



## An inclusivity guide for schools

This document is not exhaustive and we would love to hear from you about the innovative ways you include everyone in Big Walk and Wheel. Email [bigwalkandwheel@walkwheelcycletrust.org.uk](mailto:bigwalkandwheel@walkwheelcycletrust.org.uk) to get in touch. We will be looking to tell the stories of schools that have gone the extra mile to make taking part in Big Walk and Wheel possible for all pupils.





## Ensure everyone is represented in Big Walk and Wheel promotion

Use examples/stories of people walking and using a wheelchair from a broad range of different backgrounds, ethnicities, genders and disabilities.

Use images which show a diverse range of cycles and people with a range of mobility needs cycling in promotional materials.

### Remember cycles come in many forms including:

- Tricycles
- Tandems
- Wheelchair cycles
- Hand cycles
- Recumbent cycles
- Low step bicycles
- Tag-a-longs

Use images which show a diverse range of ethnic backgrounds in promotional materials.



## Something for everyone

Incorporate one activity into Big Walk and Wheel, which every child in the school can take part in together such as;

- Big Walk and Wheel curriculum linked lesson plans and activities. Visit [www.bigwalkandwheel.org.uk/resources](http://www.bigwalkandwheel.org.uk/resources).

You can also generate your own ideas for activities every child can take part in. Here are some ideas to get you started:

- Create an active travel display using all of the languages spoken at your school.
- Storytelling competition using pictures or words about their ideal green journey to school.

Please be aware the activities detailed in this section would just be for fun. The only activities which count in the challenge are walking, wheeling, scooting or cycling to school.



## Know what is available in your local area

Across the country there are lots of amazing organisations making it easier for people from different backgrounds and with different needs to walk and cycle. To find out more about these in your local area you can...

- Check your local council website - most will have a page on walking and cycling.
- Get in touch with local community bike shops.
- Research local charity cycling initiatives. Some charities refurbish donated cycles and sell them at affordable prices.
- Get in touch with us and we can sign post you to what is available in your local area: [bigwalkandwheel@walkwheelcycletrust.org.uk](mailto:bigwalkandwheel@walkwheelcycletrust.org.uk)

## Ideas to help all pupils take part



### Get parents involved

Talk to your school's ESL lead to include children/families whose first language is not English.

Talk to parents with children who have barriers to active travel about the range of ways people can take part in Big Walk and Wheel and sign post them to local organisations who may be able to support them with accessing equipment, finding safe routes and all ability cycle training.

Ways of communicating this information:

- **Parent letter**
- Parent coffee morning (you could meet in person or virtually)



### Park and walk/wheel

Park and walk/wheel is an option to consider if pupils live too far away to walk, wheel, scoot or cycle for the whole journey to school. We'd suggest asking parents who drive to park at least a 10 minute walk from school and complete their journey actively (by foot, wheelchair, scooter or cycle).



We're the charity making it possible for everyone to walk, wheel and cycle. Let's do this! [www.walkwheelcycletrust.org.uk](http://www.walkwheelcycletrust.org.uk)

Walk Wheel Cycle Trust is a registered Charity in England and Wales (326550), Scotland (SC039263) and Republic of Ireland (20206824)

If families need to use public transport to get to school because they live very far away, you can encourage them to get off earlier than usual and travel actively for the remainder of the journey. We'd suggest asking them to walk, wheel, scoot or cycle for at least 10 minutes. You can log these combined journeys if the active travel part of the journey lasts a minimum of 10 minutes.



## Get everyone's cycles ready

Sometimes families will have access to a cycle or scooter that needs to be repaired or requires maintenance to be safe and enjoyable to ride. Providing information on local cycle repair shops can help families get their cycles ready to use.

Some families will not be in a financial position to pay for cycle faults to be fixed. Helping them overcome these challenges, either by giving them the knowledge to fix simple things themselves or helping them get repairs made free of charge will help more children cycle or scoot to school safely.

Here are some ways you could help families get their cycles and scooters ready:

- Get a cycle mechanic to visit your school before Big Walk and Wheel to fix up everyone's cycles. Booking in the cycle mechanic will mean that lots more children will have a working cycle to take part with.
- Share the [M check](#) and [L check](#) video.
- Contact local community cycle shops to understand what repair services they offer.



## Set up a cycle swap shop or loan scheme

Some children will not have their own cycle or scooter to use for Big Walk and Wheel. There are many schemes available to help schools and families access low cost cycles or scooters. Your local authority may be able to help you with this.

You could set up a Cycle Swap Shop or loan scheme at your school, this involves:

- Asking parents to donate old cycles/scooters their children have outgrown to the school or use your school's cycles.
- Hiring a mechanic to check over the bikes and scooters.
- Offering them for loans/purchase to the pupils with greatest need.

The PTA may be able to support the delivery of some of these activities.



## Enabling pupils and parents to cycle and scoot with confidence

Not everyone has the chance to learn to cycle or scoot with confidence due to lack of equipment or time. Providing opportunities to cycle and scoot at school can be a great way to enable all pupils to gain confidence.

If you are interested in booking in an external provider to deliver cycle or scooter skills sessions at your school, the links below are a good starting point. Some providers may even be able to loan you cycles for the training. It is also worth checking your Local Authority website.

- [bikeability.org.uk/find-a-course](https://bikeability.org.uk/find-a-course)
- [www.scootability.org.uk](https://www.scootability.org.uk)
- [Cycle training in Northern Ireland](#) (Northern Ireland only)



## Enable pupils with disabilities to try cycling

There are a number of organisations across the UK, which offer loans, and cycle training using adapted cycles which enable people with a range of different mobility needs to try cycling.

View this [adaptive cycle directory](#) to see what organisations are in your area.



## Consider food poverty

Active journeys to school (such as cycling, scooting, walking or using a wheelchair) will consume more calories than travelling to school in a vehicle.

Some schools have chosen to run Breakfast Clubs providing a free nutritious breakfast alongside promoting active travel. This helps to ensure children are getting enough sustenance to support this activity.

This is an especially important consideration when active travel initiatives are focusing on promoting active travel to children receiving free school meals and/or when there is any concern a child is experiencing food poverty.



## Consider those who live on busy roads

Some families may live in areas where the built environment can be scary for walking, wheeling, scooting or cycling. There may be lots of busy roads and no footpaths.

You could encourage families to run a [Bike Bus](#) to school so lots of people are cycling together. Or consider implementing a School Street for part-time restriction on motor traffic outside your school during drop-off and pick-up.

[You can download a free FRideDays Bike Bus toolkit to help you get started here.](#)

Email [bigwalkandwheel@walkwheelcycletrust.org.uk](mailto:bigwalkandwheel@walkwheelcycletrust.org.uk) if you would like to find out more.



## Engage stakeholders

Ensure your stakeholders (senior leadership team, Board of Governors) are aware of Big Walk and Wheel, and the steps you are taking to ensure it is as inclusive as possible.



## Offer cycle and scooter storage for everyone

See this [Schools cycle and scooter parking guidance document](#) to help you plan safe and effective parking solutions. Don't forget to plan for non-standard cycles which may have different dimensions and turning circles compared with standard cycles.