

King County Metro

SAFE ROUTES TO SCHOOL



TOOLKIT



King County Metro Transit

SAFE ROUTES TO SCHOOL TOOLKIT

Everything you need to develop and carry out your own Safe Routes to School program to encourage people to **DRIVE LESS** and **WALK, BIKE, CARPOOL** and **TAKE PUBLIC TRANSIT** more.

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A LETTER TO THE READER:

Congratulations for choosing to make your community a safer place for students and families! This toolkit helps schools and local communities in the Puget Sound Region develop and implement their own program to promote walking, biking, and carpooling. The primary aim is to improve the safety and health of school children. Children/ students are healthier when they are physically active and are safer when there is less traffic at drop-off and pick up zones.

King County's goals for SRTS are to:

- ★ Increase the number of students walking, biking, bussing and carpooling to schools;
- ★ Ensure students' safety;
- ★ Turn the trip to school into an opportunity for daily physical activity; and
- ★ Reduce the number of vehicle trips to school and decrease air pollution.

This kit provides a step-by-step approach for practitioners to take when creating and implementing their program. Feel free to modify each element of the toolkit to serve your school's unique needs. You can download online resources from successful programs throughout the country.

Thank you for being part of the solution to making our communities cleaner, healthier, and better connected!

Sincerely,

Rob Gannon, General Manager
King County Metro

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This toolkit is a do-it-yourself manual, providing guidance on implementing Safe Routes to School activities and programs. Activity ideas and background information are organized by the 6E's framework: **Education, Encouragement, Enforcement, Engineering, Evaluation** and **Equity**. Appendix A includes a variety of outreach materials and templates. Appendix B provides resources and links to carry out the recommended activities.



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INTRODUCTION



Safe Routes to School (SRTS) programs benefit our communities by creating a safer travel environment near schools for students, families, and teachers.



WHAT IS SAFE ROUTES TO SCHOOL?

SRTS programs promote all forms of active transportation. Families and their students can choose to walk, bike, use a mobility device, carpool or take the bus to help reduce congestion, improve air quality, and increase safety for everyone getting to school.

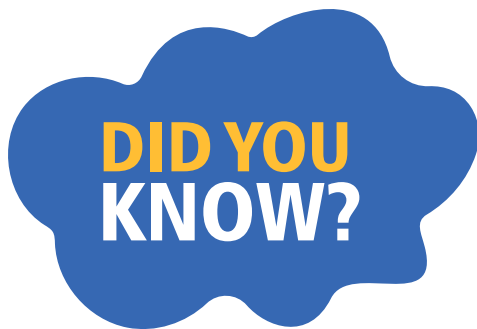
SRTS programs bring together outreach and marketing, fun events, educational programming, safety enforcement and engineering solutions to make walking and rolling to school safer and more accessible for families and to increase the number of students who choose to walk and roll.

This 6 E's Toolkit provides the tools and guidance to help you craft a SRTS program in your community. Using this framework of the Six E's, communities can select the best activities for implementation.

The Six E's of SAFE ROUTES TO SCHOOL

- ★ **Education** – Teaching families, students and the school community about how to travel safely and learning about their transportation choices.
- ★ **Engineering** – Making physical/infrastructure improvements to the environment around schools to create safe and accessible places for walking, biking, bussing and carpooling.
- ★ **Encouragement** – Using events and activities, rewards and incentives to promote walking, biking, bussing, and carpooling and make transportation choices more fun and convenient.
- ★ **Evaluation** – Tracking progress, program outcomes, and assessing the effectiveness of strategies and opportunities for improvement.
- ★ **Enforcement** – Enforcing the bike helmet use, parking restrictions around the school zones, engaging community members and law enforcement and discouraging risky behavior.
- ★ **Equity** – Ensuring that SRTS efforts reach and benefit all population, including communities of color, and people with disabilities.





**DID YOU
KNOW?**

**Children who
walk and/or bike
to school are more
ready to learn***

**Center for Disease Control and
Prevention. (2014). Health and
Academic Achievement.*

Benefits of SAFE ROUTES TO SCHOOL

Eliminating a single driving trip to school results in:

- ★ **Cleaner Air and Water** – Sustainable ways to get around don't produce as much harmful emissions.
- ★ **Less Traffic** – Less congestion around schools is safer and healthier for everyone.
- ★ **Increased Social Interactions** –By getting outside for the trip to school, families can talk with neighbors and meet other families.
- ★ **Cost-Savings** – Walking, biking, bussing and carpooling save money on gas.
- ★ **Improved Safety** – More families walking, biking, bussing and carpooling to school improves safety on streets near schools.
- ★ **Healthier Living** – Walking and rolling are great ways to get more physical activity.
- ★ **Better Educational Achievement** – Students who are active in the morning arrive at school focused and ready to learn.



HOW TO USE THIS TOOLKIT

This SRTS Program Toolkit details specific SRTS activities that have been successful in schools around the country and can be adapted for local use.

Activities are organized according to five of the “Six E’s.” Equity is an overarching goal of this Toolkit and is addressed throughout the discussion of activities under the other five E’s, with tips for including all students in all activities.

This Toolkit focuses on activities that parents, teachers, or student volunteers can lead. The activities complement other King County Metro SRTS and SchoolPool efforts in communities within King County, and other partners.

This Toolkit was written for:

- ★ **Community Champions such as parents, family members, or other community members** who want to implement a SRTS program at their school.
- ★ **School and District Staff**, who have a valuable role in leading and supporting SRTS efforts at schools. Use this Toolkit to start a program, or identify new activities and events for your SRTS program.
- ★ **City Staff**, who can support SRTS programs by working with school districts and schools to coordinate transportation safety messages, infrastructure planning, construction projects, outreach opportunities, and resources such as route maps and safety tips.

EQUITY



Equity in SRTS programs means ensuring that all students, regardless of race, gender, sexual orientation, physical ability, country of origin, and social and economic status, have access to and can participate in all SRTS events and programs. Always seek ways to be as inclusive as possible.

