



Jenna Berman

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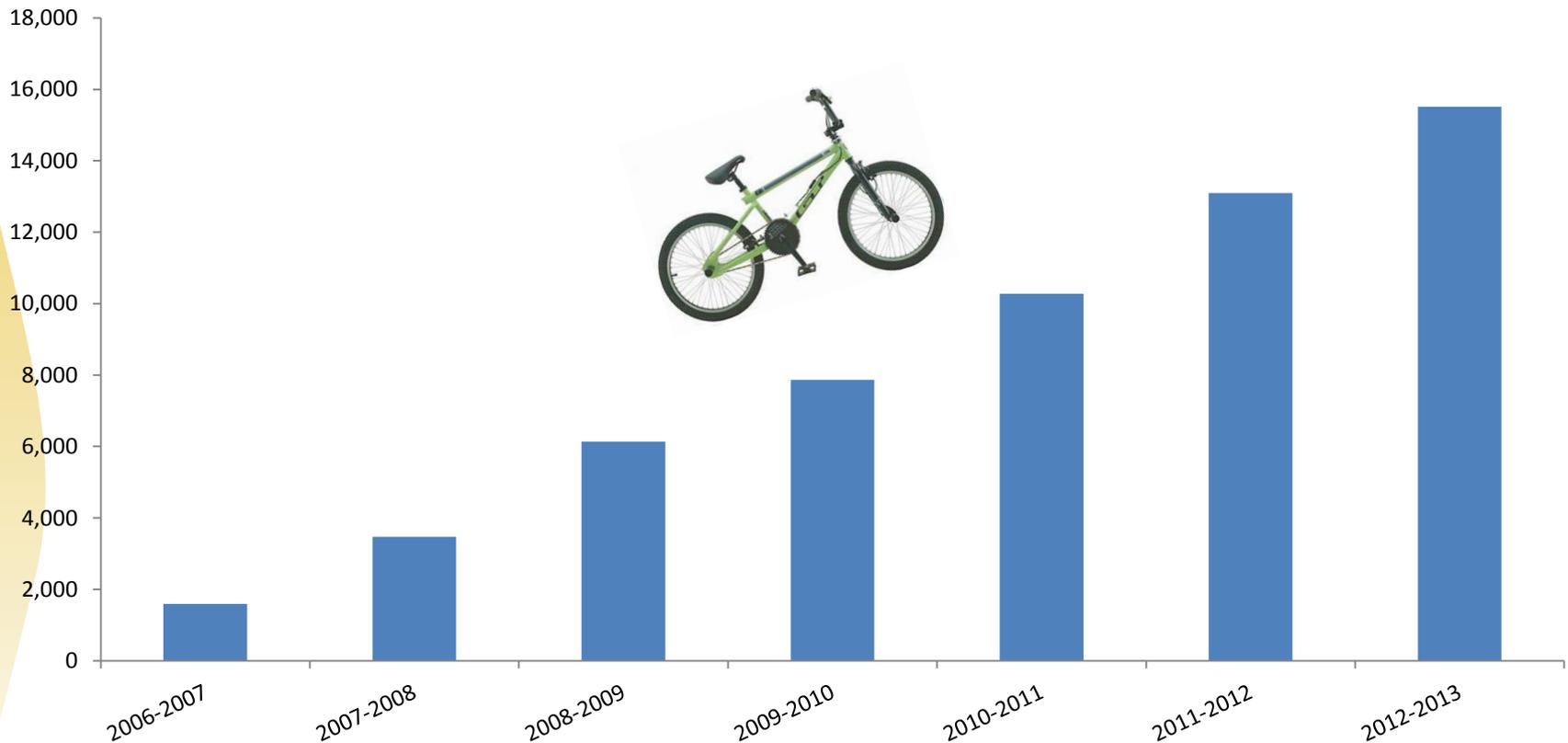
Bicycle Colorado





Safe Routes to School: Bicycle and Pedestrian Education

Annual Students Reached by Bicycle Colorado Safe Routes to School Programs



How We Teach

- Teams of two
- PE/health/after school club
- Two days (instructional and experiential)
- **WE GET KIDS EXCITED ABOUT BIKES!**



