

# Bikeability delivery guide for managers



Bikeability conference  
Hereford 16 May 2019

# Workshop facilitators

- Michael Frearson, The Bikeability Trust
- Louise Lee-Jones, Cycle Confident (session B)
- Benjamin Smith, The Bikeability Trust



# Table introductions

- Introduce yourself to **one** person you don't know on your table



# Workshop aims



- Become confident using the new *Bikeability delivery guide* to
  - plan Bikeability delivery
  - support instructors delivering Bikeability
  - review and quality assure Bikeability delivery
- Contribute to ongoing practice developments for the Guide
  - provide feedback on experience using the Guide



# Workshop focus for managers

*Use of this guide will ensure the National Standard is embedded in the delivery of Bikeability training competently, consistently and confidently. All registered Bikeability providers will use this guide to*

- plan and deliver Bikeability*
- mentor and develop instructors who deliver Bikeability, and*
- Quality assure Bikeability delivery.*

*Bikeability delivery guide (May 2019), page 1.*

# Workshop outline

1. Plan
2. Do
3. Review
4. Feedback





The  
Bikeability  
Trust

**PLAN**

# Planning for change - what's new?



- 1:12 ratio for Level 1 (1:15 flexibility to April 2020)
- Inclusive delivery is central, not an add on
- Core functions and systematic routines
- Clearly laid out principles, practices and progression
- Focus on rider progression, consolidation and challenge
- Transparent National Standard assessment criteria
- Training activities with assessment criteria, not training outcomes
- Assessment (and awards) recognise progression, not 'pass/fail'



# Planning for continuity – what's not new?



- Three Bikeability levels
- Course timings (clarified)
- Continuous assessment of competence, consistency and confidence
- Seven delivery principles
- 80/20% active learning (clarified)
- Primary and secondary riding positions
- Use of demonstrations

# Bikeability principles



Realistic

Empowering

Positive

Progressive

Rider-led

Outcome  
orientated

Continuous  
assessment

# Bikeability practices



Positive  
language

Accurate  
demos

Question led

Differentiation

Risk  
management

Maximum ride  
time

Continuous  
feedback

Recorded  
assessments

Progression

# Bikeability and the National Standard



BIKEABILITY LEVELS			NATIONAL STANDARD ROLES 1 - 5	
LEVEL 1	LEVEL 2	LEVEL 3		
			<b>ROLE 1</b>	<b>PREPARE FOR A JOURNEY - How to prepare myself and the cycle, and plan a Journey</b>
●			Unit 1.1	Prepare myself for a Journey
			Unit 1.2	Prepare the cycle for a Journey
●			Element 1.2.1	Check the cycle is ready for a journey
			Element 1.2.2	Repair a puncture
			Element 1.2.3	Conduct routine maintenance checks
		●	Unit 1.3	Plan a Journey
			<b>ROLE 2</b>	<b>RIDE WITH CONTROL - How to set off, ride and stop the cycle</b>
			Unit 2.1	Set off and stop the cycle
●	●		Element 2.1.1	Set off
●	●		Element 2.1.2	Slow down and stop
			Unit 2.2	Ride safely and responsibly
			Element 2.2.1	Glide
●			Element 2.2.2	Pedal
			<b>ROLE 3</b>	<b>USE ROADS IN ACCORDANCE WITH THE HIGHWAY CODE - How to negotiate roads and junctions and comply with signals, signs and road markings</b>
			Unit 3.1	Negotiate roads safely and responsibly
	●	●	Element 3.1.1	Maintain a suitable riding position
	●		Element 3.1.2	Negotiate junctions
	●		Unit 2.3	Comply with signals, signs and road markings
			<b>ROLE 4</b>	<b>RIDE SAFELY AND RESPONSIBLY IN THE TRAFFIC STREAM - How to share the road with others</b>
			Unit 4.1	Interact with other road users
	●		Element 4.1.1	Communicate with other road users
		●	Element 4.1.2	Cooperate with and respect other road users
			Unit 4.2	Minimise risk when cycling
	●		Element 4.2.1	Identify and respond to hazards
		●	Element 4.2.2	Ride assertively
			<b>ROLE 5</b>	<b>IMPROVE CYCLING - Learn from experience and keep up to date with changes.</b>
			Unit 5.1	Review and improve cycling practice

- National Standard Elements can provide assessment criteria for multiple Bikeability training activities
- This can happen within or between Bikeability levels
- Riders demonstrate the same National Standard assessment criteria in more challenging cycling environments
- Training consolidates learning and challenges riders to progress

# TASK

- In small groups
  - Present one or two challenges you face planning Bikeability delivery using the new Guide
  - Discuss with colleagues to develop solutions
  - Flipchart discussion and feedback **one new challenge and solution** to the whole group

*What are the planning implications of making inclusion central to the Bikeability delivery guide?*

DO



# Deliver the Bikeability learning experience

*The Bikeability learning experience **must** be positive, rider-led, outcomes driven, and delivered in real and progressively more challenging cycling environments. Effective Bikeability delivery **should** empower riders' independent decision making to develop safe and responsible strategies for cycling to the National Standard throughout life.*

