Contractors Ltd	0117 963 7111		www.lowrey-contractors.co.uk	Secure cycle parking and installation of Sheffield stands
Macemain + Amstad	01536 401331		www.macemainamstad.com	Sheffield stands
Minipods/Cyclepods Ltd	0845 094 0490	info@cyclepods.co.uk	www.minipods.co.uk	Innovative cycle and scooter storage arranged in a pod
Sekura-Byk	01603 620720		www.sekura-byk.co.uk	Sheffield stands, cycle lockers
Theme Bins International Ltd	01924 217717		www.themebins.co.uk	Cycle lockers
Urban Engineering	01704 540405	sales@urbanengineering.co.uk	www.urbanengineering.co.uk	Designer and manufacturer of cycle and motorcycle parking systems. Shelters have a modular construction



## Increasing walking: Themed walks

Did you know there are likely to be pupils who travel to your school by car who live within the recommended walking distance?

This means there is a lot of potential to increase walking numbers to school!

You can find out how many pupils live within walking distance from your School Travel Health Check data, which is sent out each year. If you cannot find your data, please contact School Travel Advisor, Jodi Savickas, who will send you your data as a map showing where pupils travel from, how they travel and the recommended walking threshold:

Email: [Jodi.savickas@bristol.gov.uk](mailto:Jodi.savickas@bristol.gov.uk)

Tel: 0117 903 6103

To help you increase our walking numbers, why not try a themed walk to school?

The theme could be based on the local history, the nature trails or the geographical features that surround your school, or anything you would like to do.

If you are interested in planning a themed walk, please contact Jodi Savickas using the above contact details, who will help you work out the appropriate theme for your walk.

The themed walks will allow pupils and parents to experience the journey to school on foot and can encourage them to walk more often.



## Increasing walking: Walk to School Resources

### Walking Charts

On the following page you will find a copy of a walking chart that you can photocopy and distribute to your pupils.

This initiative is designed to reward pupils who are regular walkers, and hopefully encourage more pupils to walk. The Walking Charts are designed to run for three weeks, which you can run consecutively, or choose to break up at various points throughout the year.

#### The rules for the Charts are as follows:

Each day a pupil walks all or part of the way to school they can tick a box and earn a point. When they reach **five points** they will win a prize. The prizes will grow when they get to **10 points**. If they reach **15 points**, not only will they win more prizes, but they will also be in with a chance of winning a big prize for their class. Each pupil can only earn one point per day – walking to and from school on the same day will not count as two points.

You can choose how small or large the prizes are. For instance, a five point prize could be an individual commendation or house point, a 10 point prize could be an individual small gift such as a sticker or pencil, and a 15 point prize could be a larger individual gift such as a certificate or golden boot (please see Golden Boot section below). The class prize could be extended break time.

### Golden Boot Award – Walk once a week

You could organise one day each week where there is a push to encourage all pupils to walk. If the day is set as the same every week, awareness will be raised of the event.

Once pupils have arrived, the number of walkers per class is recorded by teachers. The class with the most walkers is awarded the Golden Boot.

The Golden Boot can be created by your pupils. It can be made from an old boot (welly, hiking etc.) that you can paint in gold paint and decorate with shiny accessories!



# Walking to School Points Chart

Start Date .....

Name .....

School .....

## Rules:

Each day you walk all or part of the way to school you can tick a box and earn a point. When you reach **five points** you will win a prize! The prizes will grow when you get to **10 points**. If you reach **15 points**, not only will you win more prizes, but you will also be in with a chance of winning a big prize for your class! **Remember**, you can only earn one point per day – walking to and from school on the same day will not count as two points!

## Tick one box each time you walk to school

Start here

When you reach five, you win a prize!

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When you reach ten, you win again!

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When you reach fifteen, you win for you and your team! Congratulations!

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## Increasing walking: Walk to Nursery and School Resources

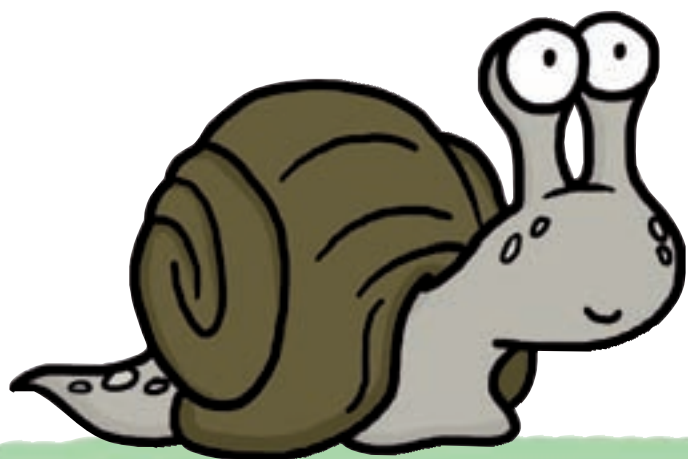
The resources on the following pages will allow you to run a different activity each day. These include:

