



Sustainable Development Goals



CDF SUSTAINABLE DEVELOPMENT GOALS ¹



ABOUT OUR PROJECT

The Cycling Development Foundation (CDF) comprises two pillars, the Community Program, and the Cycling Program. From these pillars, it creates opportunity, equity, and participation for all reachable community members, from the outback of WA to metropolitan youths, and senior and interstate cyclists. Flowing from the Community Program is the Laverton Cycling Project (LCP) and from the Cycling Program, the Junior Cycling Academy (JCA), and the Female and Male Elite Athlete Development Pathways.

By providing opportunities to all ages, geographical locations, and ethnic backgrounds, our work within the organisation aligns with multiple United Nations Association of Australia (UNAA) Sustainable Development Goals with a particular focus on the following goals.

¹ United Nations Association of Australia (UNAA), Sustainable Development Goals.

CDF GOAL #1

The LCP (Community Program) embeds health, exercise, well-being, and empowerment first and foremost in First Nations youths.

The Aboriginal and Torres Strait Islander Health Performance Framework describes physical activity as one of the 'Determinants of health', which is described as a 'crucial part of life' to prevent common diseases in remote communities, including Obesity, Diabetes, High Blood Pressure and Cardiovascular disease. As outlined in the report, barriers to participation in physical activity by Indigenous Australians may include cost and accessibility (AIHW 2021, May, T et al. 2020).

GOOD HEALTH AND WELL-BEING



Ensuring healthy lives
and promoting well-
being for all to all ages is
essential to sustainable
development.

Our work embraces these challenges by conducting bike riding sessions for all ages on several days per month throughout the year, including in two very remote “bush”-communities of Mulga Queen and Cosmo Newbery, and within the very remote township of Laverton.

In addition, we work alongside the Youth officer and support additional youth activities during our monthly visits to engage children and teenagers, provide meaningful experiences and promote self-determination and resilience.

Alongside our physical activity sessions, we integrate educational lessons about the various benefits of exercise within allocated school time, in collaboration with the Laverton School. We speak about mental well-being, personal life choices, life opportunities and sportsmanship, in addition to road safety awareness to all school children from Primary to High school years.

In conjunction with schoolteachers and youth workers, we work to improve the mental health and general well-being of all youths in town, work which strongly aligns with sub-points 3.4 – 3.6 of the Sustainable Development Goals:

3.4 By 2030, reduce by one third premature mortality from non-communicable diseases through prevention and treatment and promote mental health and well-being.

3.5 Strengthen the prevention and treatment of substance abuse, including narcotic drug abuse and harmful use of alcohol.

3.6 By 2020, halve the number of global deaths and injuries from road traffic accidents.

The JCA and Elite Racing teams derived from the Elite Development Pathways include young riders from all backgrounds. As with the Laverton Cycling Project, the goal is to facilitate the development of these individuals into well-rounded people who possess essential life skills to enable teamwork, sportsmanship, perseverance, opportunity, and humility. Such skills will enhance individuals' ability to tackle daily challenges of life and maintain a strong, healthy mental and physical well-being.

Recent statistics reveal that at least 1 in 5 Australians experience psychological distress or a mental disorder, partially related to substance-abuse or increased anxiety levels within our society (AIHW), and ~43% “of people aged 16–85 years had experienced a mental disorder at some time in their life” (ABS 2023). We promote an optimal and healthier lifestyle that seeks to counteract this concerning societal trend.

Further, the CDF seeks to provide an opportunity for young riders and passionate cyclists to engage at a developmental to high level of the sport, to enable athletes to race state-wide, nationally, and internationally, whilst also being emotionally supported. Education regarding road safety is an integral aspect of our safe riding teachings. As with the Laverton Cycling Project, the JCA and Elite Athlete Development Pathways (Cycling Program) also strongly align with sub-goals 3.4-3.6 as outlined above.

² UNAA, Sustainable Development Goals.

QUALITY EDUCATION



Obtaining a quality education is the foundation to improving people's lives and sustainable development.

CDF GOAL #2

LCP: The strong collaboration between the School, Youth Centre (Shire of Laverton), and the CDF promotes educational opportunities at school and in the Community enhancing opportunities for young people's personal and professional growth and development.

In alliance with the local Youth Services, and as an incentive, individual participation in after-school bike riding activities is linked to school attendance and good behaviour.

We strongly promote inclusion and have a unified approach conducting bike riding and other youth activities with First Nations children and children from other ethnicities. One of our key goals is that young people also learn from each other and recognise opportunities.

