



## Making Trax Programme Bromley Bike Track 2019 - 2021



*Sir Chris Hoy : "Access Sport's Making Trax Programme is a proven way of reaching inner city kids who aren't exercising and often can't cycle at all, and inspiring them to get on a bike and get fit and enjoy all those other benefits."*

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## Introduction

Access Sport is proposing to build a brand new all-wheeled bike track in Hobblingwell Wood Recreation Ground and develop a new volunteer-led BMX cycling club that will serve the whole community. Working in conjunction with Bromley Council & British Cycling, Access Sport will provide a unique facility within the London Borough of Bromley where no community bike track currently exists, improving access to quality local facilities and activities for local residents.

## Access Sport CIO



Access Sport is a London based charity with a mission is to transform the lives of young people from disadvantaged communities through sport. Access Sport does this by supporting volunteer-led sports clubs to reach their full potential to connect young people in their communities with the social and health benefits of sport. Access Sport recently won the Best Sports Charity of the Year 2017 at the Sports Business Awards.

Visit [www.accesssport.org.uk](http://www.accesssport.org.uk) to find out more



**WINNER**  
Best Sports Charity,  
Community and CSR

## The Making Trax Programme



For the past seven years Access Sport has been delivering its unique Making Trax Programme in deprived communities in London, and in Bristol since 2017, including the creation of 10 brand new BMX tracks and 12 new volunteer-led community BMX cycling clubs. There are now 18 active BMX clubs in London and 2 in Bristol and the Making Trax Programme has to date reached over 25,000 young people, of which 60% of participants are black, Asian and minority ethnic, 35% female and 10% disabled young people. Our work has included over 250 London schools and community groups and 26 separate London boroughs have taken part in the London Youth Games BMX competition. For its achievements the Making Trax Programme has won several awards, including the national [BT Sport Industry Community Programme of the Year in 2015](#).

Please go to <https://vimeo.com/188791968> to see a video about Access Sport's Making Trax Programme .

## The need – Why cycling & why BMX?

In contrast to the overall cycling boom, Sport England's Active People Survey shows that cycling is actually in decline amongst young people. Indeed, the decline in cycling participation is most severe in young people from lower social grades and from black or ethnic minorities. Many believe that the current cycling offer for young people is not exciting, engaging or sufficiently diverse for a young audience. BMX is a popular Olympic sport that has a unique 'urban' appeal to young people. The activity provides an excellent tool to engage young people and develop a lifelong love of cycling.

Indeed, many of our national Olympic heroes started their careers on BMX bikes, including Sir Bradley Wiggins, Iwan Thomas and Sir Chris Hoy. Up to the age of fourteen, Sir Chris Hoy raced BMX and was even ranked ninth in the World. As he said himself recently *"BMX is where it all started for me. It got me in to cycling; it captured my attention and my imagination when I was a kid"*.

BMX clubs and tracks are invaluable community resources to get more young people cycling and the Making Trax Programme is generating a thriving London youth cycling scene. BMX cycling has natural attributes that make a contribution to getting more people cycling:

- It has the 'cool' factor compared to many other activities
- A low level of skill & fitness is required to start
- It is suitable for all ages and abilities, from balance bikes for toddlers to adults
- For most people BMX is a totally new activity so it's more of a level playing field
- It is safe, off-road and in many cases across London free to access
- People can participate individually or as part of a group
- It is inclusive of disabled people, including trikes for physically disabled
- The necessary full length clothing makes it suitable for particular religious beliefs and easier for people self-conscious of their weight or appearance

#### Cycling participation statistics – taken from the Active People Survey

	2005/06 (APS1)		2015/16 (APS10Q2)
Male	11.60%	UP	11.8%
Higher Social Grade – NS SEC 1-4	9.61%	UP	10.1%
White British	8.92%	UP	9.27%
Limiting illness or disability	3.54%	UP	3.77%
Male 45-54	11.9%	UP	15.2%
Male Higher Social Grade – NS SEC 1-4	12.4%	UP	13.6%
Male White British	12.0%	UP	12.6%
Whole population	8.73%	DOWN	8.68%
Female	5.98%	DOWN	5.71%
16-25	12.50%	DOWN	10.3%
Lower Social Grades – NS SEC 5-8	7.00%	DOWN	5.97%
Black and Minority Ethnic Groups	7.45%	DOWN	6.02%
16 - 25 Black and Minority Ethnic Groups	9.34%	DOWN	6.43%
16 - 25 Lower Social Grades – NS SEC 5-8	11.6%	DOWN	9.12%
Female 16-25	8.5%	DOWN	6.91%
Limiting illness or disability NS SEC 5-8	2.99%	DOWN	2.19%

