

Cycling Friendly Secondary School Award criteria

About Cycling Scotland

Cycling Scotland is the nation's cycling organisation. Working in partnership with other organisations, with funding from Transport Scotland, we help create an environment for everyone in Scotland to cycle easily and safely. Our vision is of a sustainable, inclusive and healthy Scotland where anyone, anywhere can enjoy all the benefits of cycling.

Cycling Scotland is a Scottish Charity, SC029760, regulated by the Scottish Charity Regulator (OSCR).

Our vision

A sustainable, inclusive and healthy Scotland where anyone, anywhere can enjoy all the benefits of cycling.

Our mission

Cycling Scotland is the nation's cycling organisation. Working with others, we help create and deliver opportunities and an environment so anyone anywhere in Scotland can cycle easily and safely.

What is the Cycle Friendly Secondary School Award?

Cycling Scotland's Cycling Friendly Secondary School Award is a nationally recognised award for all secondary schools in Scotland. The Award supports and champions those schools that are committed to increasing cycling amongst pupils and staff members.

There are a wide range of programmes, services, expertise and volunteers available to support secondary schools to increase levels of cycling. The Cycling Friendly Secondary School Award signposts and brings these together, while also helping schools to overcome any barriers towards cycling. The information provided details useful sources of information and tips on how your school can go about creating a 'whole school' culture of cycling.

Benefits of cycling

Increased levels of cycling can improve health, mental well-being and the environment. To maintain a basic level of **health**, children and young people aged 5 to 18 need to do: at least 60 minutes of physical activity every day, ranging from moderate activity, such as cycling and playground activities, to vigorous activity, such as running and tennis¹. However, 23% of boys and 31% of girls don't meet these guidelines. Encouraging pupils to engage in cycling can contribute towards their recommended levels of daily physical activity.

There are a number of associated benefits to increased physical activity including improved motivation and self esteem. These benefits can help improve pupil attendance at school and encourage an eagerness to learn and experience new things.

Encouraging pupils to participate in cycling will be beneficial to the local environment. Increased levels of cycling can contribute to lower levels of traffic emissions locally and help reduce congestion on the roads surrounding the school. Believe it or not each short trip made by bike instead of car saves around 2kg of CO₂. Cycling is the least polluting way of travelling after walking.

¹ NHSScotland <https://www.playscotland.org/play-for-health/physical-activity-guidelines/>

How to become a Cycling Friendly Secondary School

- 1** • **Registration.** A member of school staff registers for Award online. A Cycling Friendly assessor will be assigned to assist the school in their journey to becoming Cycling Friendly.
- 2** • **Site assessment.** The assigned assessor arranges an assessment, during which the workplace is assessed against the Cycling Friendly Award criteria.
- 3** • **Action plan.** The assessor follows up with action plan of outstanding criteria, and advice and guidance on how to achieve them.
- 4** • **Development funding.** If desired, a school may apply to the Cycling Friendly Development Fund to help meet Award criteria and overcome barriers to cycling.
- 5** • **Award.** Once the school has achieved the criteria, the assessor awards Cycling Friendly Secondary School status. The school receives an award certificate and school gate banner.
- 6** • **Award with Distinction.** A school wanting to take further action to promote cycling can pursue Cycling Friendly Secondary School with Distinction status next.
- 7** • **Reassessment.** After 3 years, the assessor arranges a reassessment to ensure the organisation is still achieving the Cycling Friendly Award criteria.



Award criteria

The criteria of the Cycling Friendly Secondary School Award fall into three categories: infrastructure; development & promotion. Not all criteria apply equally to every school and this is taken into account during the assessment process.

To qualify for the Cycling Friendly Secondary School Award, schools must score a minimum of 20 points in each of the three categories. Schools with a total score exceeding 90 will be awarded 'with distinction'.

