



Sustrans Big Pedal

How to enable everyone to take part in Sustrans Big Pedal

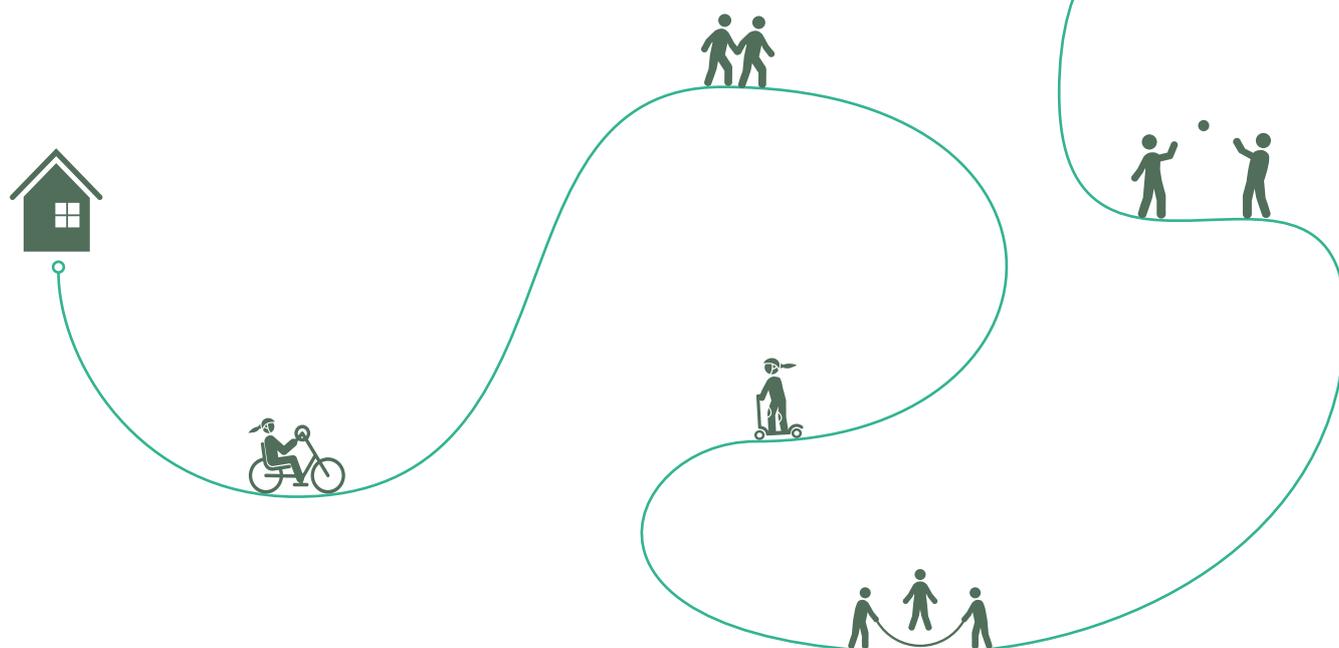
A guide for schools

We want to make sure that everyone can get involved in this year's Sustrans Big Pedal. This is harder for some people than others.

For some, economic barriers may include lack of access to cycles and scooters, and access to a computer (which may affect pupils taking part in Big Pedal when learning remotely due to coronavirus). Physical barriers, such as different mobility needs, may make it more difficult for some people to take part also.

This document aims to provide ideas for meeting the diverse range of needs that people may have, which might otherwise prevent them from participating in Sustrans Big Pedal.

This document is not exhaustive and we would love to hear from you about innovative ways to include everyone in Sustrans Big Pedal. Email bigpedal@sustrans.org.uk to get in touch. We will be looking to tell the stories of schools that have gone the extra mile to make taking part in Sustrans Big Pedal possible for all pupils.



Ensure everyone is represented in Sustrans Big Pedal promotion

- Use images that show a diverse range of cycles and people with a range of mobility needs cycling in promotional materials. See Sustrans Big Pedal Day 2 Cycling For Everyone teaching resources for examples of different types of cycles: bigpedal.org.uk/resources
- Use images which show a diverse range of ethnic backgrounds in promotional materials.
- Use examples/stories of people walking and wheeling from a broad range of different backgrounds, ethnicities, genders and disabilities.



Reinforce the range of ways pupils can make their journey count

- **For those attending school:** cycling, walking, wheeling and scooting to school count as a journey in the challenge.
- Remember wheels can come in many forms such as cycles/ adapted cycles, scooters, wheelchairs, skateboards, roller blades and more.
- **For remote learners** (those learning from home due to coronavirus): an alternative journey from home with a family member or 30 minutes of physical activity at home count in the challenge.
- **Children who make use of Local Authority provided free transport** to school can take part in 30 minutes of exercise at school (this can include walking and wheeling or other physical activity) or take another active journey from home.
- **School boarders** who don't have the option of a school run can take another active journey from school.
- When schools are participating in the **one-day challenge**, all pupils (not just the remote learners or those with barriers to participation) can count cycling, walking, wheeling, scooting or other physical activities carried out at school as a physical activity in the competition.
- For **SEN pupils** it is up to school staff how long the physical activity needs to last to be counted in the competition.



