

Inclusive Delivery Guide

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The
Bikeability
Trust

Aim:

Deliver inclusive cycle training using the Bikeability Delivery Guide

By

- Understanding the scope of inclusive delivery – *models of disability*
- Understanding the legal framework informing inclusive delivery
- Understanding positive risk taking
- State what reasonable adjustments can be made to:
 - Cycles
 - Riders
 - Training Environment
- Develop good practice teaching that would benefit everyone
- Next steps for me/ my scheme



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What is inclusive delivery?

Share your
experience of
delivering
inclusive
training

Why?

Who?

Where?



**Social Model
vs
Medical Model**

The Legal Framework

- Special Educational Needs Code of Practice (SEND) 2015

Vision for children with SEND is the same as for all children

- The Equalities Act 2010

8 Protected characteristics

- The National Standard For Cycle Training (DVSA)

All abilities

Any type of cycle



Risk management

What is Positive Risk Taking?

- Children are vulnerable vs Riders are empowered through skills
- It is irresponsible to put children in certain situations vs Riders learn skills through being challenged
- You're in trouble if anything happens to a child vs Your reward is enabling riders to ride competently
- They can't do that vs They can do this

'All cycle training involves **positive risk taking**'

Agree or disagree?

Why?

Examples?



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Guidance and support for inclusive cycle training delivery

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equipment and provisions.

Inclusive guidance:

- Instructors should agree with riders' routes that are suitable for their ability and type of cycle.
- Riders with learning difficulties may struggle with this largely theory-based session. Instructors may use simplified materials such as basic maps and technology.
- Instructors may break up learning points into bite-sized chunks.
- Riders should understand that some cycles need different locks and are only able to be locked up at specific locations. Also, that some riders may require additional locks to ensure all parts of their cycle are secured.

In the delivery guides


Department for Transport

**Delivering Inclusive Cycle Training:
A Good Practice Guide for
Disability Cycle Training**

January 2011

Good practice Guide
(Currently being updated)

cycling projects wheels for all



There are currently over **50 centres** across Great Britain.

For more information on the specific locations of our Wheels for All centres and activities please call Cycling Projects on **01925 234 213** or visit the website:

cycling.org.uk



Bikeability Providers – delivering inclusive cycling opportunities



What adjustments can I/my scheme make?

Some things to consider:

- Engagement and promotion (language and images)
- Removing barriers
 - Cycles
 - Riders abilities
 - Training locations
- Other logistical considerations (ratios/timings/NSI skills etc.)
- Rewards



Good Practice – Surrey County Council

Certificate of Achievement Bikeability Level 1: basic cycle control skills



This is to certify that

undertook Bikeability Level 1 training

Key to skill level attained:

- You have achieved this skill – but keep practising!
- You need more practice to achieve this skill
- You did not practise this activity so we have not assessed you on it

- | | | |
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| <p>01. You can check your bike is safe - brakes, tyres, steering and chain.</p> <p>02. You can demonstrate an understanding of safety equipment and clothing.</p> <p>03. You can get on and off your bike - using the brakes to keep your bike steady.</p> <p>04. You can start off and pedal, looking ahead whilst pedalling.</p> <p>05. You can slow down and stop using both of your bike's brakes, putting one foot on the ground as you stop.</p> <p>06. You can ride your bike without help for at least one minute.</p> | <p>07. You can turn left and right, keeping control of your bike the whole time.</p> <p>08. You can use gears if your bike has them.</p> <p>09. You can stop quickly without losing control of your bike.</p> <p>10. You can avoid objects by steering around them, keeping your balance at low speed.</p> <p>11. You can ride in a straight line and look all around, including behind, without losing control.</p> <p>12. You can control the bike with one hand on the handlebars.</p> <p>13. You can share space with pedestrians and other cyclists.</p> | <p>● ● ●</p> <p>● ● ●</p> <p>● ● ●</p> <p>● ● ●</p> <p>● ● ●</p> <p>● ● ●</p> <p>● ● ●</p> |
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Instructor's Comments:

Signed Accredited Cycle Instructor Date

Details about the thirteen skills that are assessed for Bikeability Level 1

1. **Check your bike:** you can look over the bike to check the brakes work, the tyres are pumped up, the chain is oiled and that the handlebars aren't loose.
2. **Understanding of safety equipment:** you can put on your helmet so it is in the correct position. You can make sure your clothes or faces won't get caught in your bike when you are riding.
3. **Get on and off:** when you get on or off the bike, you are pulling the brakes so your bike stays under your control.
4. **Start off and pedal:** you are in the 'pedal ready' position - one foot on the ground and one on the pedal ready to push down - then ride with both feet on the pedals and looking where you are going.
5. **Stop:** slow down by using your brakes, keeping your feet on the pedals until you have come to a stop.
6. **Ride along for a minute:** you can watch where you are going, keep your balance and keep your brakes covered as you ride along.
7. **Turn left and right:** you can keep control of the bike as you turn left and right.
8. **Use gears:** if your bike has gears, you know how to change them and go into a gear that's good for the speed at which you're riding.
9. **Stop quickly:** you can make an emergency stop, using both brakes and keeping your feet on the pedals and your arms braced.
10. **Avoid objects:** you can steer past obstacles keeping your balance, including at a slow speed.
11. **Look all around, including behind:** you are keeping a look out for anything that might cross your path as you cycle along. You can also look behind to see what's happening without losing control.
12. **Control the bike with one hand on the handlebars:** you can still control the bike with one hand removed from the handlebars, but know to have both hands on the handlebars for turning and stopping.
13. **Share space:** when you cycle near other people walking or cycling, you know to control your speed, to let the other person know you are there and not pass too close.

About Surrey County Council Cycle training

Surrey County Council's scheme has been accredited by the Cycle Standards Training Board (registration number 704065A). Every cycling instructor employed by the county is accredited to train Bikeability to the National Standards at all levels and is also trained in First Aid and Safeguarding Awareness.

Surrey County Council also provides customised cycle training for groups, families and individuals of all ages. For more information please call 03456 009009 and ask for cycle training, or go to www.surreycc.gov.uk and type 'cycle training' into the search box, or scan this QR code to link straight to the Travel SMART website.



The three Bikeability Levels

Level 1: basic control and balance skills Level 2: skills for quieter roads Level 3: skills for busier roads

- Recognising the achievements of everyone
- What people can do – not what they can't do
- Ensuring everyone has a certificate
- All Bikeability instructors receive WFA induction

What teaching techniques may help different riders?

Some things to consider:

- Language and communication
- Attention span



Thank You

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