



# BIKE BUS 2024

Moseley-to-King Edward's School and KEHS

## WHAT IS A BIKE BUS?

A "bike bus" is when a lead cyclist picks up children and parents along a planned route at predetermined points and the group cycles to school together.

## ROUTE & PICK UP POINTS

**Moseley Village:** 8.00-8.10am Meet at the crossroads of Alcester Road and Salisbury Road (outside Boo Burgers). Depart 8.15am sharp!

**Chantry Road:** 8.17am

**Park Hill:** 8.20am

**Cannon Hill Park:** 8.23am Edgbaston Street

**King Edward's School:** 8.30am

**King Edward's High School:** 8.35am

**Return:** Assemble 4.00pm-4:15pm at KES. Depart: 4:20pm

**Route:** <https://www.komoot.com/tour/646659173>

## WHY JOIN THE BIKE BUS?

Learn to cycle safely to school with your friends!

We all ride together in a "bike bus", helping to reduce traffic, get to school quicker and enjoy all the health benefits of cycling.

It's fun, you'll improve your cycling skills, and you'll get to school on time regardless of traffic!

## HOW DO I GET MORE INFORMATION?

**Info:** <https://bikebus.org/moseley>

**Email:** [moseley@bikebus.org](mailto:moseley@bikebus.org)

## TIMETABLE

Bike Bus Moseley-to-KES & KEHS will run for the first two weeks of term, from **4th to 17th September 2024**.

**Meet:** 8.00-8:10am at Moseley Village (outside Boo Burgers). Depart: 8:15am sharp!

**Return:** Assemble: 4.00pm-4:15pm at King Edward's School bike sheds. Depart: 4:20pm

For anyone continuing beyond Moseley, parents must meet their children at Moseley Triangle (approx. 4:40pm) or allow them to complete their journey home unaccompanied.

## Swap this twice-a-day grind:



## For this!



## WHAT ARE THE BENEFITS OF CYCLING TO SCHOOL?

It's an astonishing list:

1. The **health benefits** include reducing obesity, improving fitness, mental wellbeing and the body's resistance to virtually every illness. Cycling is better for you than travelling by car or bus.
2. Our children arrive at school **energised**, engaged, ready to learn. The bus, train or car options leave them on their devices and bored when they arrive at school.
3. Cycling gives our children a sense of independence, satisfaction in their own abilities and **self-confidence**. They love it!
4. The daily school run no longer requires an adult driver. This **saves parents time**.
5. For commutes under about 3-4 miles, it is **quicker** to cycle to school than any other mode of transport.
6. It is also **cheaper**.
7. There is less traffic on the road, because we cycle. That means we've **helped all other road users** arrive safely.
8. We've **reduced congestion** near the school. Each day our child cycles saves 4 trips by car.
9. We've **reduced pollution**.
10. We're **normalising cycling** as a mode of transport, encouraging sustainable travel. When our children go to university or work they will consider cycling to be one of their possible modes of transport. We've sown the seed of an idea that will be with them for the rest of their lives.
11. Plus, we dispel the irrational fear of rain!

Cycling is better for: the **children**, their **parents**, everyone else at their **school**, the **neighbourhood** and the **environment**.

So come on parents, ditch the car keys, dust off your bike, and join your child on the bicycle bus!

## FAQs

### COST

Bike Bus is free, run by volunteers.

### WHAT BIKE IS BEST?

The best bike for cycling is the one you already own! This ride is less than 2½ miles and will take us no more than 20-25 minutes.

The bike **must work**: it must have working gears and brakes, and pumped-up tyres! Any bike that your child can ride will be fine.

Once your child is riding independently, this route will only take them 10-12 minutes (groups ride slower).

Bring a lock for your bike at school.

### CLOTHING

Cyclists – adults and children – should dress appropriately for the weather. We recommend:

- Bright or hi-vis clothing like a jacket or gilet.
- School bags should ideally be carried in proper cycle panniers fitted to a rear rack. Your local bike shop is the ideal place for help.
- If your child prefers to use a backpack, we recommend buying them a hi-vis backpack, as backpacks undo all the good of hi-vis clothing.
- Gloves
- A helmet (required)
- If it's raining, don't cycle in your school shoes: wear trainers and pack your shoes in your bag.

#### What if it's raining?

Rain won't stop us! You may be surprised how little you get wet whilst cycling. A thin, packable rain jacket to wear over your blazer is a good idea.

If your bike doesn't have mudguards then we'd recommend either wearing waterproof trousers or – even better – cycle in shorts and pack your trousers in your bag. If it's really wet, pack shoes in your bag and cycle in trainers.

#### What if it's cold?

You'll get warm whilst cycling. Wear a jacket/coat, and full-finger gloves.

**We don't cycle if there is snow on the ground or if the temperature overnight has gone below 3 degrees.** In these circumstances everyone will be notified via WhatsApp.

### HOW DO I CARRY SCHOOL BAGS?

Ask your local bike shop to fit a pannier rack to your bicycle.

### ROUTE

**Route:** <https://www.komoot.com/tour/646659173>

Bike Bus follows cycle paths for more than 50% of the route with the remainder on quiet residential side streets.

### THE BUS "DRIVER"

Michael Bryant is a British Cycling-qualified Ride Leader and an experienced daily commuter. Michael is a parent with two sons at KES.

### HEALTH & SAFETY

The Bike Bus route has been risk-assessed, and is led by a qualified ride leader.

Regular cycling provides health benefits and develops road-awareness skills.

Bike Bus requires that **each child is accompanied by their parent/guardian on their first day.**

Thereafter we aim to have a minimum ratio of one adult for every four children.

### HOW MANY CAN JOIN?

A maximum of 8 children can ride. **Pre-booking is essential.** Every child must be accompanied by their parent on their first journey. After that, parents are welcome to join in or not.

### WHAT HAPPENS AFTER THE 2 WEEKS OF BIKE BUS?

Hopefully Bike Bus will inspire your child to want to continue cycling to school, give them the confidence to cycle unaccompanied, or encourage you to continue to build their skills.

Contact us if you're able to help Bike Bus to continue for longer, to set up new routes, or to join up with other children to cycle to school.

**Sign up:** <https://forms.gle/Gdmb894KnA3y4Zbn7>

**Email:** [moseley@bikebus.org](mailto:moseley@bikebus.org)