- **What I saw on my way to school booklets** – One per nursery child. This allows children to draw or photograph interesting features that they spot on the journey to school.
- **Transport Bingo booklets** – One per nursery child. This allows children to keep a tally of the types of transport they see on the journey to school.
- **How many bikes did you see leaflets** – One per nursery child. Children can count the number of bikes they see on the journey to school and hand in their leaflets to their teacher.
- **How many bikes did we see wall chart** – One per nursery class. Once children have handed in their 'how many bikes did you see' leaflets, the total number of bikes spotted can be tallied up and the corresponding number of circles can be filled in on the wall chart (with markers or stickers etc).
- **Natural treasures wall chart** – One wall chart per nursery class. This allows children to collect natural treasures along their journey, such as leaves, twigs and flowers. Once they arrive at nursery, teachers can help children identify their findings using the wall chart.
- **Weather outfits** – One per nursery class. This allows children and teachers to get together and decide which outfit is most suitable for the weather on the day. There are four different outfits that can be cut into sections of a head, torso and legs.

As mentioned above, it is suggested that you can pick just one activity to carry out each day of the walk to school week to avoid having too many tasks to do on one journey to school. These resources have been developed with the help of a nursery teacher; therefore you should find that the resources are more suited to your nursery children than other walk to school resources that have been aimed at older children.

These resources could also be used as part of the themed walks for older children to make notes.