## BMX in Bromley - What will the Making Trax Programme bring to your area?

### **Bromley all-wheeled bike track and community club - a resource for all**

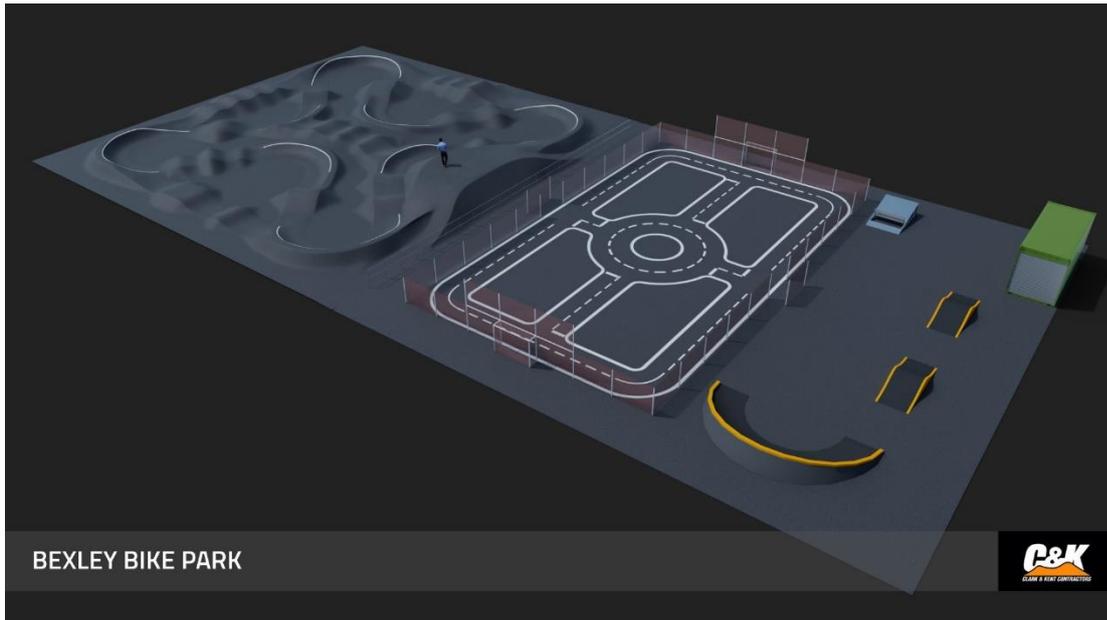
Through a three-year programme starting in 2018 Access Sport will develop 5 new community bike tracks and clubs across the capital. There is an exciting opportunity for Bromley to be part of the next phase of the Making Trax Programme, building a brand-new all-wheeled bike track and develop a new, fully equipped, volunteer led BMX club that will link in to the existing and growing London BMX community. This 2 year programme will bring multiple benefits to Bromley, including:

#### **A new, open access, off-road cycling facility**

The design for each all-wheeled bike track is individually created with expert track designers and input from coaches and the local community. The design will ensure that it is suitable to develop a sustainable volunteer-led club and that outreach can be delivered to local schools and community organisations. The facility will be exciting and challenging for all abilities, from beginners to experienced riders. Attracting the older, skilful riders are important when recruiting passionate volunteers, while also ensuring that it is accessible to all including those with disabilities.

The all-wheeled surface means that the facility can be used by any bikes, scooter or skateboards and requires very little maintenance. The track would be built following RoSPA guidelines and the sketches & image below show what similar BMX track look like.





### Additional Amenities

A temporary 20ft x 8m dark green storage container unit will be placed on site near the all-wheeled bike track. This container will provide storage of the community club's equipment so that those who are unable to afford their own equipment are still able to use the facility.



