# Inclusive Delivery Guide

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#### 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



## 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

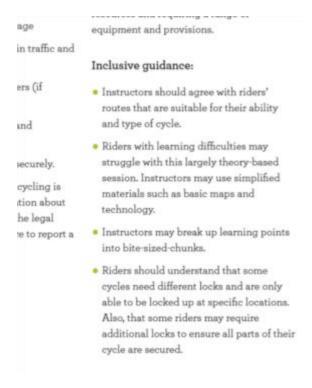
'All cycle training involves positive risk taking' Agree or disagree?
Why?

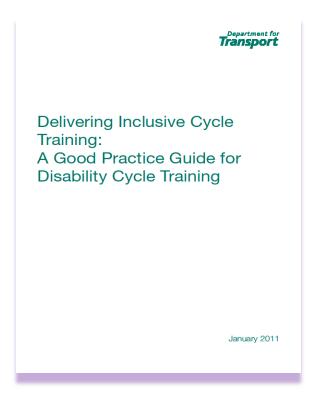
#### **Examples?**





### Guidance and support for inclusive cycle training delivery







In the delivery guides

Good practice Guide (Currently being updated)



# 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



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

- Check your bilker 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.
- Understanding of safety equipment: you can put on your helmet so it is in the correct position. You can make sure your dothes or laces won't get caught in your bike when you are riding.

 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 pedalt 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 oping.
- Stop: slow down by using your brakes, keeping your feet on the pedals until you have come to a stop.
- Ride along for a minute: you can witch where you are going, keep your belance and keep your brakes covered as you ride along.
- Turn left and right: you can keep control of the bike as you turn left and right.

- 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.
- Stop quickly: you can make an emergency stop, using both brakes and keeping your feet on the padals 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 arything 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 Bloability 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 OR 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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