



Cycling Scotland

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.

Our vision is 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).

Cycling Friendly School programme

The Cycling Friendly School programme offers support to help all schools across Scotland encourage cycling as a healthy, sustainable and accessible way for pupils and staff to travel.

Why become a Cycling Friendly School?

There are many ways that cycling benefits your pupils and staff

- Cycling builds pupils' confidence and encourages independent and sustainable travel where possible.
- Cycling provides an active start to the day and improves concentration in children.
- Studies have shown that those who regularly cycle to work typically take fewer sick days than less active commuters.
- Regular exercise not only reduces stress and improves mental health, but can also increase energy and concentration levels, leading to happier, more productive staff and pupils.
- Cycling reduces congestion around the school, improving air quality and alleviating car parking and access issues.

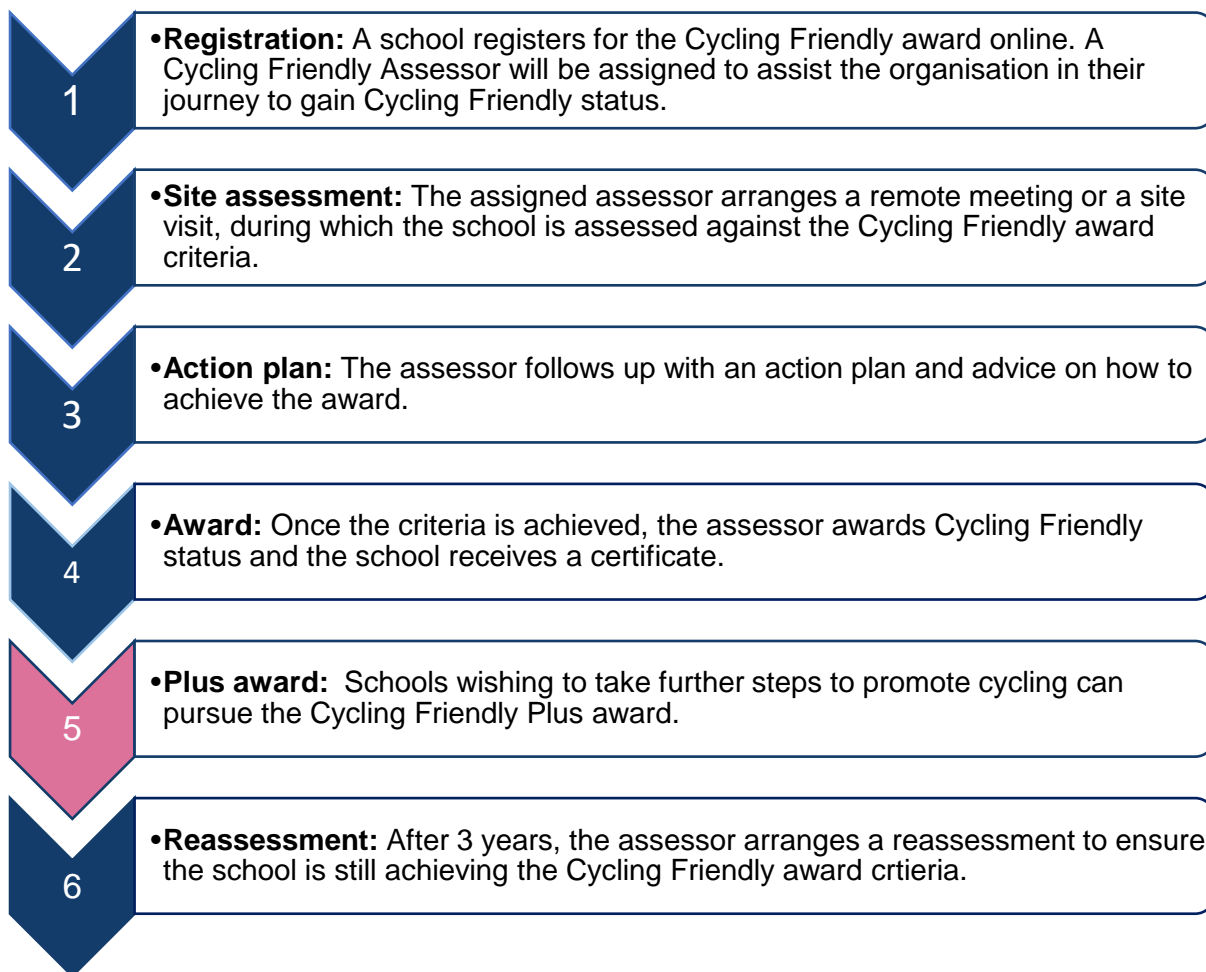
Cycling Friendly School award

Cycling Scotland's Cycling Friendly School award is a nationally recognised award for all schools in Scotland. The award supports and champions those schools that are committed to increasing cycling amongst pupils and staff and rewards those already working hard to do so. The Cycling Friendly School Plus award is designed for schools who go the extra mile to promote cycling.