# What I saw on my way to school



# What I saw on my way to school

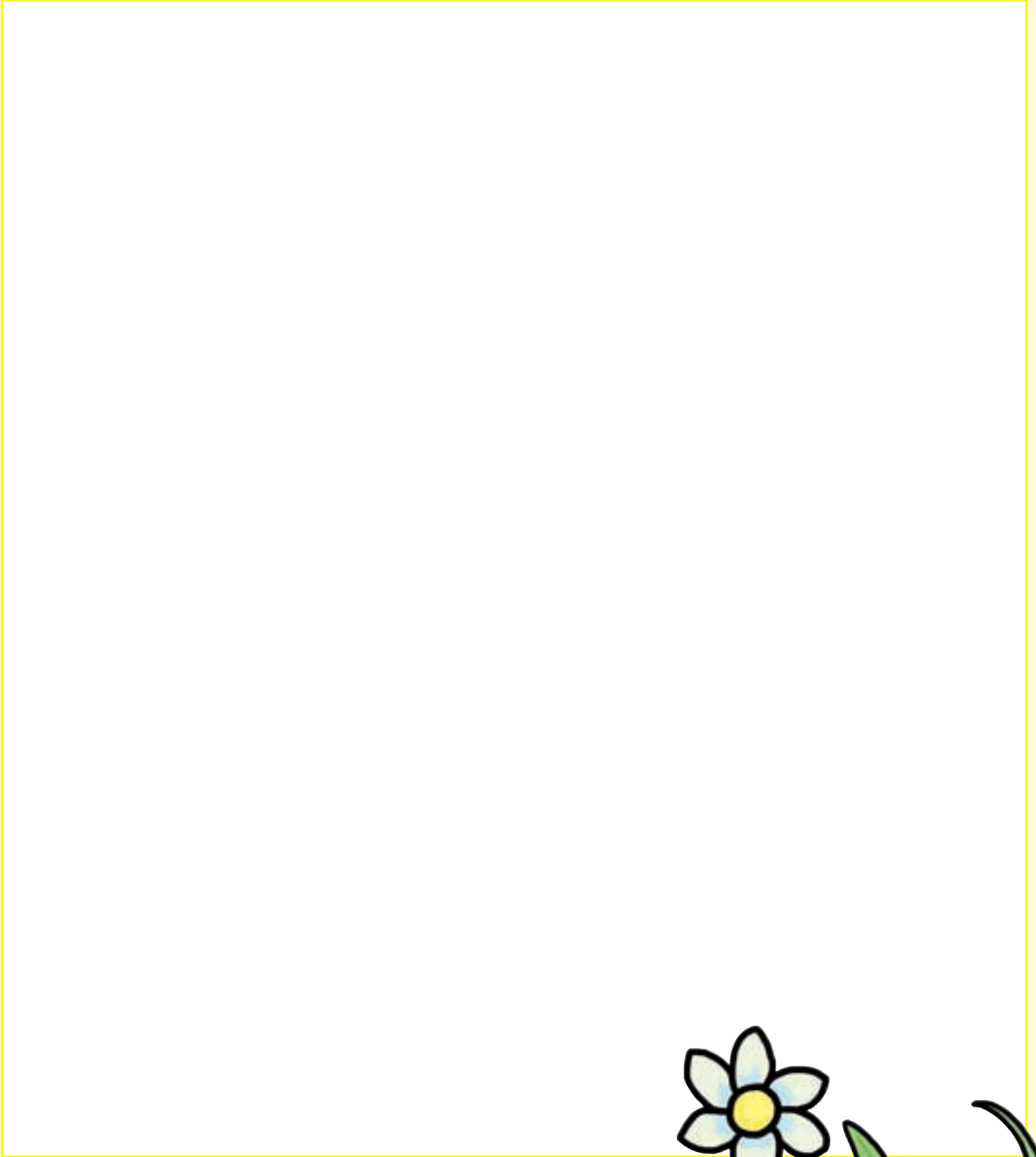


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# What I saw on my way to school



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# Transport Bingo

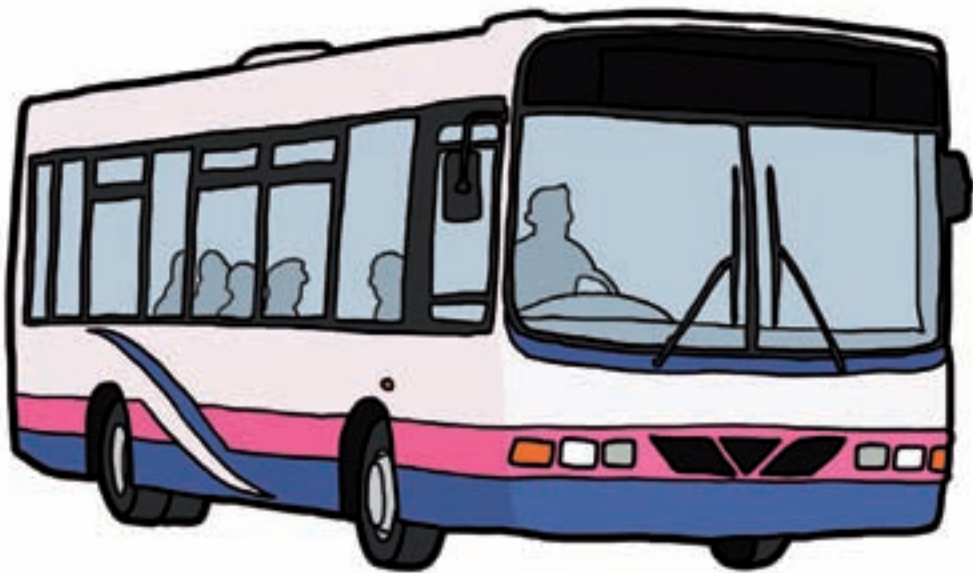
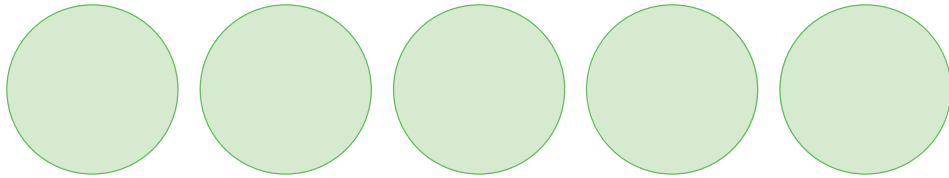


# Instructions

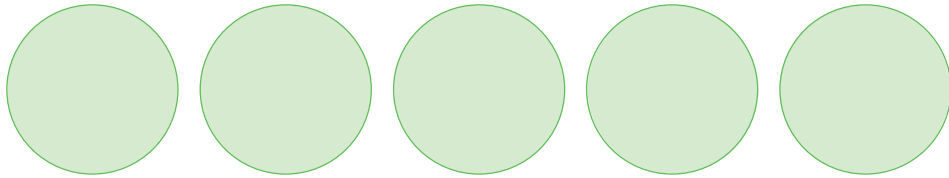
Every time you see a bus, motorbike, car, emergency vehicle, bike or lorry, tick one of the green circles on the correct page.