Talking about SRTS: Students who are or have been homeless, who identify with having a disability, and/or who do not have access to a bicycle may feel excluded when discussing active travel to and from school. Using inclusive language and pictures or visuals that resonate with the community can support a more inclusive SRTS dialogue.

Planning SRTS Activities: Students and families may face barriers to walking or rolling to and from school or to participating in other active travel-focused activities. Planning for ways for everyone to participate is essential for equitable and inclusive SRTS activities.

See the Equity Tips sheet in Appendix A for suggestions on how to integrate equity and inclusion in how to talk about SRTS and implement activities.



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EDUCATION



SRTS education includes lessons for teachers, students, families, and the school community about travelling safely by car, bike, foot, or bus. Lessons and outreach materials can teach everyone about the health, environmental, and safety benefits of walking, biking, bussing and carpooling.



CLASSROOM CURRICULUM & SKILLS TRAINING

In-classroom lessons and skills training activities include age-appropriate traffic safety guidance and opportunities to learn about the benefits of various transportation options and our environment.

King County supports programs and activities that teach students and their families how to walk, bike, bus and carpool, as well as promote safe driving behaviors. The following pages list suggested curriculum, and Appendix B contains more information and links to materials.

BENEFITS

- ★ Teaches basics and benefits of walking, biking, bussing and carpooling
- ★ Accommodates a variety of time and space constraints and grade levels
- ★ Helps institutionalize active transportation safety as a life skill (similar to home economics or driver's education)
- ★ Complements math/science and environmental lessons and physical fitness/health activities

FOR DETAILS, PLEASE VISIT:



The Classroom Curriculum & Skills Training Resource Page in Appendix B, page 91.

Washington State Curriculum
<http://k12.wa.us/healthfitness/SafeRoutes.aspx>

Spanish language tip sheets
www.saferoutesinfo.org/program-tools/education-tip-sheets



SAFE ROUTES TO SCHOOL SUGGESTED CURRICULA

Grades K-5 Pedestrian & Bicycle Safety & Skills

GRADE	CURRICULUM TITLE	CONTENT AREA
K-5	National Highway Safety and Traffic Administration's Child Pedestrian Safety Education	Health; Physical Education
K-5	K-5 Let's Go North Carolina Walking	Health; Physical Education
K-5	Alameda County SR2S Educator's Guide	Health; Physical Education
K-5	Pedestrian & Bicycle Information Center: Bicycle Safer Journey	Health; Physical Education
4-5	Bicycle Transportation Alliance's Grades 4-7 Safe Routes for Kids Bicycle Safety Program Curriculum	Health; Physical Education

Grades K-5 In-Class Materials

GRADE	CURRICULUM TITLE	CONTENT AREA
K-1	Alameda SRTS K-1: Lesson plan: Walking Makes Sense	Geography
2-3	Alameda County SR2S Educators Guide, grades 2-3 : Lesson plans: Intersections Galore, Walk Around the Block, Active Travel Choices, and Pollution Solutions.	Geography; Math; Science
4-5	Alameda County SR2S Educators Guide, grades 4-5 : Lesson plans: School Safety Audit, My Safe Route to School, What's in Our Air?, Let's Carpool!	Geography; Social Studies; Writing and Communicating
K-5	Alameda Safe Routes to School Walk & Roll Day In-Class Guide	Visual Arts; Writing and Communicating
K-5	Iowa Bicycle Coalition: Kids on the Move Bicycle and Pedestrian Safety Curriculum	Health; Science; Social Studies; Visual Arts



Grades 6-8 Pedestrian & Bicycle Safety & Skills

GRADE	CURRICULUM TITLE	CONTENT AREA
6-8	WA State OSPI Bike & Pedestrian Safety Education Program	Health; Physical Education
6-8	Pedestrian & Bicycle Information Center: Bicycle Safer Journey http://www.pedbikeinfo.org/bicyclesaferjourney/el_en.html	Health; Physical Education
6-7	Alameda County SR2S Educator's Guide	Health; Physical Education
6-8	Pedestrian & Bicycle Information Center: Bicycle Safer Journey	Health; Physical Education

Grades 6-8 Health, Science, Math Curricula

GRADE	CURRICULUM TITLE	CONTENT AREA
6-8	Colorado Department of Transportation: Core Subject Lesson Plans: Eco Points Score Card, Traffic Tally, Transportation Efficiency	Health; Math; Science
6-8	RideShare Online: Commuter Cost Savings and Trip Calendar	Health; Math
6-8	Oregon Department of Transportation: Neighborhood Navigators Curriculum	Health; Science; Social Science; Writing and Communicating
6-8	GetFit TN: Kids Calorie Counter	Health; Math; Science
6-8	Active Transportation Alliance: Unlocking Your Future: Transportation Lessons for Middle School	Geography; Health; Social Science



Grades 9-12 Pedestrian & Bicycle Safety & Skills Curricula

GRADE	CURRICULUM TITLE	CONTENT AREA
9-12	American Alliance for Health, Physical Education, Recreation and Dance: Bikeology Curriculum	Health; Physical Education
9-12	Pedestrian & Bicycle Information Center: Bicycle Safer Journey	Health; Physical Education

Grades 4-6 Carpooling Curricula

GRADE	CURRICULUM TITLE	CONTENT AREA
4-6	Bay Area Air Quality Management District: Protect Your Climate Curriculum – Lesson 14 Car Tally	Math; Science

Grades K-12 Transit Curricula

GRADE	CURRICULUM TITLE	CONTENT AREA
K-8	TriMet: Teaching Transit: Resources for Educators	Health; Social Science; Writing and Communicating
4-8	Minneapolis Metro Transit: Metro Man & Lightrail Lady	Social Science; Health
6-12	National Highway Traffic Safety Administration: Safe Routes to School Classroom Activities : Transit Field Trip and Transit to Careers	Geography; Social Science
9-12	American Public Transportation Association: Public Transportation Curriculum	Social Science; Science
6-12	Transportation Careers: Transportation Planning for High School and for Middle School	Social Studies



PARENT & CAREGIVER EDUCATION

Parents and caregivers are the primary decision-makers for the school commute. They are also important role models for their children, and are responsible for maintaining a safe drop-off/pick-up environment.

