

International Cycling Union (UCI) Cycling for All

Encouraging as many people as possible to take up cycling

The UCI Cycling for All programme encourages people around the world to use cycling as a means of transport, health, leisure or sporting activity.



Location	Worldwide
Organisation	Union Cycliste Internationale (UCI)
Start-end date	2005 – ongoing
Target group age	All ages
Reach	30 million worldwide
Partners	National Federations, governments, event organisers, NGOs
Key facts	About 40% of UCI 170 member National Federations have a Cycling for All programme in place. Around 30 of them are very active in Cycling for All, with a large events calendar, delivery of CFA licenses, a CFA commission and a designated person in the federation looking after the programme.
For inspiration	www.uci.ch/cyclingforall/

Summary

Participation in cycling as an amateur sport or leisure activity involves close to a billion people. In order to connect with this impressive number of cyclists and make sure the sport continues to develop at a grassroots level, the UCI created the Cycling for All programme.

Keys to success

Pyramidal structure

The Cycling for All programme is a programme created and organised by the UCI. However, National Federations play a key role in the development of the programme as they are responsible for implementing the programme on a national basis.

Funding

The funding of the programme was initially provided directly by the UCI. However, recently the UCI Cycling for All series gained recognition and it therefore became self-funding. By being self-funded, the Cycling for All programme becomes independent and this allows the UCI to invest in further development.



Sport for All objectives

Promote sport and physical activity

The programme is built around the sport of cycling, and one of the objectives is to further promote the development of cycling as a competitive or leisure activity worldwide.

Support active societies

The aim of the UCI Cycling for All programme is to encourage people around the world to take on cycling as a means of transport, health, leisure or sporting activity on a regular basis.

“The event helps the local economy and boosts tourism, besides its social aspect, as all neighbouring communities get involved in the organisation as volunteers and suppliers.”

Roberto Iglesias – Organiser and member of the Spanish Cycling for All Commission



How is the programme communicated?

The programme is communicated through the UCI website, the Cycling for All calendar, and with direct contact with National Federations and policy makers.

How is the programme evaluated?

Different interest groups of cyclists have been categorised, guidelines for National Federations and events series have been created and support for advocacy organisations has been provided based on feedback received from the programme.



Join the sporting society!

Globally, 1 in 4 adults is not active enough and more than 80% of the world's adolescent population is insufficiently physically active (World Health Organization). Let's reverse the trend and get moving.



Promote sport and physical activity

Recent changes in leisure and work practices, diet and a host of other trends has led to an increasingly sedentary lifestyle amongst the world's population. Sport for all programmes aim to promote sport and physical activity to mitigate the negative effects associated with these developments.



Improve public health and well-being

Sport and physical activity plays an important role in making societies healthier, happier and safer into the future. Successful sport for all projects help to stimulate these common benefits across entire communities.



Support active societies

Active societies involve many stakeholders such as parents, coaches, schools, local clubs, sports organisations, event organisers and grassroots activities, to name but a few. They can all be hugely influential in promoting healthier lifestyles within a community. Programmes that support and reinforce their efforts are vital for the encouragement and promotion of active societies around the world.



Provide equal access to sport

Every member within a community should have equal opportunity to live an active and healthy lifestyle. Effective grassroots programmes place a heavy emphasis on ensuring that all of their participants can enjoy this opportunity regardless of physical condition, race, gender, social conditions, geographical location or otherwise.



Foster Olympic legacy

The Olympic Games provide a source of inspiration and a vibrant expression of the Olympic values of excellence, friendship and respect. This unique power can energise communities to develop projects enabling and inspiring people to become and stay physically active into the future.

Become a key player in your community

A useful platform has been designed for organisations across the Olympic Movement that are managing Sport for All programmes, providing them with the knowledge, understanding and tools needed to improve existing programmes worldwide, as well as to create new ones.

Get inspired by more than 45 projects around the world

Learn more about best practices with our toolkit

Create your project based on proven academic research and experience of organisations

Share your experience and lead the way to inspire more projects

Connect with a vast network fueled by inspired partners

Find more information

-  Sports and Active Society Programmes
-  A Guide to Implementation
-  www.olympic.org
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