

# Bike It - Rotherham

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## Interim report

December 2012



## **About Sustrans**

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Head Office  
Sustrans  
2 Cathedral Square  
College Green  
Bristol  
BS1 5DD

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Registered Charity No. 326550 (England and Wales) SC039263 (Scotland)  
VAT Registration No. 416740656

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# Executive Summary

Sustrans' Bike It project works in schools to get more young people cycling (and walking), more often. Our officers deliver a planned programme of activities designed to bring about long term behavioural change, with the creation of the legacy built into the core of the project.

The overall aim of the project is to increase the number of young people travelling to school actively and/or sustainably. The Bike It project in Rotherham started in May 2012 and is working with twelve junior and primary schools in the area.

So far there have been 119 activities at Bike It Schools in Rotherham which have delivered 8,398 positive cycling experiences<sup>1</sup>. The most popular activities have included Dr Bike Sessions, Bike Breakfasts and Virtual Bike Race Events.

Bike It Officers keep a record of how many bikes / scooters are on site each time they visit. The schools with the highest recorded bike counts include St Thomas CofE Primary with 37.8% of the school roll and Anston Greenlands Junior & Infant with 31.1% of the school roll.

Hands-up surveys are used to monitor variations in the mode of travel of school pupils. The surveys are delivered by Sustrans or school staff pre and post intervention. The post intervention surveys in Rotherham are due to take place at the end of the current academic year. Data will be analysed once a comparable set of pre and post data is available.

National figures suggest that Bike It is likely to approximately double the number of people regularly cycling<sup>2</sup> to school. In 2011-2012 regular cycling over all Bike It areas increased by 10.1 percentage points, from 10.4% to 20.5%.

Nationally Bike It projects also saw increases in active travel and a reduction in car use to school. After a year of intervention 46.4% of pupils told us that they want to cycle to school and 80.3% told us that they want to travel to school actively indicating a clear demand for the project to continue.

Feedback from teachers and parents on the project in Rotherham so far has been extremely positive:

*'The most impressive thing about 'Bike It' is that it has touched the whole school community. It has allowed everyone to gain something from the scheme [...] A knock on effect has been a reduction in cars – something we're keen to work on further.'* - Head teacher

*"It's a great project, I am so glad the school is involved; its nice to get the children doing something active and looking after their health, and they love riding their bikes."* - Parent

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<sup>1</sup> I.e. the events held by the Bike It Officer were attended by 8,398 people in total. It is important to note that this figure may include repeat participants, and does not necessarily equate to 8,398 different people.

<sup>2</sup> Once a week or more

## About the project in Rotherham

Bike It first began working with schools in Rotherham in May 2012. Table 1-1 provides details of all schools engaged in the project since then, including level of engagement and School Mark status.

**Table 1-1 List of participating schools in 2011-2012 school year**

School name	School roll	Date of engagement	Level of engagement	School Mark
<b>Anston Greenlands Junior &amp; Infant</b>	192	Jun 2012	Intensively engaged	Working towards Bronze
<b>Aston Hall Junior &amp; Infant</b>	219	Jun 2012	Intensively engaged	Working towards Bronze
<b>Dalton Listerdale Junior &amp; Infant</b>	241	May 2012	Intensively engaged	Working towards Bronze
<b>Dinnington Comprehensive</b>	1,300	Jun 2012	Intensively engaged	Working towards Bronze
<b>Herringthorpe Juniors</b>	280	May 2012	Intensively engaged	Working towards Bronze
<b>Our Lady &amp; St Joseph's Primary</b>	230	Jun 2012	Intensively engaged	Working towards Bronze
<b>St Ann's Junior &amp; Infant</b>	439	Jun 2012	Intensively engaged	Working towards Bronze
<b>St Thomas CofE Primary</b>	135	May 2012	Intensively engaged	Working towards Bronze
<b>Wath CofE Primary</b>	215	May 2012	Intensively engaged	Working towards Bronze
<b>Wath Central Primary</b>	470	Jun 2012	Intensively engaged	Working towards Bronze
<b>West Melton Primary</b>	124	Jun 2012	Intensively engaged	Working towards Bronze
<b>Wickersley Northfield Primary</b>	450	Jun 2012	Intensively engaged	Working towards Bronze

## Summary of activities delivered

Since May 2012 the Bike It Officer in Rotherham has so far delivered 119 activities across all Bike It schools:

- The Bike It Officer in Rotherham has delivered 8,398<sup>3</sup> positive cycling experiences to pupils, their parents and teachers
- Activities with the highest pupil participation included: Bike Safety Sessions, Bike Breakfasts and Dr Bike sessions
- The Bike It Officer participated in 21 whole-school assemblies since May with an attendance of 4,845 pupils<sup>4</sup>

