



Haddington Infant School bike club - East Lothian

Project overview

Partly inspired by the Sustrans Safe Routes to School newsletter local parent Elisa Smith set up an after school bike club at Haddington Infant School. A huge success the club has been oversubscribed and has a waiting list. The club is helping get more children in Haddington cycling to school safely.

Project aims

The project aims to get very young children (P1-3) on their bikes and provide them with training in basic bike handling skills

Activities/how it works

The parents involved surveyed parents on interest in a bike club, the results were very positive. With help from Active Schools the adults (who were all mums at the school) were trained in Bikeability and PVG checked. Registration forms were generated and over 70 children (P1-P3) signed up. Two 45 minute classes over 3 days (after school) were run for 8 weeks.

Active Schools provided Bikeability packs (hi viz vests, clipboards, whistles) and a bag full of cones and first aid equipment.

Project name

Haddington Infant School bike club

Location

Haddington, East Lothian

Target group

Primary 1-3

Headline results

Over 70 children trained and 3 adults qualified trainers

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- The classes were split into ability groups;
- independent, who were already confident riders
 - beginners, who could ride but were nervous or wobbly
 - new, kids who were still riding with stabilisers

Lesson plans based around Ready, Steady, Bike activity cards; including

- Bike club rules
- Safety check
- Braking in the box
- Slow race
- Mount and dismount correctly
- Pedalling
- Cornering
- Looking over shoulder
- High 5
- Assault course

At the end of the 8 weeks certificates were awarded

The benefits/ outcomes

3 adults trained to deliver Bikeability

Over 70 kids taking part with more children on the waiting list

Taught 10 children to move from stabilisers to pedalling on their own by using the scoot method (taking stabilisers and pedals off their bikes and teaching them to balance)



So what happens next?

The children on the waiting list and many of the ones who were trained in the first round are currently enjoying a second block of training. The plan is to run the club again in Spring but also take the children out of the playground and along local footpaths. The club would also like to recruit more parents from other classes to sustain the club. The two original parents are doing the 4 day Cycle Leader course funded by Active Schools so they will be able to offer on road cycle training to older children and adults.

Our partners

East Lothian Active Schools



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