Curriculum by Grade Level

Grades K-1

Day 1:

- Why bike/walk?
- Signs
- Crosswalks
- Parking lot safety

Day 2: Walking activity



Puppy photo credit:
<http://wallpapergrid.com/animals/puppy-red-ball-hd-wallpaper.html>

Curriculum by Grade Level

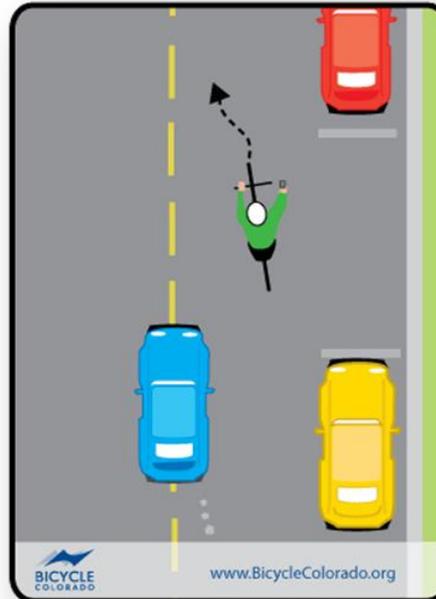
Grades 2-8

Day 1:

- Why ride?
- Where can you go?
- Helmets
- Rules of the road
- You Check
- ABC Quick Check

Day 2:

- RODEO!
(add challenges when needed)



Learn to Ride

Step

Step

Glide...

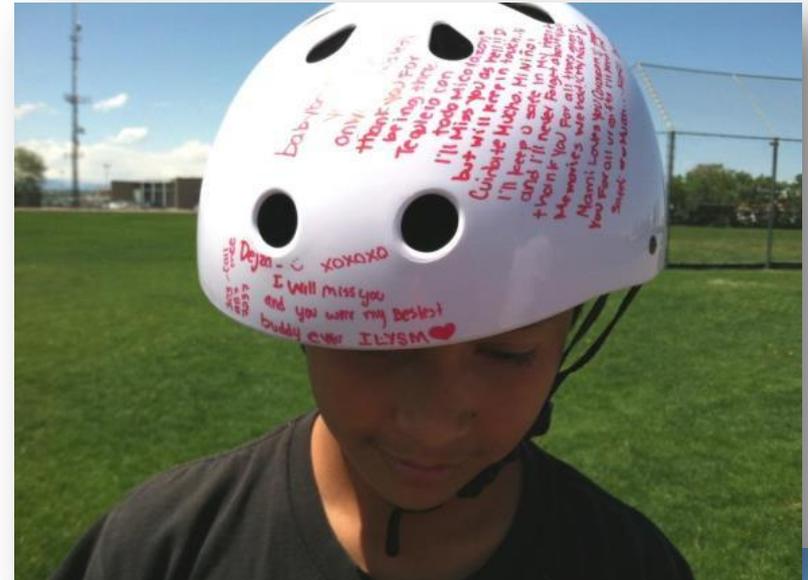


Special Needs Students



After Education...

- Encouragement



Equipment





Aiming for Sustainability

- Newsletters
- Parent/staff letters
- Rodeo cards
- Handouts
- Affordable helmet program

**All in English y Spanish*

Spring 2013

Ralph Moody Elementary



SAFE ROUTES TO SCHOOL NEWS FOR YOU!

Walkin' and Wheelin' Week celebrates biking and walking to school



Kids practice their bicycle skills during PE.

What your kids have learned so far

Your student has completed a comprehensive bicycle and pedestrian safety program, taught by Bicycle Colorado and your school's PE teachers.

What they learned in class

- Why helmets are important
- How to fit a bicycle helmet
- How to do a bicycle safety check
- Rules of the road
- Hand signals
- How to make smart decisions when walking and riding

What they learned at the Bike Rodeo skills course

- How to cross intersections
- How to ride in a straight line
- How to control turns
- How to stop
- How to signal
- How to dodge objects

All of these skills are key in preventing the most common crashes among children.



