



HARBOUR SPORT CASE STUDY

Benefits of long-term cycle training at Orewa College



OBJECTIVE

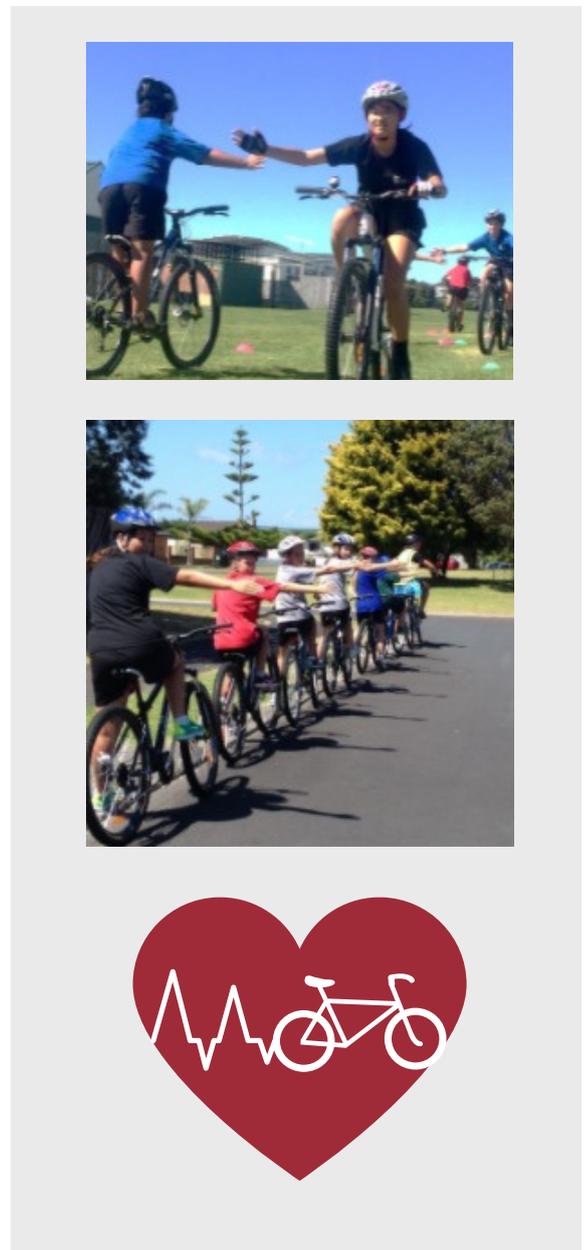
Harbour Sport's cycle skills training at Orewa College is funded by Auckland Transport and aligns to BikeReady (<https://www.bikeready.govt.nz/>). This is Zealand's national cycle education system which aims to create a safer cycling network and equip people with the right skills to be safe, considerate and become life-long bike riders.

DELIVERY

Since 2014, Harbour Sport's team of cycle instructors have delivered to all Year 7 students at Orewa College, close to two thousand of them. Each student receives a day and a half of training covering bike skills, road code, responding to hazards and then learning how to safely ride a variety of intersections around Orewa.

The students are grouped according to ability and confidence with no one missing out. Harbour Sport's inclusive programme pays particular attention to ensuring students who cannot ride or have specific needs are catered for by providing one on one coaching. Fleur Knight, a teacher, states that it is "fantastic as it meets the needs of all the different abilities of students".

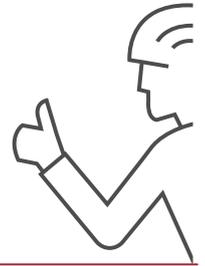
The Harbour Sport instructors were very nurturing, and they gave confidence to the students who weren't confident. I have seen a number of those students now biking to school. At the other end of the spectrum, kids who were already confident and skilled, were extended on road in a safe manner, focusing on them being aware of their environment and safety, things like "not wearing earphones when cycling".





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OUTCOMES

Cycle skills training in schools achieves far more than students increasing in confidence and developing bike skills, awareness and knowledge for riding on road. It provides an avenue to reduce congestion, support school sustainability goals and according to Fleur Knight, teacher, "Lots of teachers across all year groups cycle to work." The long-term partnership between Harbour Sport, Orewa College and Auckland Transport is worthwhile for all parties.

Karl Buckley, Lead Teacher for Cycle Skills Training at Orewa College, states that there has been a big increase in Year 7 and 8 students cycling to school since 2014. Over 10% of year 7 & 8 student now ride and at least a couple of dozen students also scooter. The number of bike racks have been doubled and they are still full. Finding space with good surveillance is challenging.

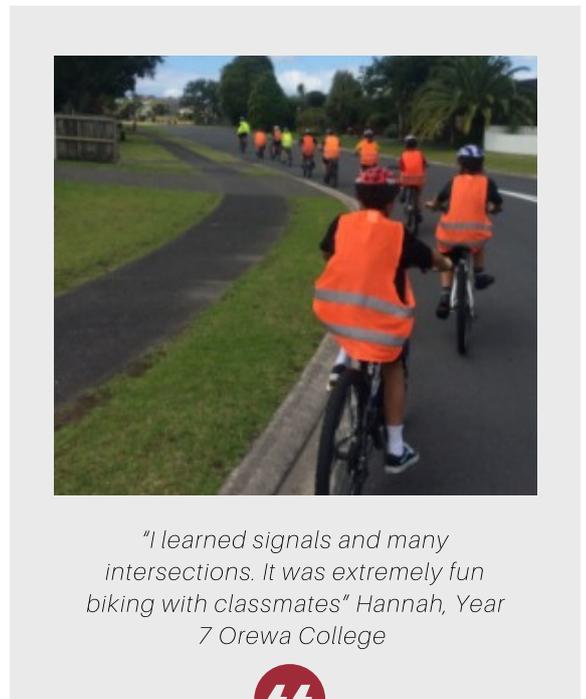
Cycling provides parents with an alternative to driving for their kids to get to school encouraging independence. It is also positive for student's personal lives as they can access community facilities like the Orewa Estuary Cycle way. This feeds into a culture of cycling within the Orewa community and normalises it as a viable way to get around.

The improvement in confidence following BikeReady training is always outstanding, with 86% of students who cycled out on the road rating themselves as increased confidence for on-road riding after taking part in the programme in 2020.

The Cycle Training programme is fully supported by the whole school including management and Board of Trustees. Orewa College is a 'Green School' so the Bike Ready Training aligns to sustainability goals along with a strong focus on getting students active.

Fleur Knight has taken the cycle training a step further and written a reading programme for Year 7 students, using the 'Road Code for Cyclists' as the basis to reinforce learnings taught during BikeReady training. This is available for all teachers to use with their students and embeds knowledge. She has also linked Cycle Safety to a programme delivered in collaboration with the Police called 'Safer Schools'.

Most importantly, the students love the experience which is partly theory but mostly practical. Harbour Sport's staff are enthusiastic and provide a fun learning environment.



"I learned signals and many intersections. It was extremely fun biking with classmates" Hannah, Year 7 Orewa College