By working towards the award, you will access one-to-one support from a designated local assessor. Following an assessment, your assessor will work with you to achieve the award and signpost you to the relevant resources. There are a wide range of initiatives available to schools in Scotland, including cycle training, e.g., [Bikeability Scotland](#), to support your school to increase the number of people cycling.

Schools are assessed and awarded on a site-by-site basis. Cycling Friendly Assessors will provide lead support throughout the process.

The award Process



How to register

You can register for the Cycling Friendly School award [here](#). The Cycling Friendly site will be a platform to interact with your assessor, a go-to place for resources with a tailored action plan, and details on when and how to renew your award.

For further information, or to view all of Cycling Scotland's projects, visit www.cycling.scot or contact us on 0141 229 5350 or CyclingFriendly@cyling.scot

Cycling Friendly School award Criteria

The criteria of the Cycling Friendly School award fall into three categories: cycle facilities; development & communication, and promotion. Not all criteria apply equally to every school and this is taken into account during the assessment process. The Cycling Friendly School Plus award entails further actions that schools can take to create an even more Cycling Friendly environment for their school community. Assessments for the award are carried out by Cycling Friendly assessors and there is discretion to recognise and celebrate the range of outcomes being achieved at the school. Cycling Scotland will endeavour to prioritise award assessments for schools where new or dedicated cycling routes are provided.

	Criterion	Cycling Friendly School award	Cycling Friendly School Plus Award	Example evidence	Resources
Development	Does your school deliver National Standard cycle training, i.e., Bikeability Scotland?	<ul style="list-style-type: none"> National Standard cycle training delivered, including on-road training 	<ul style="list-style-type: none"> National Standard Cycle Training offered in secondary schools 	<ul style="list-style-type: none"> Number of courses delivered Number of pupils trained 	<ul style="list-style-type: none"> Bikeability Scotland information Curriculum for Excellence travel section
	Does your school offer any other cycle training opportunities?		<ul style="list-style-type: none"> Other cycle training courses delivered e.g., Cycle Ride Leader for staff and pupils, Mountain Bike Leader training, GO Mountain Bike, Practical Cycle Awareness training for learner drivers, etc.. 	<ul style="list-style-type: none"> Number of courses delivered Number of pupils/staff trained 	<ul style="list-style-type: none"> Cycling Scotland training Mountain bike leader training
	Do pupils have access to pool bikes/ loan bikes?	Access to pool bikes / loan bikes	<ul style="list-style-type: none"> Access to pool bikes / loan bikes 	<ul style="list-style-type: none"> Site/virtual assessment Pool bike hire agreement 	<ul style="list-style-type: none"> Guidance: Cycling Friendly toolkit Implementing a pool bike scheme
	Does your school offer cycle maintenance training?	<ul style="list-style-type: none"> Bike Maintenance sessions, puncture repair, M checks or equivalent Note this can be offered in an after-school club 	<ul style="list-style-type: none"> SQA Bike Maintenance Course or a City and Guild equivalent. Maintenance sessions, including puncture repair, M checks are embedded in the curriculum. Teaching staff undertake training as CPD 	<ul style="list-style-type: none"> Number of courses delivered Number of pupils and/or staff trained 	<ul style="list-style-type: none"> Essential Cycling skills guide (page 10) SQA bike maintenance award
	Does your school offer cycle activities including led rides?	<ul style="list-style-type: none"> Led rides offered 	<ul style="list-style-type: none"> Led rides scheduled as part of planned activity (incl. after school) School links with community groups and Active Schools or local cycle hubs 	<ul style="list-style-type: none"> Number of led rides offered Number of participants 	<ul style="list-style-type: none"> Cycle Ride Leader training
	Are there any pupil volunteering opportunities through cycling?	<ul style="list-style-type: none"> Pupils pursue volunteering opportunities through cycling, incl. volunteering at cycling events 	<ul style="list-style-type: none"> School can evidence structured / longstanding volunteering partnerships with cycling providers 	<ul style="list-style-type: none"> Description of opportunities 	<ul style="list-style-type: none"> Local Cycling Friendly community group/bike reuse or social enterprise

Does the school have an active environmental or climate action group?	<ul style="list-style-type: none"> School has an environmental forum 	<ul style="list-style-type: none"> School participate in Clear Air Day and other wider sustainability promotional initiatives 	<ul style="list-style-type: none"> Screenshot of online forums 	<ul style="list-style-type: none"> SEPA: Air quality and citizen science Scotland's environment web Eco Schools
Does cycling form part of any award schemes?		<ul style="list-style-type: none"> School participates in formal award programmes 	<ul style="list-style-type: none"> Engagement with other awards 	<ul style="list-style-type: none"> Awards Network