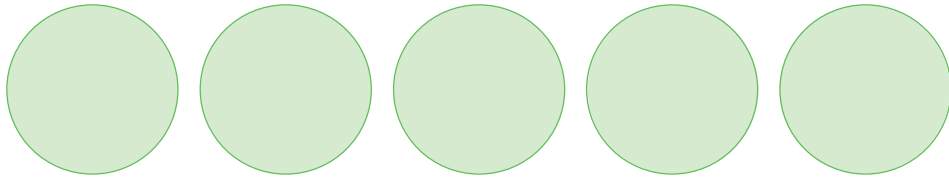
# Bus



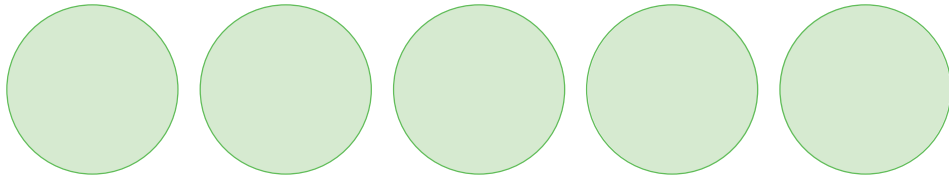
# Motorbike



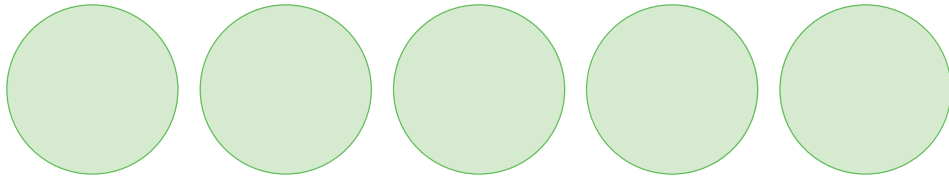
# Car



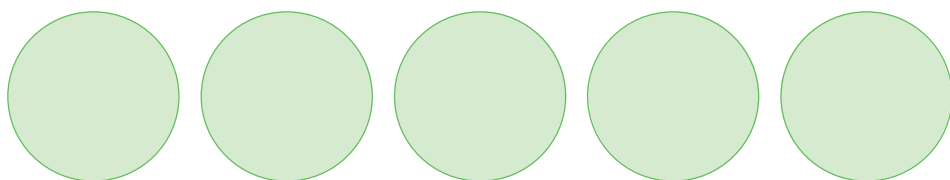
