

Bike to School Week Competition

18-22 April 2005

Entries by 15 April 2005

To: The School Travel Plan Officers, Josie, Mark, Emma or Ian.
Planning and Transport Strategy, County Hall, Martineau Lane.
Norwich NR1 2SG Telephone: 01603 224205

'Design an A4 colour poster or flyer to encourage children to bike to school'

- Entries must be clearly marked on the back with pupil name, age, school and contact at school. Unlimited entries per school.
- Entries without identification will be disqualified. All submissions must be the original work of the pupils and undertaken by the pupils.

Fantastic prizes generously donated by



Prize in 5-8 year old category

One Softco Junior Shelter fitted with cycle toast rack and installed on tarmac base



1st prize in 8-16 year old category

One Softco Shelter with Sheffield Toast Rack to hold 10 cycles and installed on tarmac base



2nd prize in 8-16 year old category

Four banks of helmet lockers (five helmets per locker) delivered to school

The overall winning entry will be printed and used by the Travel Plan Officers to increase cycling to school

- All entries will be displayed at NCC during **Bike to School Week**, which takes place from **18-22 April 2005**
- Winners will be chosen at the end of the week by our panel of judges
- All three winners will be announced in the spring edition of STP News and will be invited to attend the STP Awards on 25 May 2005 at The Assembly Rooms to receive their prizes from our sponsor Broxap Ltd

Bike to School Week

18-22 April 2005

“Cycling is an ideal form of transport for young people, providing a healthy, cheap and environmentally-friendly way to get about, together with a degree of freedom and independence.”

Activity and Event Ideas

Here are just some of the ideas for activities and events that your school could undertake as part of Bike to School Week. We understand that, due to local circumstances, not all the ideas will be relevant for your school.

Playground / Classroom Activities

Ask your local cycle shop or cycling organisation to provide a “Doctor Bike” to carry out bicycle safety checks

Hold challenges events such as a bike-handling course, off road tracks or slalom courses, slow bike races etc.

Norfolk County Council Road Safety Unit has designed a Y4 'playground' based young cyclist course. The course is based upon the National standard for child cyclist training. For further details please contact your Area Road Safety Officer 01603 223348.

One school is planning to start its “Year of the Cycle” during Bike to School Week. This will include new cycle storage, training, promotional activities and competitions.

Mad Hatters Day – a competition to dress up cycle helmets. *NB please make sure that no solvent glues or pens come into contact with the cycle helmets.*

Mapping exercises showing the best routes into school for cyclists or local networks for circular cycle ways

Start a school Bicycle Action Group

Other Activities

Family Cycle Ride – invite parents to cycle with their children

Sponsored Bike Ride

Big Bike Bash – use good cycle-ways or off road cycle tracks to have a trip out from school instead of taking the bus

Writing a successful Travel Plan will allow your school to receive extra Devolved Formula Capital funding. Primary schools will receive £3750 + £5 per pupil and Secondary schools will receive £5000 + £5 per pupil. This can be spent on new cycle storage and lockers.