### Bromley BMX Club – a new volunteer-led club for local residents

The core part of the programme will be developing a new volunteer-led community club. The new club's development will be carried out by Access Sport in accordance with our proven award winning models and Access Sport will provide resource and funding to support this, including funding for bikes, helmets and safety equipment. The Club will take long term programming and development responsibility for the track, with appropriate ongoing support and expertise from Access Sport until March 2021. Thereafter the club will be part of the London BMX Network, with the support of British Cycling.

An integral element of the BMX cycle training that local young people will receive at the club and in schools from qualified British Cycling coaches is Bikeability (the old Cycling Proficiency Test). This is very important for young people learning safe road cycling skills and for fostering respect for other

road users. Young people will also be taught how to look after their bikes so they are safe and roadworthy.

The club will also offer opportunities for youth leadership training such as the British Cycling Young Volunteers Award as well as access to a variety of qualifications. Access Sport will work with the local community to upskill volunteers with coaching qualifications to enable them to lead activities while also providing opportunities for casual employment.

### Role of the community club

- **Maximise the use of the facility** by running open, accessible club sessions and facilitating outreach to schools, youth clubs, Pupil Referral Units (PRUs) etc. during working hours when most sports facilities are unused. This is especially important during the winter when short daylight hours reduce use to weekends only.
- **Maintain the facility** - clubs care for / take ownership of the track and understand when and how to maintain them simply and cheaply.
- **Promote the new facility amongst the local community** and bring new users to the area – clubs are run by people who are passionate about BMX and want to get as many people involved as possible.
- **Provide coaches and specialist equipment** so the local population, regardless of social-economic status can access the facility and enjoy the activity
- **Ensure safety standards are met** – ensuring people wear the correct equipment, use the track properly and understand how to maintain the track
- **Ensure inclusion** - through specialist equipment, sessions and coaches to outreach to various community groups including Disabled People's Organisations.

### Example timetable for Bromley BMX

	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Morning	School Outreach	Women On Wheels			School Outreach	Bromley Club Wingz session (disability)	
Afternoon	School Outreach	School Outreach		School Outreach	School Outreach	Bromley Club session	Rock Up and Ride
Afterschool		Mixed after-school club		Girls after-school club			
Evening	Race training		BMXercise				

### School & community outreach

to engage all young people in the area, including secondary schools, primary schools, Pupil Referral Units and Special Educational Needs School.

In order to engage young people from the local community Access Sport will be delivering an extensive outreach programme to local schools and community groups. Over the past seven years Access Sport has worked with over 250 schools developing holistic BMX programmes, setting up after-school clubs, delivering bikeability, supporting youth achievement awards such The Duke of Edinburgh and teaching non-riders how to cycle. The programme also has a history of working with young people who have disabilities and in support of those with behavioural issues and who are at risk of exclusion, giving it tremendous impact when used in the school setting. As part of the outreach programme in Bromley we will be targeting all local schools.

The programme has been extremely successful in reaching underrepresented groups such as girls, BME groups and those with disabilities. We have taught many young people to ride for the first time through this programme and have worked with a number of inactive young people, using BMX as a tool to change their attitudes and behaviour towards physical activity.



The work we do with school groups is really only the start of the young person's cycling journey, our aim is to use the outreach sessions to build up a young person's skills, confidence and enjoyment and then support them to transfer to a regular session in their local area.

*"In one session you've helped to completely change pupils mind set towards PE in schools"*

- Jamie Muncer, P.E. teacher, Harris Academy South Norwood

*"Seeing the children working together and encouraging each other both on the track and in the classroom has been great, if a child is finding it challenging to control his behaviour the other children are starting to help the child make the right choice. The classes are calmer now and children have got a positive experience that they can talk about as a group. It has had a really positive impact on our joint P.E lessons with children listening to each other and the adults."*

- Heather Durrant, Kidbrooke Learning Centre (Pupil Referral Unit)