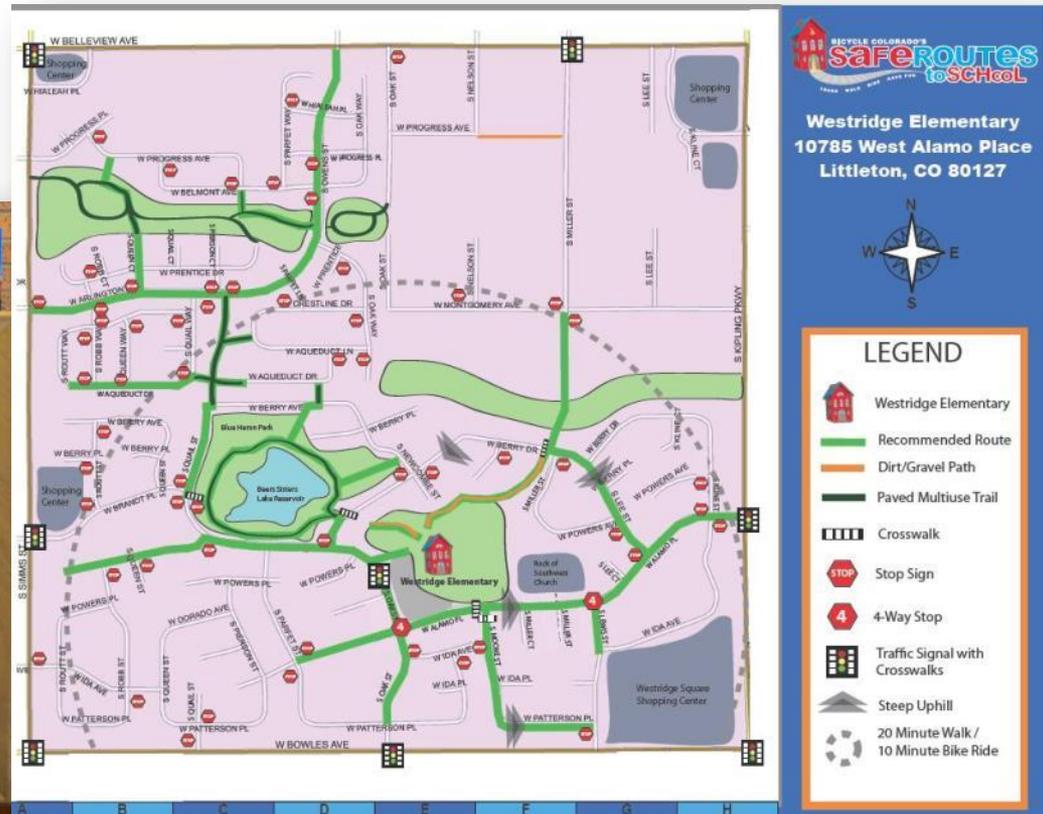
WALKING OR BIKING TO SCHOOL IS GOOD FOR YOUR HEALTH, THE ENVIRONMENT, YOUR WALLET, YOUR CONNECTION WITH THE COMMUNITY, AND THE SAFETY

Bicycle Colorado's Safe Routes to School is funded by a federal grant with the Colorado Department of Transportation and your school district or city.

Students who participate in Walkin' and Wheelin' Week will...

Aiming for Sustainability

- Bicycle Book Libraries
- Maps



Program Cost to Schools

- Safe Routes to School grants = free
- PTA and wellness committees



Meet State Standards?

- Not specifically
- Meets general goals
(balance, safety, heart health)



Variations on a Theme



Rural Fleets and Trainings



Assemblies and Bike Fiesta Days



Lessons Learned

- Flexibility = key
 - 30 minutes?!
- Teachers first, bike geeks second
- Balance bikes = the shizzle
- Befriend wellness coordinators
- Make it AGE APPROPRIATE!



If I Was a Jedi...

- More time with students
- Focus on policy work in districts
- Train the trainers = more possibilities
- Better ways to measure impact (more than SRTS surveys)





THANK YOU!

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