Something for everyone

Incorporate one activity into Sustrans Big Pedal which **every child** in the school can take part, in such as the Amazing Me non-uniform day or the Sustrans Big Pedal learning activities and physical activities suitable for use at home or at school. Day two focuses on Cycling For Everyone. Visit www.bigpedal.org.uk/resources

You can also generate your own ideas for activities every child can take part in. Here are some ideas to get you started:

- Classes working together to create an outline of an accessible cycle using all their bodies.
- Storytelling competition using pictures or words about their ideal green journey to school.



Know what is available in your local area

Across the country there are lots of amazing organisations making it easier for people from different backgrounds and with different needs to walk and cycle. To find out more about these in your local area you can...

- Check your local council website – most will have a page on walking and cycling.
- Get in touch with local community bike shops.
- Get in touch with Sustrans via bigpedal@sustrans.org.uk. If there's a Schools Officer in your local area, they may be able to sign post you to what is available locally.



Ideas of things your school can do to help all pupils take part in Sustrans Big Pedal 2021



Get parents involved

Talk to your school's Inclusion or Parent Liaison Officer to identify the pupils who will have the greatest barriers to engagement. Target these parents with details of the range of ways people can take part in Sustrans Big Pedal and sign post them to local organisations who may be able to support them with accessing equipment, finding safe routes and all ability cycle training.

Ways of communicating this information:

- [Parent letter](#)
- Virtual parent coffee morning



Support pupils unable to walk or cycle to school to make their journeys at school / home

Some pupils will not be able to walk or wheel to school as they have to travel to school on local authority funded transport or car due to learning or mobility needs. The school can help these children participate by allowing them to take part in some walking, wheeling or other physical activities at school.

If your school does not have access to appropriate cycles/scooters for these pupils, please get in touch by emailing bigpedal@sustrans.org.uk as we may be able to help find options for you.

Pupils who continue to be learning remotely (at home due to coronavirus) can take part by taking active journeys from home or doing 30 minutes of physical activity at home. You could help with this by setting up a virtual classroom to connect these pupils so they can do their physical activity together.

For SEND (special educational needs and disabilities) or ASN (additional support needs) schools, it is up to the staff to decide what the physical activity and duration needs to be to count in the competition. This applies to activities done at school and at home.



Park and walk/wheel

Park and walk/wheel is an option to consider if pupils live too far away to walk, cycle, scoot or use a wheelchair for the whole journey to school. We'd suggest asking parents who drive to park at least a 10 minute walk from school and complete their journey actively (walk, wheel, cycle, scoot).

If families need to use public transport to get to school because they live very far away, you can encourage them to get off earlier than usual and travel actively for the remainder of the journey. We'd suggest asking them to walk (or wheel) for at least 10 minutes.



Get everyone's cycles ready

Get a cycle mechanic to visit your school before Sustrans Big Pedal to fix up everyone's cycles. Many families will not have the knowledge, finance or access to bike shops to enable them to have simple cycle faults fixed. Booking in the cycle mechanic will mean that lots more children will have a working cycle to take part with.

Big Bike Revival are offering schools in England and Scotland the opportunity to book a free bike mechanic for the day.

Visit www.cyclinguk.org/bigbikerevival for more information.



Set up a cycle swap shop or loan scheme

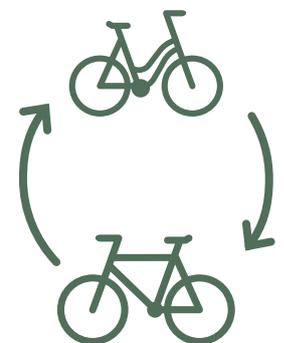
Some children will not have their own cycle or scooter to use for Sustrans Big Pedal. Whilst you can still take part by walking or using a wheelchair, some children may prefer to take part by cycling or scooting.

There are many schemes available to help schools and families access low costs cycles or scooters. Check out what is available locally and communicate this to parents.

Set up a Cycle Swap Shop or loan scheme at your school

- Asking parents to donate old cycles/scooters their children have outgrown to the school or use your school cycles.
- Hiring a mechanic to check over the bikes and scooters.
- Offering them for loans/purchase to the pupils with greatest need.

The PTA may be able to support the delivery of some of these activities.



Enabling pupils and parents to cycle and scoot with confidence

Not everyone has the chance to learn to cycle or scoot with confidence due to lack of equipment or time. Providing opportunities to cycle and scoot at school can be a great way to enable all pupils to gain confidence.

If you are interested in booking in an external provider to deliver cycle or scooter skills sessions at your school, the links below are a good starting point. It is also worth checking your Local Authority website.

- bikeability.org.uk/find-a-course
- www.scootability.org.uk
- www.sustrans.org.uk/our-blog/projects/2019/northern-ireland/cycle-training-in-northern-ireland (Northern Ireland only)



Enable disabled pupils to try cycling

There are a number of organisations across the UK, which offer loans and cycle training using adapted cycles, which enable people with a range of different mobility needs to try cycling, such as:

- wheelsforwellbeing.org.uk
- www.cyclinguk.org/community-outreach/inclusive-cycling-network
- www.bikeworks.org.uk/Pages/Category/what-is-all-ability

Why not get in touch with one of these organisations to see if they are able to come out to your school and deliver some accessible cycling sessions at your school.



Engage stakeholders

Ensure your stakeholders (senior leadership team, Board of Governors) are aware of Sustrans Big Pedal, and the steps you are taking to ensure it is as inclusive as possible.

