

# Bikes in Schools



The Bike On New Zealand Charitable Trust (CC44779) is a registered charity whose main objective is to enable all New Zealand children to ride a bike on a regular and equal basis within school, through its national 'Bikes in Schools' programme. Since the first Bikes in Schools project was opened by the then Prime Minister John Key in 2010, the Trust has worked with or assisted over 95 other schools throughout New Zealand to implement Bikes in Schools

## WHY BIKES IN SCHOOLS?

Over the last 25 years there has been a dramatic fall in biking by New Zealand children which has resulted in many children not being able to experience "the joy of biking" and the many positive social and health impacts that result from biking regularly. Around 30% of all children now do not have regular access to a bike.

## WHAT ARE THE OUTCOMES?

By helping to provide a complete biking package to schools, the Trust believes this is the most cost effective, time efficient and low-risk way to provide a wide range of positive economic and social outcomes to an entire school and wider community. These include:

- Improved health
- Cycle skills
- Increased Fitness
- Supports cycle behaviour change

## WHAT IS IN THE PACKAGE?

The complete package delivered varies according to each school's requirements, but typically a combination of:

- a fleet of 30 to 50 new bikes
- a bike helmet for every child
- combination of riding, pump and bike skills tracks
- bike storage solution (where needed)
- cycle skills training

All bikes, tracks and helmets are owned and maintained by the school and remain on the school property to be used as part of the school's physical (and wider) education programme. The tracks are built within the school property. The storage facility (normally a converted shipping container) is also owned by the school.

## WHY IS LOCAL GOVERNMENT INVOLVED?

The outcomes achieved by Bikes in Schools projects support the active transport investments being made by many local councils and also match the community outcomes defined in council's Long Term Plans, such as community health and wellbeing, environmental sustainability, livability, and road safety.

## RIDING TRACK

The Riding Track is where the greatest amount of riding (distance and time) is done. This circular track usually follows the outer edge of the school's playing fields, but this varies between schools. The length can be anywhere from 200m in length up to 1km. The surface can be limesand, or an increasing number of schools are taking advantage of lower asphalt prices.

Most schools use the track for biking, walking, running and cross country. Schools with swimming pools also use it to run triathlons.



## BIKES AND HELMETS

Depending on the roll of the school, we recommend that schools purchase up to 50 bikes of four various sizes. This includes some step through bikes for older students and teachers as these are easiest and safer bikes for bigger riders to use. It's a good idea to invest in high quality bikes as they will last longer and require less maintenance. Most schools provide a helmet for every child.



## BIKE STORAGE CONTAINER

Bikes need to be stored in a safe and secure building within the school grounds, close to the actual tracks to allow easy access. Some schools are able to store the bikes in available sheds or an unused classroom. Most schools acquire a specially converted 40 foot shipping container that has two roller doors added to allow easy access for the bikes. A container usually does not require a building permit as it is not a permanent structure. Some schools have also added lighting and power outlets to their containers.



## PUMP TRACK

Many schools also choose to build a Pump Track - similar to a small BMX track, and usually the most popular and fun for children. Ridden correctly, the children don't pedal at all, but actually "pump" their bikes up and down the slopes to get around the track. This track "burns" the most calories. The size depends on what space is available but on average is 20m x 20m.



## SKILLS TRACK

The Skills Track is a looped (usually) limestone track that takes the rider over a series of obstacles, such as wooden skinnies, slalom, seesaws and other skills related activities. This track is often the most challenging and needs the rider to concentrate and ride very slowly. It is particularly good for improving hand-eye coordination, balance and control. A skills track usually occupies an area of around 10m x 30m



You can find more detail on typical designs on our website  
[www.bikesinschools.org.nz](http://www.bikesinschools.org.nz)

## Auckland Transport

Auckland Transport are supporting the Bikes in Schools programme by providing cycle skills training at all Auckland schools that have Bikes in School projects.

Auckland Transport Manager of Walking, Cycling and Road Safety Kathryn King says, “We invest in the Bikes in Schools project for the obvious outcomes, like children getting day to day fun out of riding. But we also have a plan for transport choices for all Aucklanders and these projects mean every time someone uses the track they are gaining the skills they need to try biking to work or another place they might have taken the car or public transport.”

The Auckland Bikes in Schools programme collaboration won the NZRA Outstanding Community Recreation Programme Award in 2013. The collaboration was made up of representatives from Bike On NZ, Harbour Sport, Counties Manukau Sport, Auckland Council and BikeNZ.



## Auckland Council

Auckland Council has awarded a significant regional sports and recreation grant to help further expand the highly successful Bikes in Schools programme throughout the area.