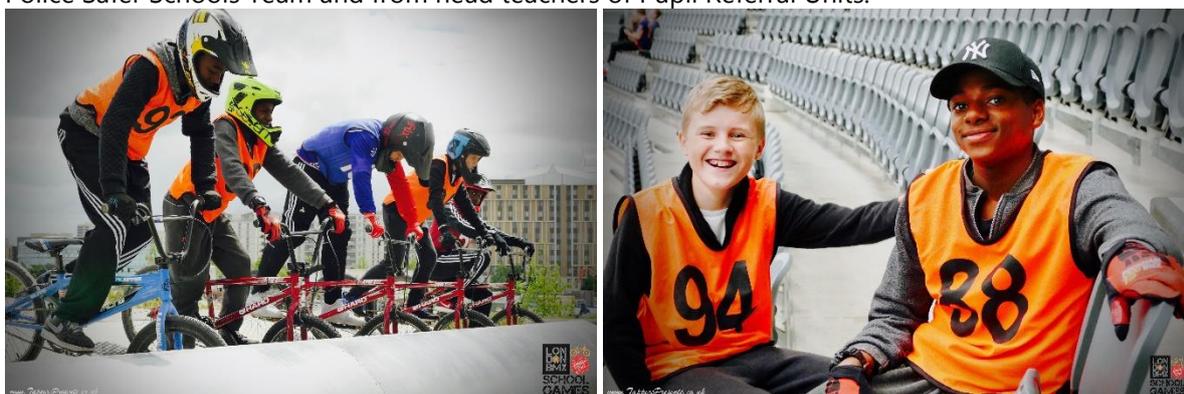
## Innovative & bespoke initiatives for specific target audiences

### BMXClever

Using BMX cycling to engage and impact young people at risk of educational failure

BMXClever has been designed by Access Sport in consultation with young people, coaches and alternative education teachers to engage and develop young people in alternative educational provision (Pupil Referral Units and Nurture Groups) who face multiple social issues and are at high risk of education failure with subsequent poor employment and overall life prospects. The core aim of BMX Clever is to equip young people in alternative education with the skills, attributes and attitudes that enable them to thrive on their own terms, boosting their chances of integration into mainstream education and providing vocational style skills that will enable them to enter the job market.

Over the past 5 years Access Sport has worked with over 30 Pupil Referral Units and Nurture Groups and the success of this programme has led to demand for it to be replicated from the Metropolitan Police Safer Schools Team and from head teachers of Pupil Referral Units.



*"At TLG we work with a challenging group who have been excluded from mainstream education, as such we often find that these students have social and emotional difficulties which affect their learning, engagement and social interaction. The BMX sessions provided our students the opportunity to work with their peers in a different context and focus on their individual strengths and weaknesses. Since the BMX sessions it is clearly evidenced that sessions have gone a long way to improve their resilience socially and emotionally...This has helped many of them prepare for reintegration into mainstream school"*

- Head Teacher, TLG Pupil Referral Unit, Hammersmith

*"The BMX Clever programme has been a fantastic way to engage the students in PRU's through fun and engaging sessions that have given the students the chance to reflect on their own personal development. The sessions have definitely impacted on the student's behaviour both inside and outside of the classroom. Thank you for all you've done for this pupil referral unit, what a success story!"*

- PC Kevin Smith; Metropolitan Police Safer Schools, Hammersmith

*"Student's self-esteem have been building weekly – Clear progress has been made which then put the students in a positive frame of mind during the week in school. The BMX Clever programme has given the students a sense of achievement, which has translated into their engagement in school. It also helped many to overcome their fears of failure and given them the confidence at attempting something new."*

- PRU Teacher

## BMXercise

For women who want to get more active, get back into sport or looking to try something new.

BMXercise is fun, friendly and fitness-based BMXing for women. Sessions run all of the country and are a great way to gain confidence on a bike, meet new people and pick up new skills.

BMXercise is a women-only fitness session that takes place at a BMX track or Skate Park. It is a great way to get fit, have fun and meet new people. The sessions work to increase fitness in a fun and friendly atmosphere, which sets BMXercise apart from a normal BMX Club session.

Sessions run all over the UK and are open to everyone; we encourage all women to come along and give it a go regardless of previous BMX experience or fitness levels.



## WOW (Women On Wheels)

A social session for women who cannot currently ride or are not confident riders

As part of our Women & Girls work we run entry level women's cycling clubs in different London locations. These clubs will target women who cannot currently ride or are not confident riders. Women will be able to learn how to ride in a safe, female friendly environment with all equipment provided. They will then have the chance to explore their local community with the group and do trips to different locations.