Facilities and infrastructure	Criterion	Cycling Friendly School award	Cycling Friendly School Plus Award	Example evidence	Resources
	Is cycle parking available for pupils and staff?	<ul style="list-style-type: none"> Accessible cycle parking is available for pupils and fit for use. Suitable and accessible location that pupils are aware of 	<ul style="list-style-type: none"> Separate cycle parking for staff. Cycle parking is secure, covered and provides sufficient capacity for all 	<ul style="list-style-type: none"> Site/virtual assessment Photos of facilities 	<ul style="list-style-type: none"> Guidance: Cycling Friendly Toolkit - Cycle facilities guidance
	Does the environment around the school enable cycling?	<ul style="list-style-type: none"> A 20mph zone is in place around the immediate school area A school street arrangement is in place or being put in place Pupils can ride a route separate from traffic to the school gate 	<ul style="list-style-type: none"> Active traffic calming initiatives in place and delivered by the school The school takes an active role in the development of safe, segregated cycling infrastructure 	<ul style="list-style-type: none"> Site/virtual assessment Photos of infrastructure Letter of support to the local authority Participation in stakeholder consultation 	<ul style="list-style-type: none"> Sustrans Scotland School street arrangements Living Streets Lower Speed Communities
	Is there clear signage to/from nearby safe cycling routes and paths?	<ul style="list-style-type: none"> Signage/signposting details on websites, apps, school handbook 	<ul style="list-style-type: none"> Physical signs in addition to Cycling Friendly School criteria 	<ul style="list-style-type: none"> Site/virtual assessment Links to digital resources Photos of signs on school grounds Photos of signs outside school grounds 	<ul style="list-style-type: none"> Guidance: Sustrans's street design team Spaces for People design guidance Cycling By Design

Communication and promotion	Criterion	Cycling Friendly School award	Cycling Friendly School Plus Award	Example evidence	Resources
	Is cycling embedded in the school's mainstream delivery of curriculum for excellence?		<ul style="list-style-type: none"> Cycling established in school's mainstream delivery of curriculum for excellence 	<ul style="list-style-type: none"> List of cycling activities including in curriculum for excellence 	<ul style="list-style-type: none"> Active travel resources for teachers in Scotland - Sustrans.org.uk
	Does the school promote nearby cycling events to pupils, parents, and staff?	<ul style="list-style-type: none"> School newsletters and social media used to share opportunities. 	<ul style="list-style-type: none"> Extra-curricular cycling opportunities promoted School actively participates regularly or undertakes multiple challenges 	<ul style="list-style-type: none"> Newsletter copy Screenshots of online communication 	<ul style="list-style-type: none"> Pedal for Scotland events Scottish Cycling Go Ride Bike Week
	Is cycling considered as mode of transport for school trips and excursions?		<ul style="list-style-type: none"> Cycling as part of school field trips. 	<ul style="list-style-type: none"> Photos Route plans Risk assessment 	<ul style="list-style-type: none"> Cycle Streets Google Maps (Cycling feature) Ride with GPS
	Does the school have an up-to-date travel plan/travel action plan?	<ul style="list-style-type: none"> School provides information to parent/carers and pupils on access on foot, by bike, public transport 	<ul style="list-style-type: none"> School has Travel Plan developed with school community/local authority 	<ul style="list-style-type: none"> Copy of travel plan 	<ul style="list-style-type: none"> Sustrans School travel planning toolkit
	Does your school participate in travel surveys / the Hands Up Scotland Survey?	<ul style="list-style-type: none"> HUSS survey is regularly completed 	<ul style="list-style-type: none"> School monitors how staff and pupils travel. Participate in WOW and other partner programmes 	<ul style="list-style-type: none"> Site/virtual assessment Survey results 	<ul style="list-style-type: none"> WOW - the walk to school challenge Living Streets Cycling Friendly toolkit: Travel survey
	Does your school encourage staff to cycle to work?	<ul style="list-style-type: none"> Parking facilities available to staff. Salary Sacrifice Cycle to Work scheme accessible to staff Cycling offered as CPD for teaching staff 	<ul style="list-style-type: none"> Changing facilities available to staff Salary Sacrifice Cycle to Work scheme actively promoted to staff Bikes are available 	<ul style="list-style-type: none"> Monitoring of staff cycling rates Local Authority employee benefits 	<ul style="list-style-type: none"> Cycle to Work scheme implementation guidance Cycling Scotland's Essential Cycling Skills