

STARS and Cycle to Work Day – Activity Booster Sheet

WHAT IS CYCLE TO WORK DAY ?

Cycle to Work Day is the UK's largest cycling commuting event. **Cyclescheme** will lead the 10th annual event on the 4th of August 2022 and invites school and nursery staff of all experience levels to take part.

Commuting by cycle gives staff the chance to model active travel at leadership level and encourages exercise as a part of daily routine. Participating staff can visit the Cycle to Work Day [website](#) to make their pledge prior to the event and challenge colleagues or friends to do the same. Staff can also [register](#) and log rides on Cyclescheme's Love to Ride community for a chance to win a prize!

To assist staff in planning their route for the day, schools and nurseries can share information about London's [Cycleways](#) and Quietways.






DID YOU KNOW?

Did you know that taking part in Cycle to Work Day can also help count towards your STARS Accreditation? Simply select the STARS Activity Cards that correspond to the activity you're running in school, tell your story and keep working towards your next STARS accreditation. **Cycle to Work Day** has its own activity card to get you started!

HOW DO I GET INVOLVED?

To do this, sign into your [STARS online account](#), select the activity from the list and click on 'Tell your story'. You can include photos, posters, newsletters, risk-assessments and other relevant documents to show how your activity was completed. You can then publish your story in the 'Stories' section to share your achievements.

See the list below for our suggestions of **STARS Activity Cards** that align with Cycle to Work Day.

	EXAMPLE ACTIVITY	STARS ACTIVITY CARD
 CONSULTATION	Conduct a survey to see how staff could be better supported with active travel	Staff involvement in active travel
 PROMOTION	Use the school's website or a noticeboard in a high-traffic area to promote Cycle to Work Day	School travel noticeboard and web page
 CYCLING	<p>Determine how many spaces are needed, then install cycle parking to encourage both pupils and colleagues to cycle to school</p> <p>Organise a cycle mechanic to come to your school to provide a cycle health check session at your school</p> <p>Register with Cyclescheme and introduce a cycle to work scheme that allows staff to loan bikes and cycling equipment as a tax free benefit</p> <p>Contact your borough officer to arrange a Cycle Skills session for staff</p>	Cycle parking installed Dr Bike Cycle to work scheme for staff Cycle skills for adults