# Emergency vehicle



# Bike



# Lorry



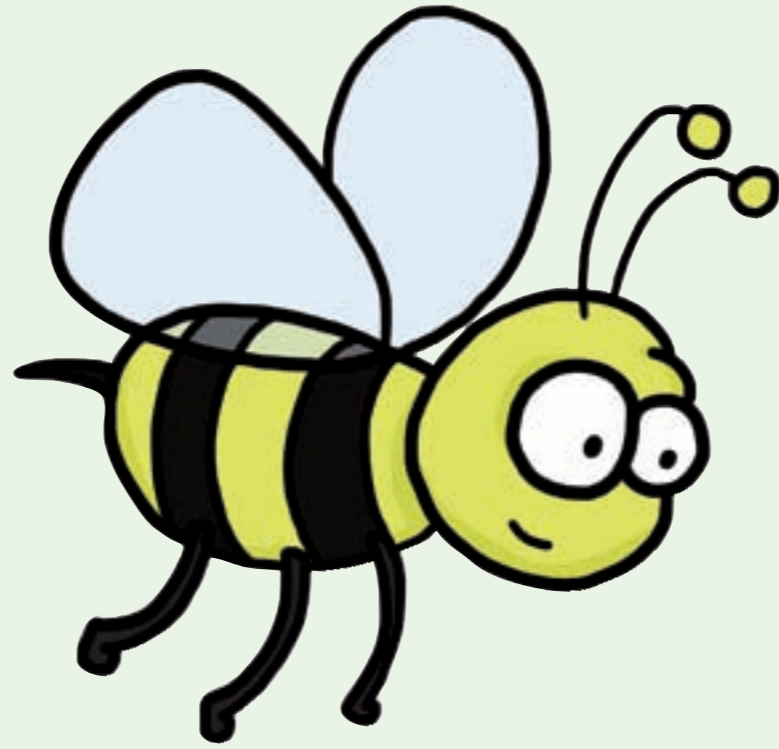
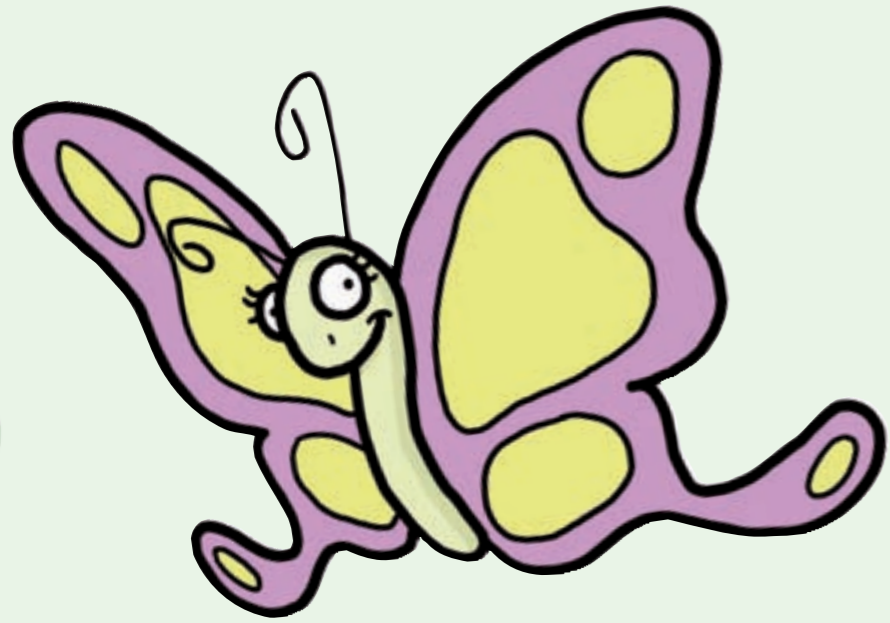


How many bikes did  
you see?

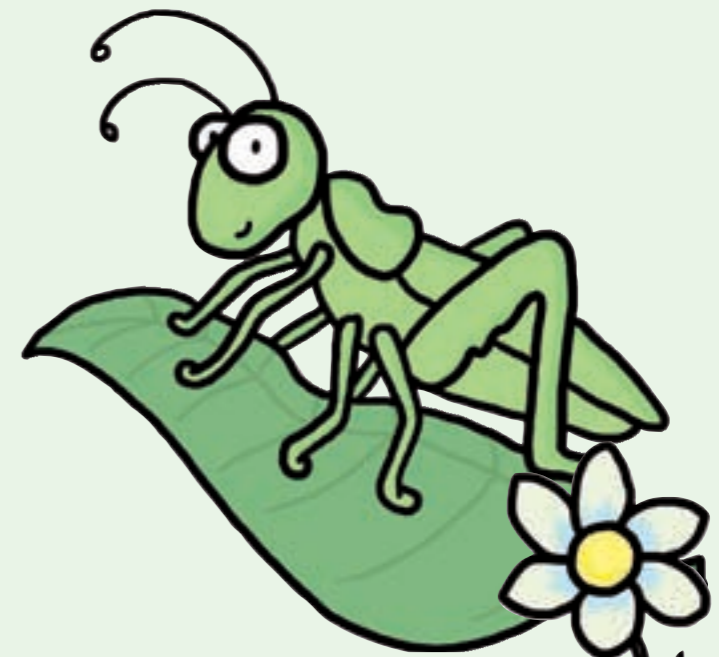
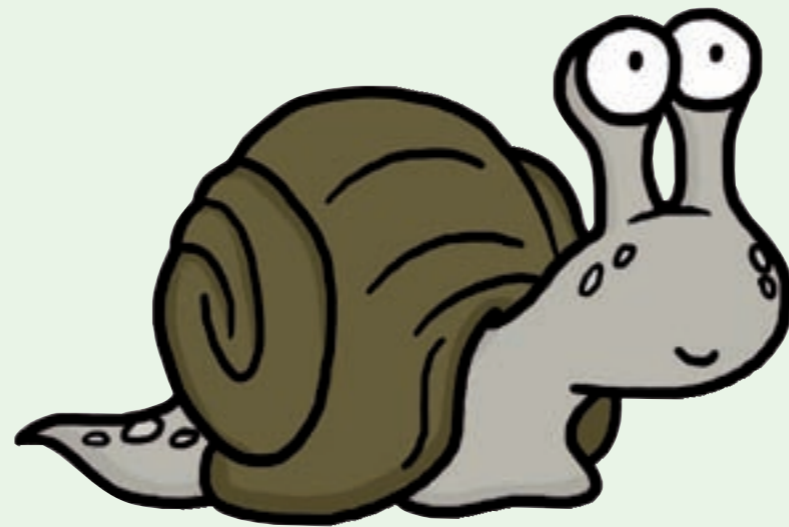


