

Bike Train

Supervise a group of students to cycle together

Theme: **Education, Encouragement** • Audience: **Parents, Students** • School Grade: **4-8, 9-12** •
Mode: **Cycle** • Issues: **School Culture, Student Skills, Student Supervision**

Purpose:

To encourage students to cycle to school by providing a supervised group ride experience.

Description:

A Bike Train is a group of children cycling together under the supervision of adult leaders, following a prescribed route and schedule. It enables students to practice riding to school safely, thereby building their cycling skills and confidence.

A Bike Train is similar to a [Walking School Bus](#), except the group cycles instead of walking together. (Other terms for Bike Train include: 'biking school bus' or 'bicycle bus'). Participating students are 'picked up' at designated stops along the way to join the 'train' on its journey to the school. The program can work well as a temporary initiative (e.g., offered every day for a period of two weeks), to give families a chance to try cycling and build enough skills and confidence to ride independently.

Bike Trains are ideal for schools in neighbourhoods where there is existing cycling infrastructure suitable for young riders, such as quiet low-traffic streets, multi-use trails and/or protected bike lanes.

What you will need:

Commitment from a dedicated group of volunteers or staff to plan, schedule and operate. A Bike Train ideally includes at least two adult supervisors, one that rides at the front of the group and one that rides at the rear.

Help:

Teachers, students, school support staff, volunteers, local cycling organization/club/business.

Resources:

[Bicycling to School Together: A Bike Train Planning Guide](#) by the National Center for Safe Routes to

School (US)

[Guide to Setting up and Running a Bike Bus](#) by Cycling Scotland