Schools should teach parents and caregivers the safe behaviors that they can model when walking, biking, and driving. Provide information about the benefits of active transportation and share reminders about upcoming SRTS activities and events.

Fliers, handouts, and social media posts are all good ways to reach out to parents and caregivers. Back-to-School night, parent/teacher conferences, and daylight savings time can also be a good time to provide safety reminders. See Back to School Blitz for more suggestions to kick off the school year with outreach to parents.

BENEFITS

- ★ Educates parents and caregivers who may be unfamiliar with SRTS activities
- ★ Reinforces awareness of bicyclists, pedestrians, and skateboarders near schools
- ★ Provides an easy way for schools to contact parents and caregivers
- ★ Allows for cross-promotion at other SRTS events to reinforce tips and safety messaging

Please refer to page 99 of Appendix B for materials to help you engage parents and caregivers.

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ENCOURAGEMENT



Encouragement activities are about generating excitement and having fun walking, biking or carpooling. They are meant to inspire families and the school community to get involved with rewards for participation.



OUTREACH AND ENCOURAGEMENT ACTIVITIES

Encouragement activities can be combined to create campaigns during events like Walk & Roll to School Day or a Back-to-School Blitz to shape transportation habits at the beginning of the year or in the spring.

Special events like Back to School Blitz, mileage clubs, contests and ongoing activities provide opportunities for families and their students to discover or rediscover that walking, biking, bussing and carpooling are within their reach and are a lot of fun. They also build interest and enthusiasm and can be quick and easy to implement and done with little funding. And offer teachable moments to reinforce safe travel.

This Toolkit describes many encouragement activities, such as Walk to School Days. Please refer to the Appendix for examples or checklist on how to get your event off the ground.

DID YOU KNOW?

SRTS education and encouragement programs can result in a 25% increase in walking and biking over 5 years.*

**6 McDonald NC, Steiner RL, Lee C, Rhoulac Smith T, Zhu X, Yang Y. Impact of the safe routes to school program on walking and bicycling. J Am Plann Assoc. 2014. doi:10.1080/01944363.2014.956654.*

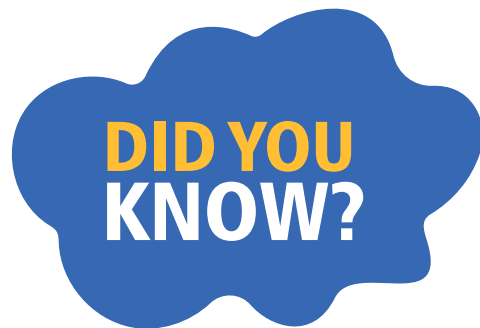


RideshareOnline.com
Helps you find a buddy
to share carpool, walk or
bike trips together
to and from school.

SCHOOLPOOL

RideshareOnline's SchoolPool Program is a way to help families share rides with other parents at the school.

School administrators or principals at public or private elementary, middle or high schools in King County can set up a SchoolPool program for free. Parents sign up and enter travel preferences and privacy options, and SchoolPool provides ride matches to help families join a carpool, Walking School Bus or Bike Train.



**14% of all morning
traffic is from
parents driving
children to school.***

** Federal Highway Administration.
(2011). Summary of Travel Trends:
2009 National Household Travel
Survey.*

BENEFITS

- ★ Families can share the trip to school and make new friends
- ★ Reduces pollution and improves the air quality around schools
- ★ Reduces traffic congestion and improves safety for people walking and biking around schools

A SchoolPool brochure is provided on page 45 of Appendix A that can be used to promote the website and encourage families to sign up. See page 100 of Appendix B for more information about SchoolPool



BACK TO SCHOOL BLITZ

Families set transportation habits during the first few weeks of the school year and may not be aware of the multiple options available and default to driving to school in the family car.

A “Back to School Blitz” focuses outreach right before school starts and at the beginning of the school year to promote walking, rolling, bussing, and carpooling for the school commute.

BENEFITS

- ★ Influences parent travel behavior before habits and routines are set
- ★ Sets expectations for safe drop-offs and pick-ups for all modes
- ★ Establishes baseline awareness of SRTS and transportation options that can build momentum for activities later in the school year

Please refer to page 101 of Appendix B for specific ideas and materials to help you plan your Back to School Blitz.



WALK & ROLL TO SCHOOL DAYS

Walk & Roll to School Day events in October and May are great ways to get students and families to give walking or rolling to school a try.

These events can be simple or elaborate, depending on the organizers' preference and ability to table for participation, offer incentives, and prizes, and coordinate activities. Begin by informing families about their travel options by setting up a table at the school entrance, provide Suggested Route Maps and help families plan how they will get to school on the designated day. See Appendix A for Outreach Materials and suggestions to get the word out and build momentum for your event.

Build the event with stamp cards, prizes, and education activities like having classrooms calculate their emissions (see Competitions & Incentives as well as Classroom Curriculum & Skills Training for ideas). Also consider forming Walking School Bus or Bike Train groups of families walking and biking together to school. To enable students who live too far to walk or bike or who encounter other barriers to participate, consider organizing a Park & Walk Program Bus & Walk, or Carpool & Walk Program. Whatever you do, the camaraderie, safety tips, and additional support should inspire people to try out a new way to get to school.

BENEFITS

- ★ Promotes walking, rolling, bussing, and carpooling
- ★ Makes parents aware of potential walking and biking routes available in their area
- ★ Make parents aware of carpool drop-off areas and protocol
- ★ Creates a supportive, encouraging environment for parents and kids who do not regularly walk or roll to school
- ★ Sets community norms around active and shared school commutes

Please refer to page 102 of Appendix B for materials to help you plan your Walk and Roll to School Day.



WALKING SCHOOL BUS OR BIKE TRAIN

A walking school bus is a group of students with a trained adult volunteer who walk together to and/or from school.

It can be as informal as two families taking turns walking their students to school, to a structured route and schedule with rotating adult leaders.