I saw  bikes



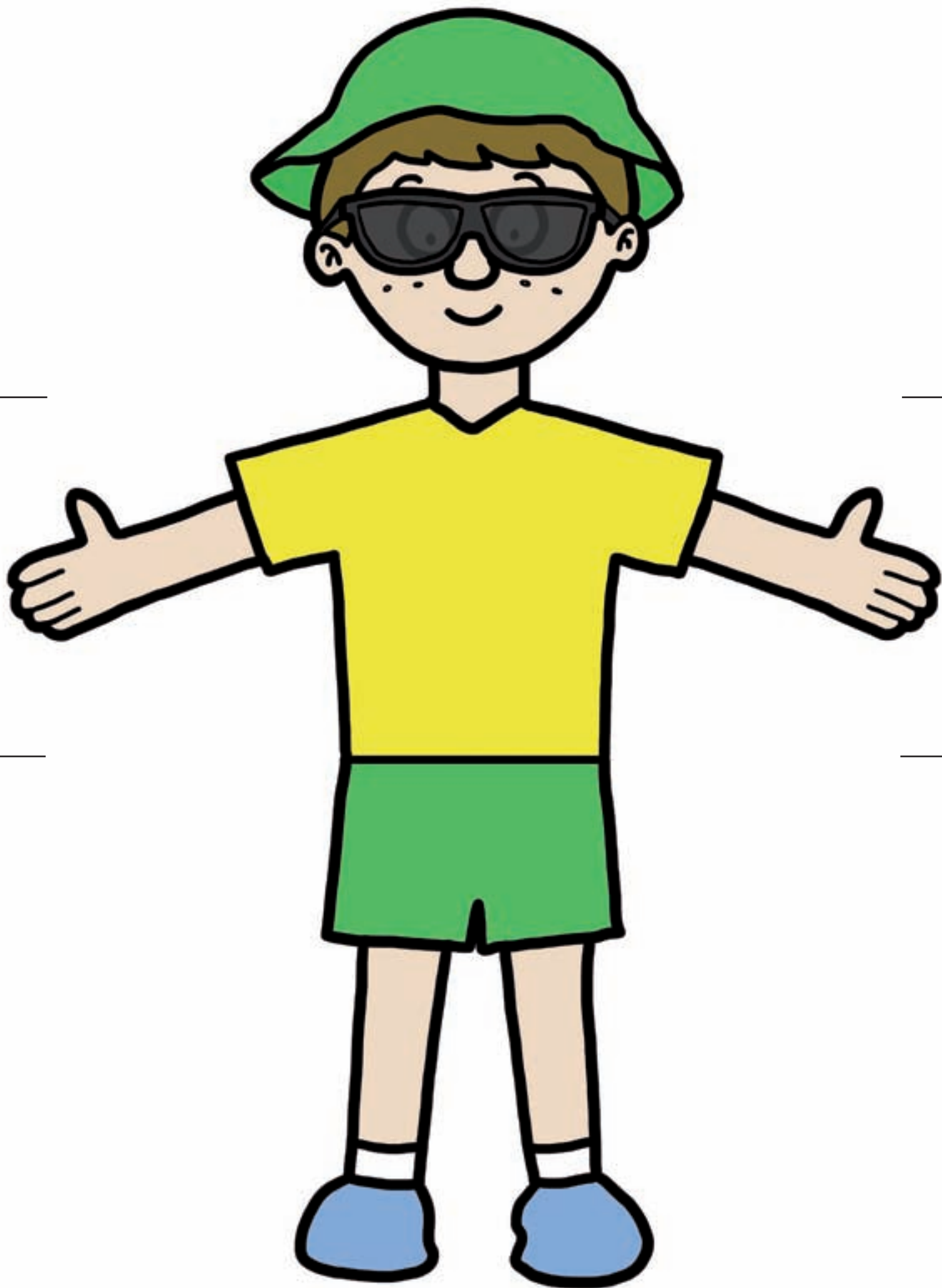


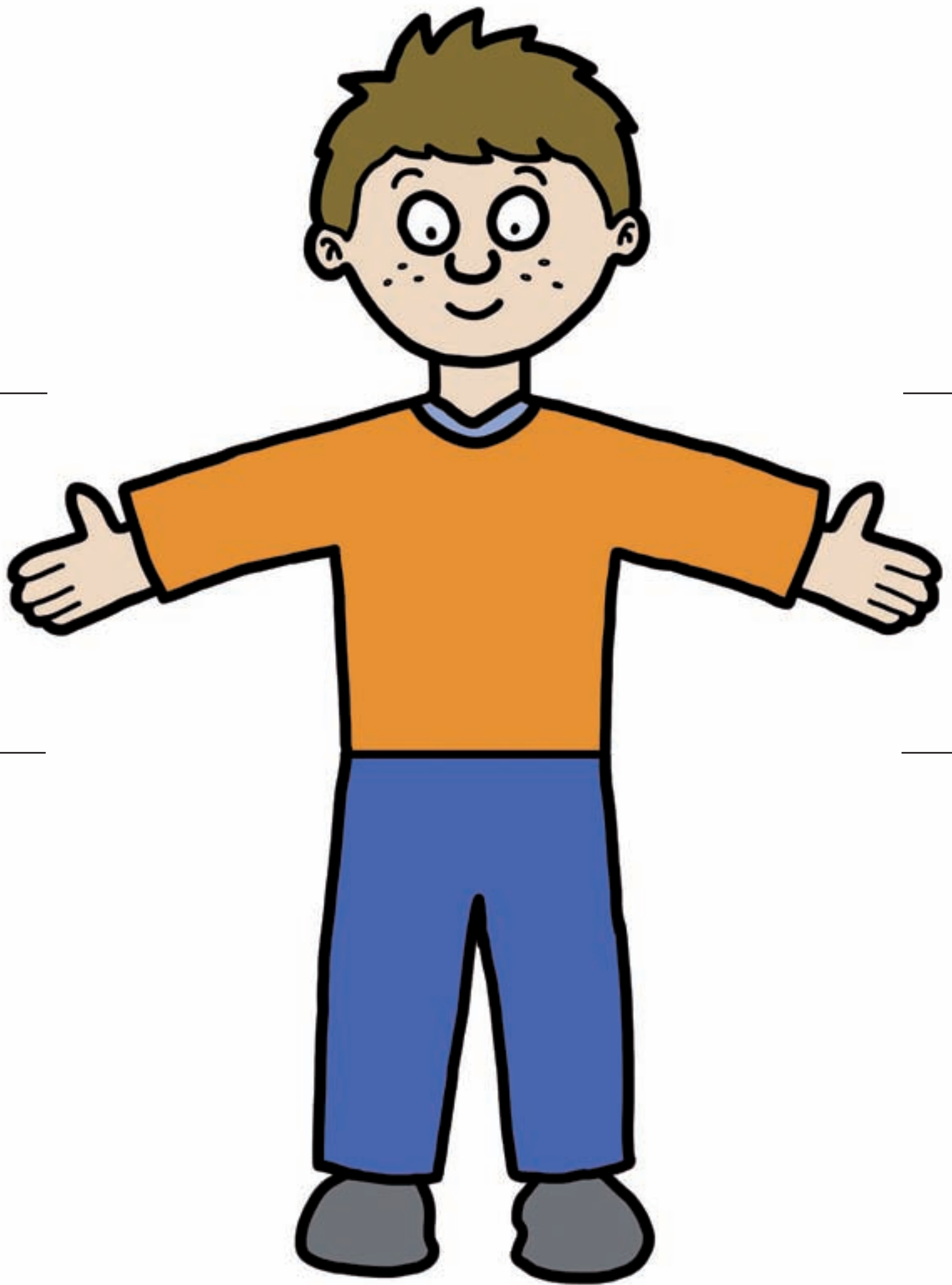
# Natural Treasures













## **Increasing walking: Walking Buses**

As part of a School Travel Plan, or as a one-off initiative, 'Walking Buses' are a way to get parents to think about walking to school more often and to reduce the number of cars driving and parking close to the school.

### **What is a 'Walking Bus'?**

A Walking Bus is a group of children who meet together every day in a designated safe location and then walk to school safely, accompanied by at least two or three adults depending on the route. The Walking Bus is an ideal way of encouraging more children to walk to school, in a safer environment, accompanied by adults.