*Bikeability delivery guide (May 2019), page 1.*

# Bikeability learning, teaching and assessment



Core functions

Systematic  
routines

Planning

Pre-course  
preparation

Active learning

Riding position

Demonstrations

Managing  
groups

Moving groups

Managing risk

Inclusive  
delivery

Assessment



# Instructors **plan** this learning experience

- Follow the training activity sequences set out in the Guide
  - consolidate learning before moving riders onto next training activity
  - secure progress by increasing challenge as skills and confidence grow
- Prepare thoroughly before each Bikeability course starts
  - risk assess training sites and routes, plan activities with co-instructor
  - establish riders' prior cycling experience, set ground rules for course
  - confirm consent, training registers, emergency procedures
  - ensure resources needed to meet learners' needs are provided

# Instructors **deliver** this learning experience

- Reinforce **core functions** and **systematic routines**
- Maximise active learning time - mostly independent riding, but also active peer observation, demonstration and feedback
- Deliver accurate demonstrations
- Provide concise, constructive feedback to enable progression
- Manage groups with positivity, purpose and pace
- Manage risk to maximise learning and rider progression
- Ensure all riders learn and progress towards cycling to the NS

# Instructors **assess** this learning experience

- Assume all riders will make some progress if given opportunity
- Assess riders using 'I can' National Standard assessment criteria
- Probe understanding when not evident in rider performance
- Judge if rider is cycling **to** or **towards** the National Standard
- Identify '3 Cs' performance for cycling **to** the National Standard
- Record progression in summative assessment at end of module
- Agree assessment results with co-instructor/s (if present)
- Summarise results to the Cycling Skills Profile on certificates

# New Level 2 certificate (front and back)

## Congratulations

.....

**has completed Bikeability Level 2**

The Bikeability Level 2 course develops your skills and confidence for cycling on single-lane roads with simple junctions and mostly moderate traffic. During the training you learn how to make independent decisions and cycle safely and responsibly:

- Making good and frequent observations
- Communicating intentions clearly to other road users
- Choosing and maintaining the most suitable riding positions
- Understanding priorities on the road, particularly at junctions

**Bikeability provider** .....

**Instructor** ..... **Date** .....

The cycle skills profile on the back of this certificate shows how well you have progressed towards cycling to the National Standard for cycle training.




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Department for Transport

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



## Cycle skills profile

I can:	Cycling to the National Standard	Cycling towards the National Standard
Identify and respond to hazards		
Start and stop on-road journeys		
Maintain a suitable riding position		
Comply with signals, signs and road markings		
Communicate with other road users		
Negotiate junctions		

**Instructor advice**

'Cycling to the National Standard' means all aspects of this element in the National Standard have been demonstrated competently, consistently and confidently during training. See full details here:  
<https://gov.uk/government/publications/national-standard-for-cycle-training>

Visit the **Bikeability Hub** to access learning resources and guidance, and register to receive news and special offers that will help you continue cycling to the National Standard:  
<https://bikeability.org.uk/>

# TASK

- In (new) small groups
  - Present one or two challenges your instructors face planning, delivering and assessing Bikeability using the new Guide
  - Discuss with colleagues to develop solutions
  - Flipchart discussion and feedback **one new challenge and solution** to the whole group
- *How does the renewed focus on differentiation and progression affect Bikeability delivery?*

# REVIEW



# What does good Bikeability look like?

Riders will be:

- making independent decisions about
  - performing the four core functions
  - in systematic routines throughout their journey
- becoming more competent, consistent and confident
- in progressively more challenging cycling environments
- reflecting on the decisions they've made
- understanding how they're improving
- always cycling towards the National Standard

# Assuring the quality of Bikeability delivery

- formally observing and mentoring instructors
- sampling instructor risk assessments, session plans and assessment records
- monitoring and responding to complaints and incident reports
- facilitating peer mentoring, learning and development
- developing CPD plans for instructors based on the National Standard and Bikeability delivery guide



# Sampling instructors for observation

Sampling factors to consider:

- the experience of the instructor
- the proximity of the instructor's practical assessment
- the instructor's familiarity with a new role or area of work
- the quality of an instructor's sampled risk assessments, session plans and assessment records
- complaints and incident reports

# Awarding Bikeability



- DfT 2016 grant letter conditions: all children should receive a badge, certificate and booklet (i.e. the complete Bikeability award)
  - Recognise every child's progression
  - Provide parents/carers with clear information about the rider's ability
  - Encourage trained riders to continue cycling after Bikeability
- 25% discount on complete award price
- Providers may use up old stock before September 2019

# TASK



- In (new) small groups
  - Present one or two challenges you face reviewing Bikeability, focusing on observing, mentoring and developing instructors using the new Guide
  - Discuss with colleagues to develop solutions
  - Flipchart discussion and feedback **one new challenge and solution** to the whole group
- *How do you review the effectiveness of new assessment and awarding practices in particular?*

# Feedback



- Provide feedback on use of the new delivery guide by end of July.

# Contact

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