

RESEARCH SUMMARY

Title	Adult Cycle Training Monitor 2014/15		
Objective	Measure impact of adult cycle training across London boroughs, specifically exploring over time whether there has been a change in behaviour, feelings of confidence and safety		
Date	April 2016	Agency	Future Thinking
Methodology	Boroughs and training providers upload trainee details to an online portal. Once details are uploaded, trainees are then invited to complete three online surveys, one initially after training with follow up surveys at three months and twelve months after the date of their training session		

Abstract

Adult cycle training has had a positive impact on feelings of confidence and safety over time, as well as encouraged trainees to cycle more than they did before training. However, the effect of training appears to wane slightly over time indicating a potential need for ongoing engagement to ensure that the effects of training are retained in the long term.

Key findings

Trainees generally had low feelings of safety before the training session – just 12 per cent felt safe before. Initially after training 57 per cent felt safe and although this tailed off three months later (33 per cent felt safe) trainees were still significantly more likely to feel safe three months after training than before they took part.

With confidence the picture was even more positive – 60 per cent felt confident cycling straight after training and 50 per cent of trainees felt confident three months later, increasing from 16 per cent before taking the course.

There were also signs of positive behaviour change among trainees. For example, 39 per cent of trainees commuted by bike at least once a week a year after their training session, increasing from 19 per cent prior to training. Cycling for leisure purposes increased too – up from 19 per cent of trainees making leisure trips by bike before training to 32 per cent a year later. Linked to this, before taking the course just 34 per cent cycled for an hour a week, rising to 72 per cent after three months and still at 65 per cent a year later.

While feelings of safety increased significantly initially after training, they fell back in the following three months. This may indicate that trainees needed to continue training, or attend a refresher course to maintain their Bikeability levels in order to cycle on some of London's busier roads and junctions. Group rides, sign-posting to further opportunities to cycle and positive reinforcement of the messages (eg through email) are other potential options to maintain cycling proficiency.

Initial enthusiasm to cycle translated into action for many, however, some trainees who said they would commute by bike after training did not go on to do so. Further engagement post-training may help maintain the initial positive impact of training.

Job number: 13004