One of the participants, 'Anya', who had previously been unsuccessfully taking part in a GP referred NHS wellbeing scheme for her weight and mental health issues, believes these sessions have made a big difference, helping with her depression and feelings of isolation:

*"It's nice to meet up with other ladies of different ages, different abilities and spend time together, learning together and socialising together...cycling together gives you something in common".*

Another participant, 'Deena', echoed this sentiment, explaining that the social nature of the group extends beyond the hour sessions: *"We have children in the same class at school but we had never even seen each other! But now we stop to chat and I would definitely say we are friends".*

## Wingz

BMX cycling sessions specifically designed to engage disabled young people with



Access Sport developed 'Wingz' specifically to engage disabled young people, and it is a proven model for introducing cycling to young people with a broad range of disabilities. We use strider (balance) bikes, trikes, mountain bikes and BMX bikes. 'Wingz' provides disabled young people with the thrill and freedom of cycling in a safe and dynamic environment. Since launching Wingz BMX we have engaged over 1,500 disabled young people in London, worked in partnership with over 50 local organisations, and trained over 60 new coaches and volunteers.

Wingz BMX increases self-confidence and resilience, providing opportunities to gain new skills / qualifications and the first steps into volunteering and employment. Wingz has helped young disabled people learn bike maintenance and mechanics whilst offering opportunities to become cycling coaches and gain work experience. Wingz has also played a key role in bringing disability BMX into the London Youth Games and into BMX schools competitions.

*"We never thought he'd master riding a bike, this was a skill we thought was beyond him. In teaching him to cycle you have given him great gift which will have positive implications for the rest of his life in terms of his health and fitness, confidence and ability to really stick at a challenge. It also opens up new opportunities for us to enjoy doing something together as a family."*

- Melanie Jenkins, mother of severely autistic son Peter

*"Aslan struggles with dyslexia and ADHD and as a result is often in trouble at school. He is regularly on report, rarely gets any positive encouragement and is very doubtful of his abilities...The bike maintenance course has been so beneficial, it has given Aslan the chance to be good at something so much so that he is now fixing all his friends bikes too. He looks forward to going every week and is very inspired by Nial who teaches them. He is such a positive role model...Aslan is now so obsessed with bikes he wants to work in a job related to them when he is older. I have often worried about which direction Aslan's life will take but now feel more comfortable knowing that he has path to follow. "*

- Parent of disabled young person

### **Access to local competitions and events**

The local track and club will offer opportunities for accessible competition within and between local schools and with other clubs around London, with opportunities to go to the Olympic VeloPark, and for talent development. It will also open pathways into the Bromley London Youth Games team for girls, boys and disabled young people of both sexes (who will take part in the Para BMX event).



### London BMX Series



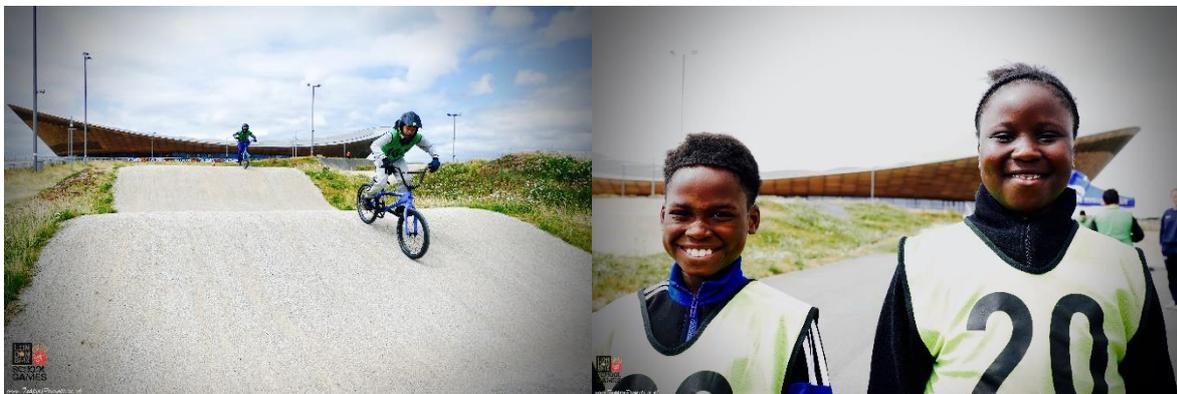
The London BMX Series was set-up by Access Sport in 2013 to provide an entry-level, accessible pathway to competition for young people new to BMX in London. The series also provides a tool to bind the London BMX Community together, bringing club volunteers together from across all BMX clubs in London to help and support each other, helping them to create a new London wide competition that provides something tangible for them to all work together on. This competition series is going from strength to strength, engaging over 250 riders at the most recent race in March 2017. In 2018, both a new BMXercise category was introduced to encourage more female riders to take part.