Infrastructure

ID	Description	Points	Point accrued	Comments
1.1	Pupil cycle parking	4		
1.2	Designated staff cycle parking	2		
1.3	Convenient access to cycle parking	4		
1.4	Covered parking	2		
1.5	Designated visitor parking	2		
2.1	Changing facilities	2		
2.2	Showers available	2		
2.3	Lockers available	2		
3.1	Clear signage to/from nearby safer cycling routes and paths	4		
3.2	Designated on-site cycle paths	2		
3.3	On campus trails or skills development area	2		
4.1	Provision of local mapping	4		
4.2	20mph zone around immediate school area	2		
4.3	20mph zone in wider school area	2		
5.1	Access to pool bikes / loan bikes	4		
	TOTAL	20/40		

Notes: Pupils and staff members will be more inclined to cycle to school if they have somewhere secure, accessible and dry to store their bikes. Ideally, changing facilities and clothes lockers would also be made available to pupils and staff. Volume, type and style of cycle parking will depend on the school, but you can obtain some excellent guidance on parking from Cycling Scotland's engineering team and Sustrans Scotland.

Development

ID	Description	Points	Point accrued	Comments
6.1	On road cycle training offered	4		
6.2	Off road cycle training offered	4		
6.3	Led rides offered	4		
6.4	Progression and development routes clearly communicated	4		
6.5	Cycling club	4		
7.1	Cycling established in mainstream curriculum for excellence	4		
7.2	Cycle maintenance training	4		
7.3	Volunteer opportunity	4		
7.4	Cycling offered as CPD for teaching staff	4		
8.1	Award scheme participation (DofE, Sports Leader Award etc)	4		
	TOTAL	20/40		

Notes: Various types of cycle training are available to pupils. On-road cycle training, such as Bikeability Scotland Level 3 or Essential Cycling Skills (16+) can be offered to pupils to extend and refresh their existing skills. Bikeability Scotland Level 3 training enables pupils to navigate complex junctions and plan journeys effectively. Opportunities are also available for staff and senior pupils to develop skills as leaders and trainers – ideal for wider achievement and CPD. More information about the different levels of training available can be found on the Cycling Scotland website <https://www.cycling.scot/>

Off-road and adventure cycle training can also be incorporated through the Go Mountain Bike programme, and as part of wider award schemes such as Duke of Edinburgh.

Cycle maintenance training also proves popular with pupils. As well as creating opportunities for staff and pupil development, building up a maintenance capacity can be valuable for servicing school bike fleets.

Sport cycling coaching is available through Scottish Cycling, the governing body for cycle sport in Scotland. A network of regional development officers can help support delivery of sport cycling activity through the Go-Ride programme. Find out more at www.britishcycling.org.uk/scotland

For pupils with additional support needs, Blazing Saddles is a unique “learning by doing” mobile all-abilities cycling service which provides advice, guidance and the adaptive resources to facilitate the inclusion of people with disabilities and additional support needs into mainstream cycling activities.

www.fabb.org.uk/blazing-saddles

Promotion

ID	Description	Points	Point accrued	Comments
9.1	School Travel Plan development	4		
9.2	Participate in Hands Up Scotland survey	2		
10.1	Active Bicycle User Group / Cycling Forum	4		
10.2	Staff cycle champion	2		
10.3	Pupil role models	4		
11.1	School/club bike events	2		
11.2	Cycle challenge or competition	2		
11.3	Partnership with community groups or local cycle clubs	4		
11.4	Cycling as part of school field trips	2		
11.5	Routine Dr Bike	2		
11.6	Extra-curricular cycling opportunities promoted	2		
12.1	Salary Sacrifice Cycle to Work scheme for staff	2		
13.1	Healthy Working Lives registration	2		
14.1	School staff cycle	2		
15.1	Engagement with local primary school cycle promotion	4		
	TOTAL	20/40		

Notes: Perhaps the easiest, but often overlooked, measure is promotion. What clubs, events or activities already take place in your area that you can tap into? Does information already exist to promote these, such as maps or posters? Information is most useful when its readily available to pupils and staff. It may be useful to work with school partners such as your local authority to identify resources and consider the format your promotion might take.

There are a number of opportunities throughout the year to link your own promotion with national Bike Week and European Mobility Week. Other measures include incentives such as Dr Bike sessions, cycle challenges like Sustrans' Big Pedal and Pedal for Scotland, can also provide great inspiration for encouraging cycling.