**Table 1-2 Total number of Bike It activities delivered in Rotherham since April 2012**

Activity	No. of activities	Pupils	Staff	Parents	Siblings	Total attendees	Sum of Estimated Duration (hours)
<b>Assembly</b>	21	4,845	110	0	0	4,955	10.5
<b>Bike Breakfast</b>	9	391	19	57	2	469	18.5
<b>Bike Crew/BUG Meeting</b>	6	23	2	0	0	25	3.5
<b>Bike Safety Event</b>	4	1,180	32	0	0	1,212	18
<b>Classroom Session</b>	6	208	12	0	0	220	13
<b>Cycle Training</b>	11	58	0	0	0	58	11
<b>Dr Bike Session</b>	16	429	2	12	0	443	45
<b>Equipment Sale</b>	1	9	2	16	0	27	2
<b>Female Specific Event</b>	1	15	2	0	0	17	1
<b>Headteacher Meeting</b>	8	0	9	0	0	9	6
<b>Health Event</b>	2	333	19	0	0	352	7
<b>Parents Meeting</b>	1	15	0	15	0	30	2
<b>Playground Skills Session</b>	1	12	0	0	0	12	1
<b>Puncture Repair Session</b>	2	53	5	0	0	58	2
<b>School Fair</b>	1	30	3	8	0	41	3
<b>Stabiliser Free Session</b>	6	52	4	53	3	112	6

<sup>3</sup> I.e. the events held by the Bike It Officer were attended by 8,398 people in total. It is important to note that this figure may include repeat participants, and does not necessarily equate to 8,398 different people.

<sup>4</sup> It is important to note that this figure may include repeat participants

**Table 1-2 (continued) Total number of Bike It activities delivered in Rotherham since April 2012**

Activity	No. of activities	Pupils	Staff	Parents	Siblings	Total attendees	Sum of Estimated Duration (hours)
<b>Staff Meeting</b>	19	0	20	0	0	20	14
<b>Transition Session/Event</b>	1	150	0	100	0	250	2
<b>Virtual Bike Race Event</b>	3	80	8	0	0	88	3
<b>Total</b>	119	7,883	249	261	5	8,398	168.5

## Summary of Bike Counts

Bike It Officers keep a record of how many bikes are on site each time they visit a school. Schools are also encouraged to keep a record of bike counts throughout the year.

- Based on percentage of school roll, schools with the highest recorded bike counts include: St Thomas CofE Primary (37.8%); Anston Greenlands Junior & Infant (31.1%) and Aston Hall Junior & Infant (26.9%)

Below is the highest bike count recorded at each school since May 2012.

**Table 1-3 Bike Counts**

School	Activity	Headline bike count	Scooter Count	% of school roll
<b>Anston Greenlands Junior &amp; Infant</b>	Bike Breakfast	59	1	31.1
<b>Aston Hall Junior &amp; Infant</b>	Bike Breakfast	59	0	26.9
<b>Dalton Listerdale Junior &amp; Infant</b>	Bike Breakfast	38	2	16.7
<b>Dinnington Comprehensive</b>	Dr Bike Session	42	29	5.4
<b>Herringthorpe Juniors</b>	Bike Breakfast	33	0	12.6
<b>Our Lady &amp; St Joseph's Primary</b>	Bike Breakfast	26	1	11.5
<b>St Ann's Junior &amp; Infant</b>	Classroom Session	1	2	0.7
<b>St Thomas CofE Primary</b>	Bike Breakfast	44	7	37.8
<b>Wath CofE Primary</b>	Dr Bike Session	25	5	14.0
<b>Wath Central Primary</b>	Dr Bike Session	44	0	9.4
<b>West Melton Primary</b>	Headteacher Meeting	0	0	0.0
<b>Wickersley Northfield Primary</b>	None	9	13	4.9



## Feedback from school representatives and parents

Although formal surveys with partners, school representatives and parents have yet to be undertaken due to the timing of the project, there has been some informal feedback relating to Bike It and its impact so far in Rotherham.

*"I have been so surprised at positive response we have had for Bike It, from both parents & children who are eager to participate. The activities we have run at school haven't just been one offs; we are regularly getting 8 or 9 bikes & scooters at the school where before there were none. I am thrilled that we were able to be a part of this project, and look forward to the future, getting more people out of the cars and on their bikes!"*

Head teacher

*The most impressive thing about 'Bike It' is that it has touched the whole school community. It has allowed everyone to gain something from the scheme; whether it be Level 2 cycling skills for Upper School, Removing Stabilisers for Key Stage 1 and FS2 pupils or the 'Dr Bike It' Breakfast for all the family. A knock on effect has been a reduction in cars – something we're keen to work on further*

Head teacher

*"This is a great activity that has lots of good curriculum links; Geography, Maths, Physics & Biology to name a few. I can see that all of the children have really learnt something today and they have been engaged with what's going on. This has been fantastic; we will have to do it again"*

Staff member during Smoothie Bike Session

*"The most impressive thing about 'Bike It' is that it has touched the whole school community. It has allowed everyone to gain something from the scheme; whether it be Level 2 cycling skills for Upper School, Removing Stabilisers for Key Stage 1 and FS2 pupils or the 'Dr Bike It' Breakfast for all the family. A knock on effect has been a reduction in cars – something we're keen to work on further."*

Head teacher

*"We are delighted to be working with Natalie and Sustrans this year in our efforts to become a 'Bike It School'. In a secondary school quite often as the children get older cycling isn't seen as something that is 'cool' and not something that teenage girls get involved in. Through the project we have been able to portray cycling as a fun activity which is for all ages and genders. [...] The project has galvanised us as a school to look afresh at what we are doing to encourage and facilitate healthy exercise. [...] I have no doubt that we would not have had this response without the Bike It project."*

School Business Manager

*"It's a great project, I am so glad the school is involved; its nice to get the children doing something active and looking after their health, and they love riding their bikes."*

Parent during a Bike Breakfast