Bikeability delivery guide for managers



Bikeability conference

lereford 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





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'



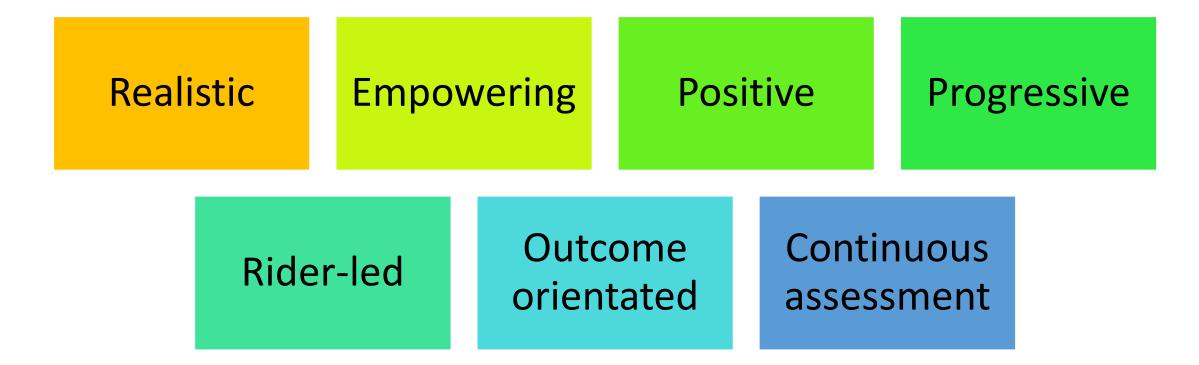
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Planning for continuity – what's not new?

- 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





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 | | | | | |
| | | | ROLE 1 | PREPARE FOR | A JOURNEY - How to | p prepare myself and the cycle, and plan a journey | |
| • | | | | Unit 1.1 | Jnit 1.1 Prepare myself for a journey | | |
| | | | | Unit 1.2 | it 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 | | |
| | | | ROLE 2 | RIDE WITH CO | TH CONTROL - How to set off, ride and stop the cycle | | |
| | | | | 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 | it 2.2 Ride safely and responsibly | | |
| | | | | | Element 2.2.1 | Glide | |
| • | | | | | Element 2.2.2 | Pedal | |
| | | | ROLE 3 | USE ROADS IN ACCORDANCE WITH THE HIGHWAY CODE - How to negotiate roads and junctions and comply with signals, signs and road markings | | | |
| | | | | Unit 3.1 | Init 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 | | |
| | | | ROLE 4 | | AND RESPONSIBLY IN THE TRAFFIC STREAM - the road with others | | |
| | | | | 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 | |
| | | | ROLE 5 | IMPROVE CYC | IMPROVE CYCLING - Learn from experience and keep up to date with changes. | | |
| | | | | 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?





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

Bikeability provider

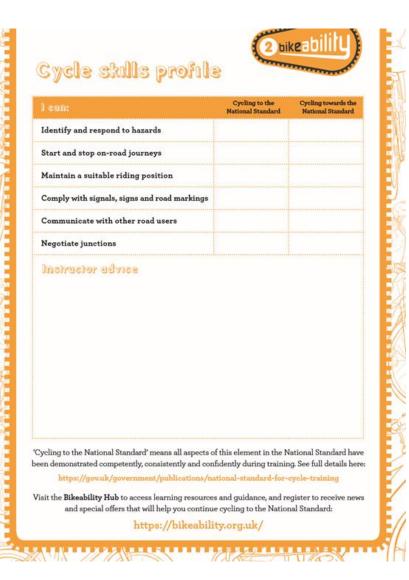
The cycle skills profile on the back of this certificate shows how well you have progressed towards cycling to the National Standard for cycle training.

Instructor Date



Department for Transport

www.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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