“Bikes in Schools introduced primary school children to regular bike riding in a safe school setting, building a new generation of savvy cyclists who gain a love of cycling for recreation” said Councillor Christine Fletcher. “Bikes in Schools already partners with the council, Auckland Transport, Auckland Regional Sports Trusts and local schools”.



## Wellington City Council

Wellington City Council has so far helped fund six local Bikes in School projects, with another three in progress. The funding of \$200,000 pa is used towards bikes, helmets, bike tracks, and bike storage.

Councillor Andy Foster says: “This initiative is one of the ways the Council is improving road safety throughout Wellington and making the city more cycle-friendly”. The Wellington City Council’s Bikes in Schools project was also a finalist in the national 2017 Bikes to the Future awards.



## Greater Wellington Regional Council

The Greater Wellington Regional Council has financially contributed towards two pilot Bikes in Schools projects in the Greater Wellington area, Pinehaven School in Upper Hutt and Tawhai School in Lower Hutt.

The Greater Wellington Regional Council also supports cycle skills training (Pedal Ready) for all Bikes in Schools projects throughout the Greater Wellington region.



## Palmerston North City Council

Palmerston North City Council has so far helped fund six local schools with more in the pipeline. The funding of \$350,000 has been used for bikes, bike helmets, bike tracks, and bike storage.

PNCC Councillor Aleisha Rutherford says: “The council’s contribution to creating the tracks was ridiculously cheap compared to many things the council did and created enduring recreational opportunities for communities that did not have a lot.”



## New Zealand Government

### New Zealand Government

Former Prime Minister John Key opened the first Bikes in School track in Hastings in 2010.

John Key says: “We think it is a great idea. It’s a great way of introducing kids to bikes and making sure every young New Zealander gets an opportunity to learn to ride a bike. So it’s a programme we would like to see extended to other schools and it’s certainly going to make sure we’ve got fitter, healthier, more engaged young people”.



## New Zealand Transport Agency



The NZ Transport Agency has partnered with ACC in the development of a National Cycling Education System, in

collaboration with a range of cross-government stakeholders, to maximise impact and deliver multiple benefits. Focussing on children and their families, this system will help build their confidence and knowledge – from learning to ride a bike through to transitioning to on-road riding when they are ready.

As part of this new National Cycle Education System, for the next four years, there is an annual allocation of \$600,000 to contribute to Bikes in Schools projects (seed funding). This will be administered through the Bike On NZ Charitable Trust who will work closely with

regional partners (local councils) to identify

## Accident Compensation Corporation



ACC is also supporting Bikes in Schools as a co-funder of the National Cycle Education System and see Bikes in Schools as an opportunity to reach children with important road safety and other injury prevention messages.

ACC also has produced two ACC SportSmart Bike Basics videos (featuring Sarah Walker) that are sent to all Bikes in Schools projects.

Bikes in Schools also teaches students safety tips such as choosing the right helmet and bike, checking tyres and brakes and safe starting and stopping.



## Ministry of Education

The Ministry of Education is supporting Bikes in Schools through a recent change in how schools can use their capital funding to support building cycle tracks. Schools’ capital funding can now meet up to 50 per cent of the costs of the tracks with the schools funding the other half themselves.



## ENDORSEMENTS FOR BIKES IN SCHOOLS

### John Key, Former Prime Minister

“ We think it is a great idea. It’s a great way of introducing kids to bikes and making sure every young New Zealander gets an opportunity to learn to ride a bike so it’s a programme we would like to see extended to other schools and it’s certainly going to make sure we’ve got fitter, healthier, more engaged young people



### Hon Nikki Kaye Minister of Education

“ We know that cycle tracks have numerous benefits, including helping to develop safe cycling habits and building up confidence and fitness. I want to make it easy for schools that want to promote exercise to engage students in lifelong healthy habits that also help with their learning.



### Cindy Walsh Principal, Takapuna Primary School

“ We’re getting children to be active and helping increase their physical fitness and health

### Gene Bartlett Deputy Principal, Lakeview School

“ The kids are loving it and enjoying the responsibility of helping others. What’s been really encouraging for me is that we are seeing leadership skills in some of our senior kids that perhaps we didn’t realise



## WHY SUPPORT BIKES IN SCHOOLS?

The research suggests that kids who ride become **adults who ride**. ✓

It creates a strong context for school travel planning, increasing the **return on investment** in this activity. ✓

These projects easily attract **positive media attention** for cycling. ✓

It addresses **equity issues** that may otherwise be lacking in local government programmes. ✓



It is a low risk, **proven programme**, delivering visible outcomes quickly. ✓

It **overcomes barriers** to schools delivering cycle skills training. ✓

It fosters **positive cycling attitudes** with teachers, parents and the wider community. ✓

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