A Bike Train is a variation of the School Bus where students ride their bikes to school with adult leaders. The group has an established route and picks up students from their homes or at designated stops, at pre-arranged times. Provide basic bike safety training for participants (see Classroom Curriculum & Skills Training), safety tips sheets for families (see Parent & Caregiver Education), and designate an adult volunteer to lead and sweep. The program can be a one-time event for Walk to School Day, or routes may operate daily, weekly or monthly.

Cities and districts can support walking school buses by providing maps of where students live, so volunteers can form groups with nearby families, and suggested routes to school, so the group knows the best route to take.

Start simple and make it fun!

BENEFITS

- ★ Addresses parental fears about stranger danger and traffic safety
- ★ Allows students to develop and practice transportation safety skills while under adult supervision
- ★ Saves time for parents who are not walking/ biking with the group
- ★ Helps develop bonds among classmates and neighbors
- ★ Allows for active social time for students before the school day begins

Please refer to page 103 of Appendix B for materials to help you plan and sustain your Walking School Bus or Bike Train.



COMPETITIONS & INCENTIVES

A competition where students track their trips encourages families to try alternatives to driving in the family car.

This program can be implemented as an opt-in club, a classroom activity, a collaborative school-wide event, or a friendly school-to-school competition. Students track trips or their cumulative mileage made by walking, rolling, bussing or carpooling using SchoolPool, a classroom poster, or a punch card. Participants can earn prizes such as a Golden Sneaker Award, pizza/ice cream party, or raffle entry.

BENEFITS

- ★ Encourages friendly competition for students, classrooms and/or schools to try alternatives to driving in the family car
- ★ Allows for flexibility and can be tailored to each school and age of participants
- ★ Provides easy setup with ready-to-go instructions, outreach materials, tracking software, and education resources

Please refer to page 104 of Appendix B: Implementation Toolkit for competition and incentive ideas and resources.



PARK & WALK PROGRAM

A Park & Walk program identifies an off-site location for students to gather and walk to school with their families.

In situations where distance, safety concerns, or a disability prevents students from walking or biking to school, organizing a Park & Walk Program can be an inclusive option so all students can participate in SRTS activities.

The SRTS team should coordinate with nearby schools to identify parking lots that are typically vacant or unused during school drop-off and pick-up times. Parks, churches, or malls with large parking lots may be willing to share their space. Walking School Bus or Bike Train programs in which a parent, teacher, or community member volunteer provides supervision for a group of students from the parking location, can be fun, safe, and practical additions to a Park & Walk Program. Encourage students to carpool to the parking location.

BENEFITS

- ★ Increases physical activity and allows students who live far away from school to participate in SRTS activities
- ★ Reduces traffic congestion around the school's pick-up and drop-off areas
- ★ Accommodates parents who drop their child off at school on their way to work

Please refer to page 105 of Appendix B for materials to help you plan your Park & Walk Program.

DUMP THE PUMP CARPOOL DAY

Dump the Pump Carpool Day encourages students and families to carpool to school or try an alternative to getting to school, rather than driving individually in their family vehicle.

In situations where distance, safety concerns, or a disability prevents students from walking or biking to school, organizing a Carpool Day as a component to Walk & Roll Day can be an inclusive option so all students can participate in SRTS activities and feel part of saving the planet and reducing congestion.

The SRTS can utilize the secure RideShareOnline.com/schoolpool platform for encouraging families to find carpools within their neighborhood.

BENEFITS

- ★ Reduces traffic congestion around the school's pick-up and drop-off areas
- ★ Helps develop bonds among classmates and neighbors
- ★ Saves time for parents who do not need to drive their student to school
- ★ Increases awareness of carpool drop-off areas and protocol

Please refer to page 106 of Appendix B for materials to help you plan your Dump the Pump Carpool day.

BIKE REPAIRS & EARN-A-BIKE PROGRAM

Learning how to repair your own bicycle is an important part of building confidence and knowledge.

Up to 50 percent of students do not ride their bikes due to minor issues, such as a flat tire or worn out brakes. Through Bike Repair and Earn-a-Bike Programs, students learn about bike maintenance, build teamwork skills, problem solving, and make friends.

Earn-a-Bike Programs provide students with a bike who may not otherwise have access to this inexpensive, fun mode of transportation.

BENEFITS

- ★ Builds student confidence and technical skills in a hands-on environment
- ★ Students build relationships with local bike shops
- ★ Provides students from low income households with the opportunity to own a bicycle
- ★ Strengthens relationships between the school and local community partners, such as bike shops and bike advocates
- ★ Can provide older students with basic job skills

Please refer to page 107 of Appendix B for materials to get started on your Bike Repair Program and/or Earn a Bike Program.



ART CONTESTS

Student promotional competitions (such as poster, essay, or video contests) showcase local talent while teaching traffic safety principles.

Students create art or other content about why they like to walk, bike, skate, ride the bus, or carpool. An entire classroom can participate in this activity and learn about the benefits of active transportation and reducing vehicle trips.

Social media campaigns are another fun way to engage with youth. A hashtag campaign is a good communications strategy that encourages participants to take photos of themselves walking, rolling, carpooling, or taking transit and connect with others doing the same.

Promotional competitions can be creative and tailored to the interests of the students and school staff. Prizes and incentives should be provided and can include gift cards to local businesses, bike lights, or movie tickets.

BENEFITS

- ★ Flexible and can be tailored to each school
- ★ Encourages students to be creative and thoughtful about walking and rolling.
- ★ Sparks fun competition between students and classes
- ★ Creates positive artwork that can be displayed throughout the school
- ★ Allows for integration with existing classes, such as art or technology classes

Please refer to page 108 of Appendix B for materials to help you plan your promotional competition.



STUDENT CLUBS

An after-school club can address different themes, including bike repair, cycling, environmental issues (green teams), and community/civic engagement. Clubs allow students to work together on issues they care about and often result in excellent ideas and successful projects.

For example, students develop outreach materials and content for other programs, such as Walk to School Day or a School Safety Campaign or older students teach younger students in bike maintenance and skills.

