

MENU



# Cycle to school like a pro

Family guide to a hassle-free  
school run

# MENU

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## THE SERIOUS STUFF

**Why get started**



**Get going**

- Check your child's bike in 5 easy steps



**How to do it**

- How to cycle to school with children



## THE FUN STUFF

**Your school trip-ometer**





WHY GET STARTED



# Benefits of cycling to school

An active school run brings many benefits. Here are our top six.

## 1 **Build activity into the family's daily routine**

It'll help you meet government guidelines which recommend young people aged 5 to 18 get at least 60 minutes of physical activity every day.

## 2 **Boost your mental health and wellbeing**

According to the Mental Health Foundation, physical activity increases mental alertness and helps reduce stress and anxiety.

## 3 **Fewer cars means cleaner air**

You experience five times higher pollution levels in a car than on a bike.



4

## **Increase road safety awareness early and boost independence**

Cycling to school has long-lasting benefits, developing independent travel and creating good habits for an active adult life.

5

## **Save a small fortune**

Not only will you be forking out less on petrol, you might also save money on gym fees, leaving you with more cash in your pocket.

6

## **Arrive feeling ready to start the day**

Teachers find that pupils who cycle arrive at school more relaxed and alert than those who travel by car.

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**There are loads more reasons why cycling to school does wonders for the whole family. Want to find out more?**

**Head to the [Sustrans website](#)**





# GET GOING

Check your child's bike in 5 easy steps



# Check your child's bike in 5 easy steps

So, you're all geared up and ready to cycle the school run. But, are your bikes ready to take you there too?

Caring for your child's bicycle will make sure it works better and lasts longer. Carrying out just a few simple checks will help the whole family to enjoy hassle-free riding and avoid repairs along your journey.

So, get started by following the **ABCDE** check – it's just five easy steps to ensure your child's bike is raring to go. And better still, you can get the kids involved too!

## What you will need:

- Bike pump
- Adjustable spanner
- Set of allen keys (also known as a hex or zeta key)

**A**

### Air

Give both tyres a good squeeze. If they don't feel firm, give them a quick pump up.

**B**

### Brakes

Squeeze the front brake and push forward. Do the same with the back brake whilst pushing backwards. If the wheels rotate, tighten up the brakes.

**C**

### Chain

Use your hand to pedal backwards and check that the chain moves smoothly and quietly. Make sure it's clean and oiled.

**D**

### Drop

Lift the bike slightly off the ground, drop it carefully and listen out for any rattling coming from the wheel. If you hear anything, check the spokes are of equal tension and the wheel is secure. Remember to check that any wheel quick releases are in the closed position.

**E**

### Examine

Give the handlebars and saddle a once over and make sure they don't move. Grip them both one at a time, give them a wiggle and check they are firm and stay in place.





# Want to give yours and your child's bikes a really thorough check?

Watch our handy video which guides you  
through the 11-step M check





# HOW TO DO IT

How to cycle to school with children



# How to cycle to school with children

Once your child is confident on their bike, getting them used to cycling on roads will help them to develop in many other ways.

Not only will they gain a sense of freedom and independence, it will also improve their confidence and fitness.

Teaching your child about road safety will have you all enjoying the freedom of cycling to school in no time.





## Follow our 7 simple tips for safe and happy cycling

- 1** Make sure your child's bicycle fits and that all your bikes are roadworthy.
- 2** If you're on the road with children, take up a position behind them so you can keep them in your line of vision at all times.
- 3** If there are two adults in your group, it's a good idea to have one at the back and one out in front.
- 4** Be sure to follow the Highway Code and teach it to your children along the way.
- 5** Get your child to signal clearly with you.