## London Youth Games



The London Youth Games is Europe's largest youth sports festival. BMX became part of this prestigious competition back in 2012 and has since gone from strength to strength, with 24 boroughs entering in 2018. Young people can represent their borough if they live or go to school in the area in what is always promised to be an exciting event for those new to BMX racing.

## London BMX School Games



Held on a termly basis at the Olympic VeloPark in Stratford, our London BMX School Games event is a huge hit with students across London. This is chance for all schools taking part in our outreach programme to have their first experience of BMX racing on a National standard track. Individuals will compete for individual prizes as well as the sought after London BMX School Games Cup. We aim to have 50% split of boys and girls racing and this event is also inclusive to those with disabilities.

*"Just to re-iterate what a great day the girls had today and how well run the competition was, I think the girls gained a lot from it and are going to be really motivated during their Burgess Park sessions to continue improving, particularly now they've seen what students have achieved once they've been through the programme!"*

- Ali Partridge, P.E teacher, Bacons College

## Frequently asked questions – What is required?

### Provision of land

Access Sport's standard model is that this track will be an open access community facility built on council land, owned and managed by the local authority ongoing. The new club will be granted access to the facility to run structured club sessions.

### Maintenance liability

Professional and experienced track builders will ensure that the track is durable and long-lasting, with little maintenance required. However, Access Sport's recommended standard model involves the new volunteer community club working in partnership with the local authority to play an important role in maintaining and caring for the track ongoing. In general facility maintenance will be the responsibility of the local authority. In particular:

1. Basic routine maintenance will be undertaken by the BMX club on a volunteer basis. This will involve club volunteers and coaches inspecting the facility prior to delivering any activity on the facility, removing loose material from the facility surface and reporting any major issues to the appropriate council contact.
2. The facility construction contract will include a requirement for the facility builders to visit once per year to conduct an inspection and annual service of the facility for the first 3 years at a cost of approximately £500 per annum. This work will consist of a surface wash with a pressure washer and report to return it to full condition.
3. Annual specialist maintenance from the end of year 3 onwards will be provided by the council via specialist facility builders at an estimated cost of £500 per annum.

Maintenance tasks for the full asphalt facility:

- Brushing of the asphalt
- Cleaning/washing of the asphalt
- Cutting back of edges of vegetation/turf to maintain full facility width
- Cleaning/rodding of drainage system
- Grass mowing of exterior banks
- Strimming of interior areas
- Litter picking
- Informal inspections
- Annual Inspection Report from professional facility designer

### Addressing Anti-social behaviour

Access Sport has experience with 16 other London boroughs and anti-social behaviour has never been a problem. In fact, Greenwich BMX in Hornfair Park, Charlton provides a good example of a BMX track helping to rejuvenate a park suffering from anti-social behaviour into a healthy, active park:

*"Before the construction of this BMX track, the park was almost exclusively used by drug users. Now, in contrast, the park is full of thriving young people, who are using the BMX track and improving their health and fitness."*

- Mayor of Greenwich

The community BMX club that will be developed at this facility will bring regular, structured, educational activity to the park. During the week the BMX club will invite schools and other community groups to have structured sessions at the track and at weekends will run open club sessions for the whole community. This facility is unlike a skate park style BMX facility where no

structured activity is offered. The club will be focused on engaging and developing young people by developing pathways through to other non-sport training such as bike maintenance.

