



**Title:**

Children and bicycling

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**More information:**

<http://www.cykelleg.dk/>

<http://www.dcf.dk/lyspaa2009>



In Denmark we have a tradition of choosing our bicycle as a daily form of transportation. Our children learn from an early age to ride a bicycle and even before they can ride one on their own they are use to a daily transportation either on the back of their parents bicycle, on a cargo bicycle or a bicycle trailer.

The Danish Cyclists' Federation (DCF) is making an effort to sustain the number of children bicycling every day and to influence new parts of the population to choose the bicycle as a form of transportation.

At DCF we have great success in launching campaigns that cause behaviour change and maintain children on their bicycles – even when a project or a campaign has ended. DCF brings together all relevant local partners such as schools (parents, children and teachers), local authorities (traffic, environment and health), relevant committees and councils, and NGOs etc. By this means DCF creates relevance, a sense of ownership and strong roots in the local community.

To fulfil its purpose DCF has launched the following activities:

1. "All Children Bicycle", in 2009 1/5 (130.000) of all school children in Denmark participated in the DCF's campaign. The goal is to have more children bicycling and wearing a helmet, while they ride their bicycle
2. "Bicycle Games", through fun and games DCF is teaching children in kindergarten about key traffic regulation and our experience shows us, that children gain a quicker control over their bicycle and become more safe and secure bicycling later on in life
3. "Lights on with Ludvig", in the dark months of November and until February DCF plunge into the importance of using lamps and reflectors while bicycling
4. "Safe and Secure School -cycling". DCF has become aware of a need to identify and overcome barriers that prevent children from riding their bicycle to school. Hence DCF and the University of Southern Denmark (SDU) is launching a three year research project, which will survey the barriers, that prevent school children from riding their bicycle to school and at the same time surveys and implements ways of braking down those barriers.

There is a close connection between the physical activity of children and their general physical well-being, social relations, motor co-ordination, and learning ability. And physical habits established in the childhood can prevent life style diseases such as obesity, type 2 diabetes, osteoporosis, cardiovascular diseases, and certain cancer diseases.