**6**

**Always ensure that you all ride in a position where you can see and be seen.**

**7**

**Teach your kids to make eye contact with other road users, especially at junctions, so they know they've been seen.**

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**Find loads more tips and guidance for cycling with kids on the Sustrans website.**

**Take me to the Sustrans website**





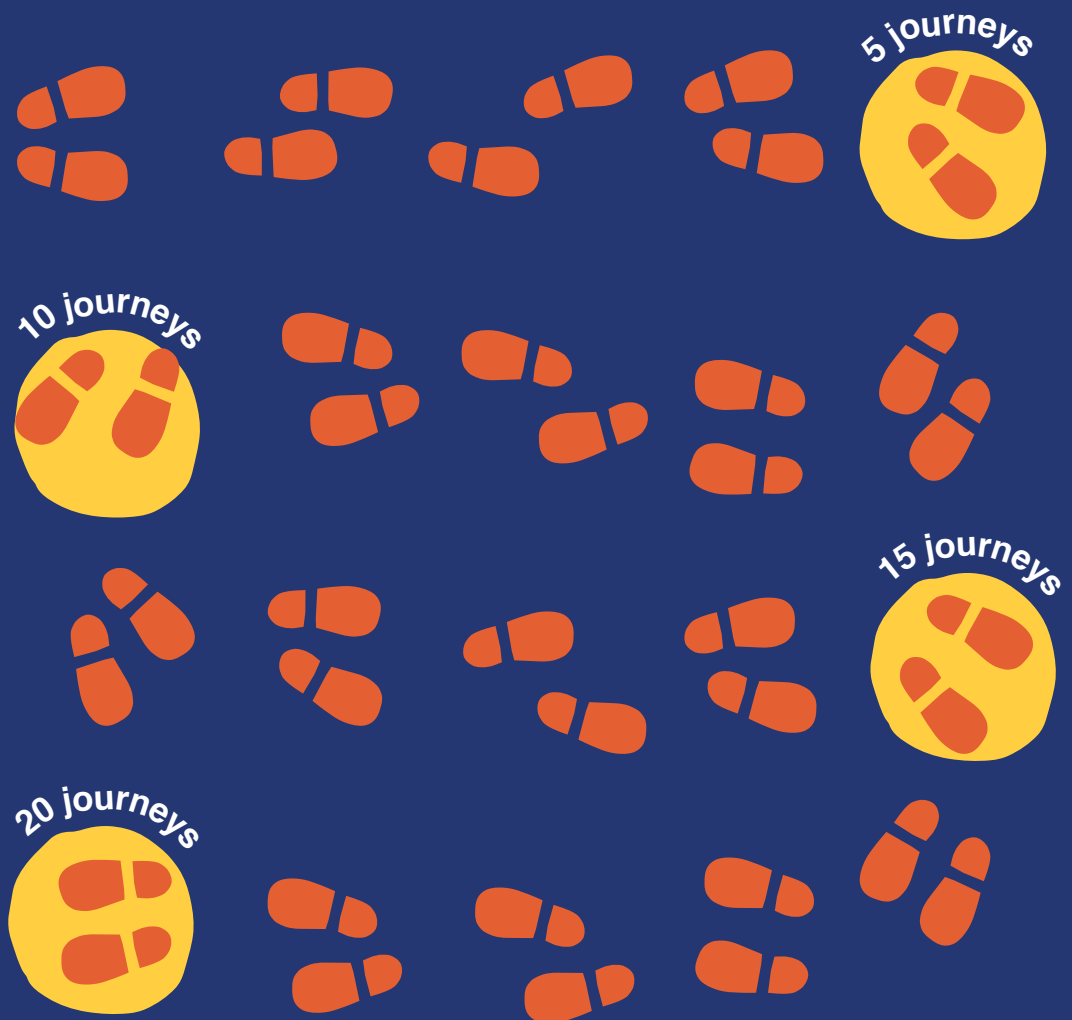
YOUR SCHOOL TRIP-OMETER



# Your school trip-ometer

Use this trip-ometer to count up your active journeys to school.

Download a special certificate for every five journeys that you do together. Can you complete all 20? Click on the yellow markers to download and print each certificate. For added fun, invent your own incentives to treat the family every time you cycle, walk or scoot to school.



Sustrans is the charity making it easier for people to walk and cycle.

We connect people and places, create liveable neighbourhoods, transform the school run and deliver a happier, healthier commute.

Find out more at  
[www.sustrans.org.uk](http://www.sustrans.org.uk)

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