

# Bikes in Schools 101

## Introduction

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' project.

Since the first Bikes in Schools project was opened by then Prime Minister John Key in 2010, the Trust has worked with or assisted over 100 schools throughout New Zealand to implement a Bikes in Schools project.

## 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.

## What are the outcomes?

By helping to implement a complete biking package at 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
- ✔ Better focus
- ✔ Cycle skills
- ✔ Increased Fitness
- ✔ Greater confidence

## What's in the package?

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

- ✔ A fleet of 30 to 50 new bikes (approx. \$12K total)
- ✔ A bike helmet for every child (approx. \$20 per child)
- ✔ Combination of riding, pump, bike skills tracks (typical cost \$20K-\$55K)
- ✔ Bike storage solution (where needed, approx. \$8K-\$10K)
- ✔ Cycle Skills Training (usually provided free by local councils or RSTs etc)

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 teaching and physical education curriculum. The tracks are built within the school property. The storage facility (normally a converted shipping container) is also owned by the school.

## How is a school's project funded?

Schools have received funding towards their Bikes in Schools from a wide range of funders including local Councils, NZ Transport Agency, DHB, PHOs, Ministry of Education, community groups, charities and local trusts, businesses and individuals.



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## 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 average cost for schools is approx. \$20,000 for a limesand track and approx. \$50,000 for an asphalt track. Most schools use the track for biking, walking, running and cross country. Schools with swimming pools also use it to run their school triathlons.



## Bikes and Helmets

Depending on the roll of the school, we recommend that primary 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 - so expect to pay around \$12,000 for 50 bikes. Intermediate school often need just 40 bikes and only two different sizes. Most schools provide a helmet for every child or otherwise have a pool of 100 shared helmets.



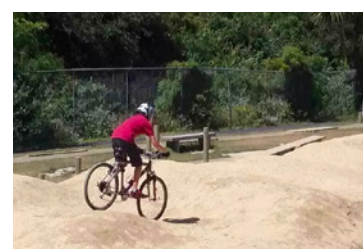
## Bike Storage Container

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 a spare shed or an unused classroom. Most schools acquire a specially converted 40 foot shipping container (approx. \$8,500) that has two side-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, alarms and power outlets to their containers.



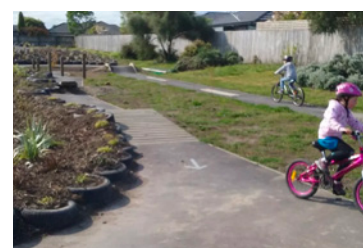
## Pump Track

Many schools also 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. Depending on the size, a pump track normally costs between \$3,000 and \$8,000 to construct. The size depends on what space the school has is available but on average is 20m x 20m.



## Skills Track

The Skills track is (usually) a looped limestone track that takes the rider over a series of obstacles, such as wooden skinnies, slalom, see-saws 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 normally costs between \$8,000 and \$10,000 to construct and usually occupies an area of around 10m x 30m. It can also be built as an off-shoot parallel to part of the main Riding track.



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## Endorsements for Bikes in Schools

*"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."*

### **Rt Hon Sir John Key**

Former New Zealand Prime Minister

*"I would like to see Bikes in Schools and cycle skills training available to every student in Aotearoa New Zealand. Putting bikes in schools, particularly schools where the kids may not have bikes at home, and teaching them to ride has got to be one of the best things we can do for the next generation."*

### **Hon Julie Anne Genter**

Associate Minister of Transport

*"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."*

### **Hon Nikki Kaye**

Former Minister of Education

*"When I started riding at school it ended up crossing over towards my school work. Because I was getting better at BMX, I started getting better at school because it just gave me a lot of confidence so I was happier and got better at everything really."*

### **Sarah Walker**

World Champion BMX Rider and Olympic Medallist

*"We really see this resource as something that we can teach with in an ongoing way. We want to be able to link the bike track to some really worthwhile learning linked to the health curriculum and the social sciences – looking at how communities work together."*

### **Kaylene MacNee**

Principal at Pinehaven School, Upper Hutt

*"We're getting children to be active and helping increase their physical fitness and health, it will have huge benefits for the children. I hope they grow up to become cycling adults."*

### **Cindy Walsh**

Principal at Takapuna Primary School, Auckland



## 1 Welcome to Bikes in Schools!

Bikes in Schools is a complete [biking project](#) implemented within a school that enables all students to ride a bike on a regular and equal basis. You'll find much more info on our website at [bikeon.org.nz](http://bikeon.org.nz).

## 2 Get buy in and support

Get support for the project from the principal, teachers, Board of Trustees and parents. We can help by providing background info such as [research evidence](#). Or you can find out what other [schools think](#) by visiting or calling a school with a track near you. Appoint someone (eg Principal, teacher, BOT member, parent, friend of the school) to manage the project.

## 3 Decide what you need

Every BiS project is different. We can help you decide what would work best at your school given your needs and school environment. Most projects with limestone tracks [less than \\$60k](#) but of course this depends on size of the length of the Riding track and what the total package implemented is. Having an asphalt increases the total project cost.

## 4 Set an opening date

It's a good idea to set a realistic opening date early on—this gives everyone (including funders) a target to work to and helps get things up and started much quicker.

## 5 Funding

Most schools we have worked with have secured the majority of [funding](#) from a wide range of sources including community groups, local councils and businesses. The MoE also allows schools to use their [property budget](#) towards the total cost.

## 6 Supplier and contractors

We have worked with some with good quality suppliers that we're happy to recommend for [helmets](#), [bikes](#) and [containers](#). For some areas of the country we can also recommend contractors for [track construction](#). We suggest you also seek recommendations from other schools.

## 7 Implementation

We can provide a comprehensive project checklist to help guide you through the implementation process, as well as support and advice based on our experience at other schools.

## 8 Book in for cycle skills training

Book in for (free) cycle skills training for your students (and staff). [See here](#) for details.

## 9 Opening day

Time to celebrate! [Track openings](#) often make the news.

## 10 Reap the benefits

Established schools are quickly seeing a wide range of benefits from their completed projects—your school can enjoy these [benefits](#) too.