BENEFITS

- ★ Can be customized to fit the interests of students in different grades
- ★ Teaches leadership skills
- ★ Provides a fun, free after school activity

Please refer to page 109 of Appendix B for materials to help you plan your student club.



HIGH SCHOOL PARKING PERMIT PROGRAM

A high school parking permit program can encourage high school students who are eligible to drive to carpool and/or use other modes than driving alone.

Charging a small fee or establishing a carpool lot in the most appealing area of the parking lot can encourage students to carpool or use other transportation options.

BENEFITS

- ★ Reduces traffic congestion around school parking lots and pick-up and drop-off areas
- ★ Can be customized to fit the needs and desired outcomes of individual schools
- ★ Encourages resourceful use of parking capacity and vehicle use

Please refer to page 110 of Appendix B for materials to help you implement a High School Parking Permit program.

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ENFORCEMENT



Enforcement activities aim to deter unsafe behavior and ensure everyone shares the road around schools. Safer traffic conditions make students and families more comfortable walking and rolling to school.



SRTS COMMITTEE

Form a School SRTS committee to focus on safety and education/encouragement activities.

This group of individuals and/or organizations share a common goal of creating healthy, convenient, and fun opportunities for students and their families to walk, roll, and carpool to school.

Make sure to involve people reflecting the community, including people with disabilities and from the racial, religious, or ethnic groups.

A safety committee should include a representative from local law enforcement to coordinate enforcement efforts; for example, police can enforce the speed limit in school zones, get involved in helmet fittings and give-aways, and lead bicycle safety presentations.

SRTS COMMITTEES CAN...



- ★ Address safety concerns
- ★ Identify walking, biking, carpooling and bussing needs around schools
- ★ Seek SRTS funding for infrastructure improvements and programs
- ★ Coordinate with other groups working with youth
- ★ Host community-wide events, such as Walk to School Day
- ★ Create long-term, significant, and permanent change



CROSSING GUARDS AND SCHOOL SAFETY PATROLS

Adult school crossing guards help students safely cross the street as they walk or roll to and from school.

The guard stops traffic with hand signals or a STOP paddle. Crossing guards can be volunteer community members or paid employees. Regardless of whether or not crossing guards receive compensation, a coordinator must conduct screening and hiring, perform background checks, handle insurance coverage and equipment purchase/ maintenance, and monitor the guards daily.

School Safety Patrols are students who have been trained to use high-visibility flags or other props to help other students cross a busy road. Special training and adult supervision is required for all school safety patrols.

BENEFITS

- ★ Motorists are more likely to stop for people crossing
- ★ Discourages unsafe student behavior
- ★ Creates temporary gaps in traffic to help student cross safely
- ★ Provides more “eyes on the street.” Crossing guards observe incidents or conditions that present a potential safety hazard

Please refer to page 111 of Appendix B for more information about crossing guard programs.



SCHOOL SAFETY CAMPAIGN

Conduct a School Safety Campaign to focus attention on people obeying traffic laws near schools at key times, such as the beginning of the school year and during daylight savings changes.

Use media — such as posters, business window stickers, yard signs, or street banners — to remind drivers to slow down and use caution in school zones.

These campaigns build awareness of students walking and biking to school and encourage safe driving behavior, as well as address other specific hazards or behaviors, such as school bus safety, distracted driving. They also guide parent drop-off and pick-up behavior. Consider integrating messages to encourage carpooling to reduce traffic congestion.

Collaboration between the police department and the school district can expand the reach of the campaign.

BENEFITS

- ★ Can extend beyond school families and students to educate the general public
- ★ Can be targeted at specific “hot spot” safety locations and reinforce school zone speed limits
- ★ Can help develop good travel behavior and habits among students, parents, faculty, and staff - including those who live too far away to walk or bike to school
- ★ Can establish positive community norms around safe driving near schools
- ★ Can be funded through traffic safety grants within or outside SRTS programs

Please refer to page 112 of Appendix B for materials to help you plan your school safety campaign.



WALK AUDITS & IMPROVEMENT PLANS

A school walk audit is an assessment of the walking and biking conditions around the school area. At an audit, SRTS staff document conditions that may discourage walking and biking to school, and work with the community to identify solutions to improve those conditions.

Stakeholders should come together to observe drop-off or pick-up and assess traffic facilities and operations (e.g. presence of designated loading areas, walking routes on campus, location of bike parking, etc.). Document the behavior of students, parents, and motorists where it could contribute to unsafe conditions for people biking, walking, taking transit, or carpooling (e.g. speeding, jaywalking, failure to yield to pedestrians). Hold an infrastructure assessment or inventory as part of the audit to confirm the built environment around a school (e.g. streets, sidewalks, pathways, crosswalks and intersections, bike routes, traffic controls). Use information from the walk audits when identifying walking and biking routes for Suggested Route Maps.

Also consider policies around how families drop their students off and pick them up again. Consider valet drop-off with older students assisting with the process, platooning vehicles, and designating carpool priority lanes to make the traffic flow easily and safely.

BENEFITS

- ★ Provides “on the ground” assessment and recommendations to improve school access and safety
- ★ Facilitates local input to identify issues and engages stakeholders on potential solutions
- ★ Helps document the public planning process for a specific improvement, which helps in grant applications and decision-maker approval
- ★ Improved drop-off and pick-up policies can improve safety for all families accessing schools. Because school traffic is focused narrowly around the bell schedule, parents driving children to school cause congestion and safety hazards. Inefficient drop-offs and pick-ups can also increase local air pollution and strain relationships with adjacent residents and community members.

Please refer to page 113 of Appendix B for additional guidance.



SUGGESTED ROUTE MAPS

Suggested route maps help families choose the best route for walking and biking to school.

Maps should show stop signs, signals, crosswalks, sidewalks, bikeways, paths/trails, school entrances, bike parking, and crossing guard locations around a school. Maps may also show transit routes and stops, school enrollment areas, pick-up/drop-off zones, and important destinations, such as community centers and parks. Other things to consider include recommended routes, good walking/biking routes, travel times (e.g., 1/2 mile = 10 minutes), and hazardous locations. The back of the maps can include safety tips for walking, biking, skating, and driving, plus additional local resources or information.

