



PROJECT SUMMARY

To support active transportation and acknowledge Edmonton's emerging cycling infrastructure, Ever Active Schools recruited students to participate in our Bringing City Cycling Strategies to Life for Edmonton Students project. This initiative aims to make cycling a fun, effective and safe transportation option for students.

KEY SUCCESSES

OBJECTIVES

RESULTS

INCREASED CAPACITY TO DELIVER CITY CYCLING CLINICS

Development, design and dissemination of a City Cycling Clinic Guide

This tool is designed for trainers to guide users through the planning and implementation of a City Cycling Clinic. The intended audience for this guide are schools, community leagues, coaches and other interested community groups who could host their own clinics in order to extend the reach and impact of this project. The guide is available as a free download on the Ever Active Schools store:

<https://shop.everactive.org/products/city-cycling-clinic-guide>



Increase the number of clinic instructors with first aid training and CanBike certification

Four instructors were trained in Standard First Aid & CPR/AED Level C and six instructors in CanBike Level 4. Both courses are recommended for instructors who lead the skills building and guided ride segments of the cycling clinics.

Assemblage of a mechanical toolkit, specific to the repair of youth-sized bicycles

Mechanical issues with youth-sized bicycles differ from those of adult-sized bicycles. Ensuring bike mechanics have the right tools to work with increases their ability to address issues efficiently.



INCREASED CYCLING KNOWLEDGE, SAFETY AWARENESS AND SELF-EFFICACY OF YOUTH CYCLISTS

Delivery of community-based, inclusive City Cycling Clinics

One day, six-hour inclusive City Cycling Clinics, based in community settings (Queen Alexandra Community League Hall, McCauley Community Rink, Queen Mary Park Community Park, Lendrum Community League Hall, John A McDougall School, and Parkdale Cromdale Community League Hall) have been delivered to 185 youth cyclists since June 2019. 65 youth from 19 school communities participated in the pilot clinics, while 120 youth from 37 school communities participated in the second phase of the project.

Clinics include

- pre-registration to determine participant equipment needs;
- bicycle mechanic checks;
- team building activities;
- skill building stations (helmet checks, basic bike maintenance, balancing, maneuvering, bike locking, avoiding the car door zone, shoulder checking and signalling while riding, and controlled mounts/dismounts/and falls); and
- a guided 10km ride, where youth cyclists, following a cycling lead, navigate the cycling infrastructure of Edmonton's downtown and southside networks

Participant Survey Feedback (for clinics hosted from September 2020 to August 2021)

	STRONGLY AGREE	AGREE	NEITHER	DISAGREE	STRONGLY DISAGREE
I know more about cycling safety	79.41% 81	17.65% 18	0.98% 1	0.00% 0	1.96% 2
I have improved my skills using cycling for active transportation	66.67% 68	31.37% 32	0.00% 0	0.00% 0	1.96% 2
I know where there are safe routes to cycle	59.80% 61	37.25% 38	1.96% 2	0.00% 0	0.98% 1
I am more aware of cycling infrastructure in Edmonton	58.82% 60	38.24% 39	0.98% 1	0.00% 0	1.96% 2
I feel confident and safe cycling in my community	52.94% 54	40.20% 41	4.90% 5	0.00% 0	1.96% 2
I had fun learning	84.31% 86	12.75% 13	0.98% 1	0.00% 0	1.96% 2

PARTICIPANT QUALITATIVE FEEDBACK: WHAT DID YOU LIKE **MOST** ABOUT THE CLINIC?



"The teachers and the long ride. I've never ridden downtown Edmonton before."

"I liked the ride downtown. It was really fun and I learned a lot."

"The stories that we shared."

"Riding over the High Level Bridge!"

"It was fun and I learned how to bike safely."

"Biking together as a group."

"We learned a lot. I liked watching my bike being torn apart and put back together."

"I loved learning about the infrastructure and the beautiful sights I saw."

Parent and Caregiver
Survey Feedback (for
clinics hosted
September 2020 to
August 2021)

	STRONGLY AGREE	AGREE	NEITHER	DISAGREE	STRONGLY DISAGREE
My child knows more about cycling safety	75.00% 24	25.00% 8	0.00% 0	0.00% 0	0.00% 0
My child has improved cycling skills required for active transportation (for example, trips to and from a local school, trips to the library, etc)	75.76% 25	24.24% 8	0.00% 0	0.00% 0	0.00% 0
My child knows where there are safe routes to cycle in our community	48.48% 16	42.42% 14	9.09% 3	0.00% 0	0.00% 0
I feel more confident and safe allowing my child to cycle in our community	63.64% 21	33.33% 11	3.03% 1	0.00% 0	0.00% 0
I am more likely to encourage my child to cycle for active transportation	63.64% 21	33.33% 11	3.03% 1	0.00% 0	0.00% 0

Parent and Caregiver
Qualitative Feedback
(for clinics hosted
September 2020 to
August 2021)

- "After the clinic, my daughter came home with a new excitement around cycling. I was happy to hear her report that students were taken through stations to teach safe cycling and that this was a focus during the day."
- "I thought the clinic was great. It was very confidence building and fun, with lots to learn and do and a very low instructor to learner ratio."
- "We were skeptical about sending one of our children who has visual impairment for the cycling program. It turned out he had fun and was well accommodated and included during the program. He overcame a lot of fears and our own fears as parents of him cycling in the city and in the public spaces that the program took them. After the program, the children felt confident to cycle in their community and have done so after the cycling clinic with greater confidence and enjoyed using the signals they learnt. Learning of safer routes in our area is ongoing and we trust that with the skills they learnt they will be able to cycle more in our community and to and from school."

Delivery of virtual
cycling presentations,
Getting Around Safely
and Comfortably

To respect Covid-19 health protocols while maintaining the integrity of the project, three virtual cycling education presentations - Getting Around Safely and Comfortably - were built to accommodate grade K-6, 7-9, and 10-12 students. Twenty-six presentations were delivered to 637 students at five schools in target communities.

Advanced bike
mechanic training for
cycling clinic
participants

In response to participants' evaluation feedback to learn more about bike mechanics, five participants were recommended and funded for Bike Edmonton's Spoke 1 and 2 Earn a Bike programs: <https://bikeedmonton.ca/the-spoke>.

Bringing City Cycling
Strategies to Life Pilot
Project: Final Report
(2019)

[View Final Report here.](#)

Project partners and
collaborators

Bike Edmonton, Karly Coleman, Canadian Tire, YIELD Association, City of Edmonton, Edmonton Community Leagues (McCauley, Queen Mary, Lendrum, and Parkdale Cromdale) and John A. McDougall School, Change Health, Shape Alberta

NEXT STEPS

With the Edmonton Bike Plan complete and priority given to growing the City's existing infrastructure to improve connectivity and safety for all cyclists, Ever Active Schools is keen to grow cycling education programs alongside it, scaling City Cycling Clinics to additional communities throughout Edmonton and potentially beyond municipal borders. A pay-for-service delivery model is being investigated; however, clinics must remain accessible to all interested youth, so funding is being sought to remove financial barriers for youth and families who need it.



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