



— The —
BIG BIKE
— Revival —

we are
cycling
UK


Department
for Transport

Cycling UK, the UK's cycling charity, believes everyone has the right to cycle, access to safe routes and to be given the skills to ride with confidence.

This series of guides provides useful tips and advice to help businesses provide the best support to staff, so they can cycle to work with confidence.

Tips for workplace cycling - participate in a cycling activity or event

Getting staff together to participate in an event or activity is a great way to enthuse people about cycling. If they have fun together riding bikes, they are much more likely to want to cycle more regularly.

Various special events take place throughout the year. One of the biggest is Cycling UK's [Bike Week](#). The UK's largest annual awareness-raising event for cycling, Bike Week, occurs at the beginning of June each year. It is the perfect opportunity for staff to enjoy team building, improve their wellbeing, and connect with colleagues through cycling.

- Consider offering some of these activities to staff:
- A sponsored cycle-to-work, with staff commuting by bike for a week to raise funds for their chosen charity, which your workplace could match.
- A Dr Bike maintenance session, offering staff free check-ups and repairs of their bikes.
- A group cycle ride could start and end at your workplace, including refreshments and time to socialise.
- Make use of promotional materials available on websites, for example, bikeweek.org.uk, and promote activities through all your internal channels to Invite all staff to participate.

Getting started

- Identify some cycling champions at your workplace who are keen to help organise activities and encourage cycling with colleagues.
- Contact your local bike shop and see if a mechanic can come to your workplace to run a Dr Bike session for staff.
- Consider offering prizes or incentives to encourage those who wouldn't usually cycle to get involved.

cyclinguk.org