School districts in Washington State are required to establish walk areas for all school buildings where students are enrolled, attend class, and transportation is provided (WAC 392- 141-340).

BENEFITS

- ★ Identifies safer routes for students use when walking, biking, and skateboarding to school
- ★ Directs students and families to routes with more complete biking/walking infrastructure and better/improved street crossings
- ★ Identifies potentially unsafe areas that students should be aware of or avoid
- ★ Shows travel times for walking or biking, correcting misconceptions about how long it takes to get to school

Please refer to page 115 of Appendix B for materials to help you create your school's route map(s).

King County Metro

SAFE ROUTES TO SCHOOL TOOLKIT

EVALUATION

Measure and monitor progress toward a shared community goal and constantly improve program activities and messaging to better reach audiences.



Waiting on Approval

STUDENT HAND TALLIES

Student hand tallies help determine how students travel to and from school by asking students to raise their hands if they arrived by specific transportation methods.

They are an important baseline for mode split and can also be used to track progress toward mode shift goals and evaluate the effectiveness of the SRTS program from year to year.

Hand tallies are generally required of state and federal SRTS grant recipients. Enter data into the National Center for SRTS's database to easily track data over time.

BENEFITS

- ★ Provide data about mode choice on a typical day in a simple and well-tested fashion
- ★ Provide baseline and ongoing data to assess the effectiveness of education, encouragement, and other programs
- ★ Supply important information for grant applications and other Safe Routes to School Initiatives
- ★ Comply with a typical grant reporting requirement

Please refer to pages 81 - 83 of Appendix A for hand tally templates and letters that can be transmitted to principals and teachers who are tallying students. Refer to page 116 of Appendix B for additional information and resources for conducting hand tallies.



PARENT SURVEYS

Parent surveys are a good tool to understand why families and/or students choose certain modes to get to and from school.

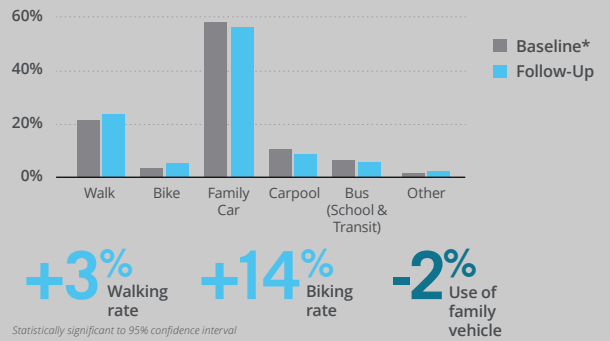
Parent surveys go beyond daily transportation patterns and ask parents about their attitudes and concerns around walking and biking to school, as well as whether they think walking and biking are fun, healthy, safe, or something they want to do more often.

BENEFITS

- ★ Supply detailed travel and distance information to calculate environmental benefits from SRTS activities
- ★ Help assess existing program impacts and prioritize future program activities/focus areas
- ★ Engage families in a discussion of travel behavior
- ★ Support grant applications and other opportunities for funding
- ★ Help identify potential parent volunteers

Please refer to pages 84 - 87 of Appendix A parent survey templates in English and Spanish and page 117 of Appendix B for more information and resources on surveying parents.

MODE SHIFT



EVENT TRACKING & EVALUATION

Keeping track of SRTS activities and evaluating individual events at a school can help program administrators focus on the most effective activities and events.

Track events by recording what events are being held at each participating school, how many people participated in a specific event or activity, what was the level of interests students and parents had in the event, and what was the reach of the event.

Evaluate events to determine if they affected students' travel habits or interest in walking or bicycling. Ask participants to complete a short survey after the event, asking how participants heard about the event, their typical travel modes, ways to improve the event, and attitudes about walking/biking before and after the event.

BENEFITS

- ★ Helps assess and tailor the most effective activities and events for the community
- ★ Engages families and teachers in a discussion of travel behavior
- ★ Supports grant applications and other opportunities for funding
- ★ Helps identify potential parent volunteers



SCHOOLPOOL DATA

SchoolPool is a way to help families share rides with other parents at the school. The online system provides data to administrators about the number of families signed up, who matched for trips, and which families are actually logging walking, biking, and carpooling trips.

The Calendar can be used to summarize the miles, cost savings, and carbon dioxide reductions among participants. This information can be used to determine whether outreach activities have increased sign-ups or encouraged families to try taking transportation alternatives.

A SchoolPool brochure is provided on page 69 of Appendix A that can be used to promote the program. See page 100 of Appendix B for more information about SchoolPool.

King County Metro

SAFE ROUTES TO SCHOOL toolkit



APPENDIX A

APPENDIX A.
OUTREACH MATERIALS

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WALKING SAFETY *Tips*

DRESS TO BE SEEN

Wear bright colored clothing or reflective gear if it is dark. Bright colors are more visible during the day and light colors are more visible in the evening and night. Carry a flashlight to be sure you're seen!

CROSS AT CORNERS

Cross at corners or at a marked crosswalk. This is where drivers expect you. Look left, right, then left again before crossing the street. At a four-way intersection, look over your shoulder for cars that may be turning.

USE CROSSING SIGNALS CAREFULLY

Stop at the curb or edge of the street. Push the button and wait for the walk signal, look left, right, left behind you and in front of you for traffic. Wait until no car is coming and then begin crossing.

USE SIDEWALKS WHEN AVAILABLE

Walk facing oncoming traffic if there is no sidewalk.

LISTEN FOR ONCOMING CARS

Listen for oncoming cars that may be behind a parked car, tree, or other obstacle.

USE EYE CONTACT

Use eye contact and hand signals to communicate before crossing. Don't assume drivers see you.

WALK WITH OTHERS

Walk with an adult, other students, or a buddy.

FOLLOW DIRECTIONS

Follow directions from crossing guards and safety patrols.

WALK TOGETHER WITH SCHOOLPOOL!

kingcounty.gov/metro/SchoolPool

CROSSWALK REMINDERS



STOP
at the curb's edge.