### **There are two types of scheme:**

- Formal walking bus – supported by the council's Road Safety Team
- Informal walking bus – parents take it in turns through their own arrangements.

For more information on how to set up your own walking bus, please visit:

<http://www2.dft.gov.uk/pgr/sustainable/schooltravel/howtsetupawalkingbus.html>



### FREE Practical Road Safety Education AND Resources for your school

#### Nursery and KS1 Lower Primary

##### Nursery and Reception:



- **Road Safety Kit:** Including mini crossings / puzzles / reading books / lolly outfit.

- **Parent Walk:** Half hour talk for parents about teaching road safety and in car safety. Continues with a short practical session outside.



##### Year 1:

- **Pavement Professors:** Practical roadside training for Year 1 pupils.



##### Whole School:

- **Child Car Seat height measuring banner.**
- **Show You Care, Park Elsewhere:** Run a campaign to encourage parking away from the school. Stickers, Parent Leaflets and Banners.



### FREE Practical Road Safety Education AND Resources for your school

#### KS2 Upper Primary

##### Year 3:

- **Trail Blazers:** A trail around the roads near your school using photos of road safety features and potential hazards. Prepared by the Road Safety Team.



##### Year 6:

- **Speed Awareness:** Speed Guns Session. Looking at speed, drivers actions, stopping distances and other factors effecting road safety.



##### Whole School:

- **Child Car Seat height measuring banner.**
- **Show You Care, Park Elsewhere:** Run a campaign to encourage parking away from the school. Stickers, Parent Leaflets and Banners.



#### 'Bikeability' Cycle Training



##### Years 3 and 4:

- **Level 1:** One morning training within the school grounds.

##### Years 5 and 6:

- **Level 2:** Six hours on road training.





## Increasing active, sustainable travel amongst staff:

### Car share ideas

Use your staff room notice board to make a list of all members of staff who drive to school, the hours they work and the area they drive from, similar to the one below:

Name	Working days	Working hours	Area travelling from
Joe Bloggs	Mon-Fri	8-5	Portishead

You can then identify which members of staff are driving from the same area, and can share driving responsibilities instead of bringing separate cars into school. Don't leave anyone out - remember all your support staff, kitchen staff and cleaning staff too.

Benefits to car sharing are sharing the cost of petrol; reducing the number of cars on the road, therefore cutting congestion; as well as being able to have a gossip with colleagues on the journey!



## **Increasing active, sustainable travel amongst staff: Road show and health check visits**

As part of the council's work to reduce the number of people commuting by single occupancy car and improving the health of the workforce, there are teams available to deliver roadshows to your members of staff to inform them of the active and sustainable travel options available.

The Roadshow team is well equipped with information advice about walking, cycling and public transport to help you plan your active and sustainable route to work.

We also have the Health at Work team, who are on hand to visit and carry out health checks on members of staff to provide a good basis to measure any improvements that can be boosted through active travel.

If you would like either of these teams to visit your school to work with staff on improving health and increasing active and sustainable travel, please contact Jodi Savickas on 0117 903 6103 or email [jodi.savickas@bristol.gov.uk](mailto:jodi.savickas@bristol.gov.uk)



## Increasing active, sustainable travel amongst staff:

### Leave car at home once a week

Many members of staff live within walking or cycling distance to school but still choose to drive. This not only adds to the congestion within the car park or outside school, but also sends out a bad message to pupils who you are encouraging to walk or cycle to school!

As mentioned throughout this pack, walking and cycling can improve health and the environment, as they are both forms of physical activity that can contribute to your recommended 30 minute exercise five times a week, and do not produce harmful carbon emissions that are detrimental to the environment.

In addition, walking and cycling are very social modes of transport and can improve wellbeing as more contact is made with the outside world than it is when shut off in a car.

Reasons that staff do not walk or cycle to school include:

- Having to carry large or bulky items
- Long distance
- Nowhere to store cycles
- No access to a bike

Whilst these reasons (and many others) may prevent walking or cycling to school every day, why not try to do it just once a week? That way, you can choose a day when you do not have many large items to carry or leave some items at school for one day per week.

The distance will also be less daunting if you count your walk or cycle to school once a week as your exercise quota for the day!

If cycle storage is an issue, please refer to the cycling information sheets in this pack for details of grants that may be available for cycle storage.

If access to a bike is an issue, perhaps consider taking advantage of Cyclescheme that offers tax free bikes for work. The following website offers more details: [www.cyclescheme.co.uk](http://www.cyclescheme.co.uk)