As in other parks, would be regulated in the normal way by bylaws with pro-active management by Park Wardens, the local police and club volunteers and coaches. Through qualified coaches and Bikeability (see above) the club and coaches will teach responsible, safe cycling at the club and in local schools.

The majority of BMX track in London are located in public parks and Access Sport are not aware of any complaint of BMX related anti-social behaviour since 2011 in any of these parks.

The BMX track will improve community safety as it is safer to have the space cared for, used and populated; police Safer Neighbourhood Teams and park wardens will be proactively engaged ongoing; the new BMX club will be British Cycling accredited and run by local volunteers with appropriate qualifications, insurance and safety rules.

### **Operation & management**

The track will be an open access public facility open throughout the year. The track will be available for free casual use as well as structured school sessions and for training by the BMX club. The community BMX club that will be developed by Access Sport will be able to give regular updates to the council regarding the condition of the facility and the surrounding area. Local school children will use the track for training offered by the cycle club during the week.

Bromley Council will erect appropriate signage that specifies the rules for using the facility. Access Sport can assist in this matter by providing example signage from other open access facilities in London (see below).

Activities delivered by the community club will be covered by the club's public liability insurance via an affiliation to British Cycling. Public Liability and all other insurances relating to casual use of the track and facilities (when the Club are not using the track) will be provided by the Council.

### **Health & safety**

The Royal Society for the Prevention of Accidents (RoSPA) guidelines will be followed in the construction of the facility and a report will be compiled on completion of the build.

This BMX track will be constructed by British Cycling recognised, professional and experienced BMX track builders. The design will keep a safe distance from Park features, including trees. All users will be using the facility at their own risk and clear signage will be visible around the facility to make this known. The track will only be open to the public during daylight hours.

The resident BMX club will provide structured, British Cycling associated coaching sessions for beginners, intermediate and advanced riders, delivered by qualified BMX coaches. These coaches will follow British Cycling guidelines and will therefore be insured against any accident or injury with Public Liability Insurance of up to £10million. Unlike skateparks or scooter parks there will be no sharp edges or sheer drops as part of the design, making it safe and suitable for all members of the community.

It is recommended that appropriate signage is displayed at the BMX track to ensure that users understand how to be safe on the track while also providing useful information about joining the club. See example from Norbury BMX track in Croydon below.

# BMX

## TRACK

### Norbury Park

#### CONDITIONS OF USE .... RIDE SAFE AND STAY SAFE

- **Wear the right Safety Gear** Use helmet, gloves, elbow & knee pads
- **Make sure your Bike is suitable** BMX bikes ONLY
- **Track not supervised** Use it at your OWN RISK
- **Respect other track users** This facility is OPEN TO ALL
- **Never ride on your own** And tell someone where you are going
- **Check your bike regularly** And NO stunt pegs
- **For the safety of all Track Users** Please follow the rules

#### FURTHER INFORMATION

In case of emergency call 999 –  
the location of this park is  
**Norbury Park**  
Herefield Road  
Norbury  
SW16 3LX

The nearest Hospital with an Accident  
and Emergency Department is Croydon  
University Hospital, Mayday Road,  
off London Road, Thornton Heath.  
☎ 020 8401 3000.

Please look after the BMX track and  
Norbury Park so all park users enjoy  
visiting it and want to come back.

Report any misuse or damage to  
Croydon Council ☎ 0208 726 6000  
[www.croydon.gov.uk](http://www.croydon.gov.uk)

This is a community BMX track where  
everyone is welcome. BMX equipment and  
coaching support is available through the  
local volunteer BMX club. To find out  
more contact Access Sport.

☎ 020 7993 9883

● [www.londonbmx.co.uk](http://www.londonbmx.co.uk)

✉ [bmx@accesssport.co.uk](mailto:bmx@accesssport.co.uk)

📌 <https://www.facebook.com/CroydonBMX/>

Croydon Council accepts  
no responsibility for  
damage, loss or personal  
injury unless this arises  
from the Council's own  
negligence.



No Dogs



No Smoking



No Alcohol  
or glass

This track and club  
were developed as part  
of Access Sport's BMX  
Legacy Programme.



**CROYDON** Delivering  
the Vision  
For Croydon