LOOK
left, right, and behind you.



MAKE EYE CONTACT
with drivers.



CROSS
with heads up and looking around.

BIKING SAFETY *Tips*

WEAR YOUR HELMET

Protect your brain - wear a helmet! It is the law. Make sure your helmet fits snugly and is firmly buckled under your chin.

BE PREDICTABLE

Use hand signals and yield to pedestrians. Ride single file to allow faster traffic to pass. Pass slower traffic on the left, ringing a bell when passing. Use lights at night to stay visible.

RIDE WITH TRAFFIC

Ride on the right, in the direction of traffic. Obey all signs and signals as if you were a car.

LOCK YOUR BIKE

When you get to school, lock your bike to a bike rack on school grounds. Lock both your front wheel and the bike frame to the rack.

RIDING ON SIDEWALKS

In King County, you can ride your bicycle safely on sidewalks, as long as you are careful of people walking. Decide as a family or group whether to ride on the street or sidewalk.

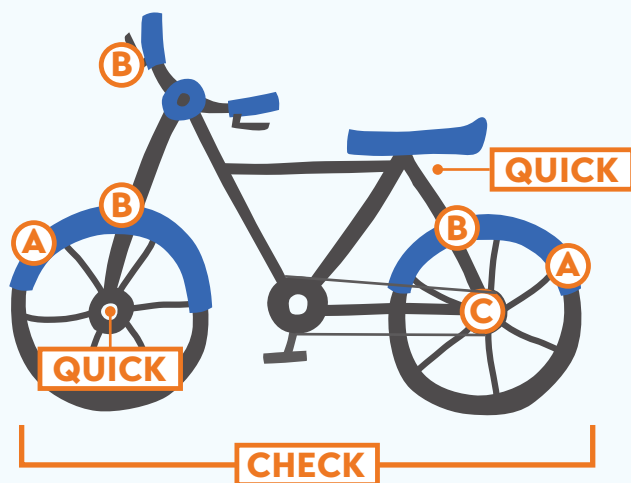
BIKE TOGETHER WITH SCHOOLPOOL!

kingcounty.gov/metro/SchoolPool



Before you ride, do an

ABC QUICK CHECK



A is for Air

Do you have air in your tires?

Inflate them to the pressure listed on the side wall of the tire.

B is for Brakes

Are your brake pads worn thin or rubbing anywhere? Do your brake levers pull all the way down to your handlebars?

Adjust your brakes if you find these problems.

C is for Chain

Is your chain threaded over the sprocket and properly oiled?

Check your chain for wear.

If your chain skips on your cassette you might need a new one or just an adjustment.

QUICK

is for Quick Release

Are your quick release levers on tight?

Check the lever on your hubs in the center of the wheel.

CHECK

is for Check it Over

Check the bike for any loose or broken parts.

Take it for a test ride to check braking and shifting.



Tell an adult if your bike looks damaged or if something's not right.

CARPOOL *Tips*

Carpooling involves several students from different families sharing a trip to or from school in a motor vehicle. Sharing the trip to school can be a convenient and fun.

FIND A BUDDY

Ask around the neighborhood to see if other neighboring families would like to participate.

CREATE A SCHEDULE

Create a schedule of who drives on which day(s), how many seats are available, and if any young students need car or booster seats.

PLAN THE ROUTE

Plan where and when kids will be dropped off or picked up along the way.

ESTABLISH COMMUNICATION

Establish communication methods, such as a group text or email thread, an existing carpooling app, and/or a phone tree.

DISCUSS EXPECTATIONS

Discuss expectations for both parents and students, such as being on time, communicating delays or sick days, and driving behavior.

BUCKLE UP!

Make sure every student has a working seatbelt and buckles up before the car moves.

ENTER & EXIT FROM THE CURBSIDE

Students should enter and exit cars from the curbside, so they don't have to walk in the street.

BE PREPARED

Remind students who will be picking them up after school.

BE AN EXAMPLE

Follow directions from safety patrol and crossing guards. It's the law.

DRIVE SAFELY

IN SCHOOL ZONES!



CARPOOL WITH SCHOOLPOOL!

kingcounty.gov/metro/SchoolPool

DRIVING *Tips*

SLOW DOWN

The safe speed may be below the posted speed.

LOOK FOR CHILDREN

Families may be walking, crossing, and bicycling on the street from all directions.

STOP FOR PEOPLE

Always yield to people crossing in the middle of the street, at crosswalks, and intersections.

GO WITH THE FLOW

Follow school drop-off and pick-up rules. Pull to the curb instead of dropping kids off in the street.

PARK SAFELY

Park in legal spaces and avoid double parking or blocking neighbor's driveways.

FOLLOW TRAFFIC LAWS

Avoid mid-block u-turns, turning against "No Right on Red" signs, and dropping off along red curb zones.

Consider sharing the ride with other families going to the same school.

DRIVE SAFELY

IN SCHOOL ZONES!

Park, stop, and load students only in designated spaces

Watch for students crossing, especially when other vehicles block your view

Keep crosswalks, handicapped spaces, fire hydrants, bus stops, and driveways clear



SEGURIDAD AL CAMINAR: *consejos*

VÍSTANSE PARA QUE LOS VEAN

Pónganse ropa con colores brillantes o equipo reflectante si está oscuro.

Los colores brillantes son más visibles durante el día y los colores claros son más visibles en la tarde y noche. ¡Lleven una linterna para asegurarse de que los vean!

CRUCEN EN LAS ESQUINAS

Crucen en las esquinas o en un cruce peatonal marcado. Ahí es donde los conductores esperan verlos. Miren a la izquierda, a la derecha y de nuevo a la izquierda antes de cruzar la calle. En una intersección de 4 vías, miren por encima de su hombro para ver si hay coches que estén dando la vuelta.

USEN LAS SEÑALES DE CRUCE CON CUIDADO

Deténganse en la acera o borde de la calle. Presionen el botón y esperen a que aparezca la señal para caminar, miren a la izquierda, a la derecha, hacia atrás y al frente para asegurarse de que no vengam coches. Esperen a que no venga ningún coche y luego comiencen a cruzar.