In 2022, we enabled a group of First Nations teenage boys from Laverton to experience a long weekend of youth activities in and around Perth, which included bike riding and racing, together with participation in financial and well-being workshops focusing on, among other things, financial well-being in young First Nations people, healthy nutrition in remote areas, and setting personal life goals. This was a successful initiative we would like to repeat at regular intervals.

Further, the CDF encourages local youths to take part in other well-being activities, such as the arts: for example, in 2023, we arranged for a 16-year-old Wongatha girl (from Laverton) to have her own art exhibition in Perth during NAIDOC week. This was a tremendous opportunity for the young teenager to meet professionals from the arts and design scenes across both the tertiary sector and corporations, as well as to learn about professional educational pathways and engage with both the public and stakeholders to talk about her own artwork.

Our JCA and Eli riders undergo regular internally organised workshops about setting life goals, perseverance, resilience, and recognising and utilising opportunities. We support junior athletes with their training whilst following their academic pathways at school or university, and in their professions. Education is important, and we fully understand and support this.

Our future goal is to provide an opportunity for employment to riders of both pillars, e.g. in the form of traineeships in community work in Laverton, or as assistant coaches and youth workers within CDF activities. The CDF partners with a raft of businesses that also embraces the concept of employing our riders so that they gain valuable work experience – thereby building on their life experience and skill set to better prepare them for their future endeavors.

CDF GOAL #3

The CDF via the Female and Male Elite Athlete Development Pathways provides the longest-serving Men's and Women's national-level racing teams in Australia, and the longest-serving standalone Women's racing team in Australia, with a primary focus on female development and opportunity, which is unparalleled in Australia.

GENDER EQUALITY



Gender equality is not only a fundamental human right, but a necessary foundation for a peaceful, prosperous and sustainable world.

The CDF's mission is to provide opportunity and equity, something we champion and are incredibly passionate about. During the Covid-pandemic, a goliath-effort and a particularly philanthropic mindset of our main service provider Exercise Institute resulted in the CDF maintaining a men's and women's team, while other national teams focussed on one gender teams only - an effort that has² yielded significant results on both the national and international stage.

We are proud to empower girls and women with a sense of self confidence and belief which is reflected in their success in mixed bike races, training sessions and workshops. We bring together female and male participants in the sport and support them to develop and maintain mutual respect and responsibility for their thoughts and actions. Boys and Girls, Men and Women train together, learn together, travel together and are being supported equally by the CDF. This is reflected in all our participants across the two pillars comprising Laverton youths, and Junior, Female and Male Athletes via the Elite Athlete Development Pathways.

² UNAA, Sustainable Development Goals.

SUSTAINABLE CITIES AND COMMUNITIES



There needs to be a future in which cities provide opportunities for all, with access to basic services, energy, housing, transportation and more.

CDF GOAL #4

The CDF is working in partnership with peak bodies such as WestCycle to support and promote more and safer bike pathways in the City of Perth.

We champion and promote the sport of cycling beyond our two pillars comprising the LCP, JCA, and Elite Teams to everyone across all abilities who express an interest in bike riding. We also have a Masters support program which is open to anyone to join, learn about the sport, train within a friendly, supportive environment, and mix and mingle with our LCP community, juniors, and Elite riders whenever possible.

In the town of Laverton, we have had success in promoting bike riding to local adult community members and endeavour to build a social network of bike riding there. We are in talks with stakeholders about an infrastructure grant to encourage the building of a dedicated bike route and trails in and around town. It is a long-term plan, but talks have started, and plans are underway to help the local community achieve this outcome. This initiative has gained traction in the community since our presence and its success is likely to result in local community members routinely commuting short distances by bike rather than driving everywhere locally.

REFERENCES AND FURTHER READINGS:

ABS 2023. National Study of Mental Health and Wellbeing.
<https://www.abs.gov.au/statistics/health/mental-health/national-study-mental-health-and-wellbeing/latest-release>

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[https://www.indigenoushpf.gov.au/measures/2-18-physical-activity#:~:text=1.4%2C%20Australia%2C%202014-,Children,18%20and%20over%20\(12%25\)](https://www.indigenoushpf.gov.au/measures/2-18-physical-activity#:~:text=1.4%2C%20Australia%2C%202014-,Children,18%20and%20over%20(12%25))

Macniven et al. 2023. Physical activity and the social and emotional wellbeing of First Nations people.
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May T et al. 2020. Barriers and facilitators of sport and physical activity for Aboriginal and Torres Strait Islander children and adolescents: a mixed studies systematic review.
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