USEN LAS ACERAS CUANDO ESTÉN DISPONIBLES

Caminen en sentido contrario a la circulación si no hay aceras.

PONGAN ATENCIÓN AL SONIDO DE LOS COCHES QUE SE ACERCAN

Pongan atención al sonido de los coches que podrían estar detrás de un coche estacionado, un árbol u otro obstáculo.

USEN EL CONTACTO VISUAL

Usen el contacto visual y las señales de manos para comunicarse antes de cruzar. No asuman que los conductores pueden verlos.

CAMINEN CON OTRAS PERSONAS

Caminen con un adulto, otros estudiantes o un amigo.

SIGAN LAS INSTRUCCIONES

Sigan todas las indicaciones de los oficiales de cruces y las patrullas de seguridad.



¡CAMINEN JUNTOS CON SCHOOLPOOL!

kingcounty.gov/metro/SchoolPool

RECORDATORIOS SOBRE LOS CRUCES PEATONALES



DETÉNGANSE
en el borde de la acera.



MIREN
a la izquierda, a la derecha y detrás de ustedes.



HAGAN CONTACTO VISUAL
con los conductores.



CRUCEN
con la cabeza levantada y mirando a su alrededor.

SEGURIDAD AL USAR LA BICICLETA: *consejos*

USEN SU CASCO

Protejan su cerebro: ¡usen un casco! Así lo exige la ley. Asegúrense de que su casco les quede bien y esté bien abrochado debajo de su barbilla.

SEAN PREDECIBLES

Usen señales de manos y cedan el paso a los peatones. Circulen en una sola fila para permitir que el tráfico que circula más rápido los rebase. Rebasen al tráfico más lento por la izquierda y tocando una campana al pasar. Usen luces en la noche para permanecer visibles.

CIRCULEN EN LA DIRECCIÓN DEL TRÁFICO

Circulen por la derecha, en la dirección del tráfico. Obedezcan todas las señales y señalamientos como si fueran un coche.

PÓNGANLE UN CANDADO A SU BICICLETA

Cuando lleguen a la escuela, aseguren con un candado su bicicleta a la rejilla para bicicletas en las instalaciones escolares. Aseguren su llanta delantera y el armazón de la bicicleta a la rejilla.

PUEDEN CIRCULAR POR LAS ACERAS

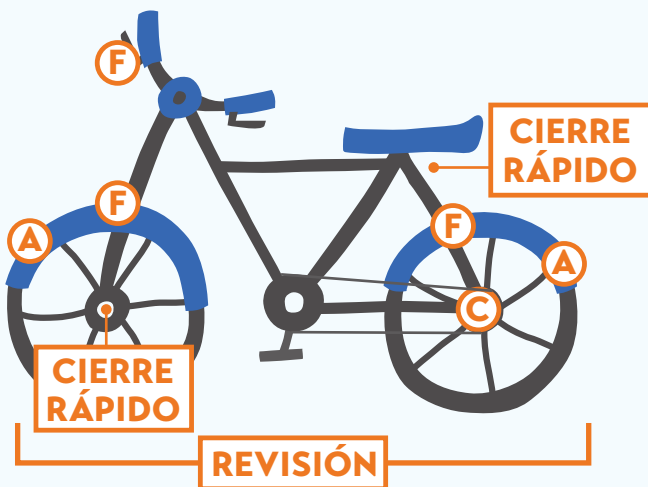
En el Condado de King, pueden andar en bicicleta de forma segura en las aceras, siempre y cuando tengan cuidado con las personas que están caminando. Decidan como familia o grupo si van a viajar por la calle o la acera.

¡VIAJEN JUNTOS EN BICICLETA CON SCHOOLPOOL!

kingcounty.gov/metro/SchoolPool

Antes de viajar, realicen una

REVISIÓN RÁPIDA



Aire

¿Tienen aire en sus llantas?
Ínflenlas hasta que alcancen la presión que aparece en la pared lateral de la llanta.

CIERRE rápido

¿Las palancas de cierre rápido están ajustadas?
Revisen la palanca en los ejes del centro de la rueda.

Frenos

¿Las pastillas de los frenos están desgastadas o rozando algo? ¿Las palancas de los frenos tocan el manubrio cuando las aprietan?

Ajusten sus frenos si encuentran estos problemas.

REVISIÓN

Revisen que la bicicleta no tenga partes sueltas o rotas.

Manéjenla para probar los frenos y el cambio de velocidades.

Cadena

¿Está la cadena ensartada sobre la rueda dentada y bien lubricada?

Revisen la cadena para asegurarse de que no esté desgastada.

Si la cadena se salta en el cassette, podrían necesitar una nueva o solo hacer un ajuste.



Dígale a un adulto si su bicicleta se ve dañada o algo no está bien.

COMPARTIR VEHICULOS: *consejos*

Compartir vehículos es cuando varios estudiantes de diferentes familias viajan juntos para ir y regresar de la escuela en un vehículo. Compartir el viaje a la escuela puede ser conveniente y divertido.

ENCUENTREN A UN COMPAÑERO

Pregunten por el vecindario para ver si hay otras familias a quienes les gustaría participar. Regístrense en kingcounty.gov/metro/SchoolPool para encontrar compañeros para compartir vehículos.

CREEN UN CALENDARIO

Creen un programa para ver quién manejará qué día(s), cuántos lugares están disponibles y si algún estudiante joven necesita un asiento de seguridad.

PLANEEN LA RUTA

Planeen dónde y cuándo se dejará o recogerá a los niños en la ruta.

ESTABLEZCAN COMUNICACIÓN

Establezcan métodos de comunicación, como mensajes de texto grupales o conversaciones por correo electrónico, una aplicación existente para compartir vehículos y/o un árbol telefónico.

HABLEN SOBRE LAS EXPECTATIVAS

Hablen sobre las expectativas para padres y estudiantes, tales como ser puntuales, avisar sobre los retrasos o días de enfermedad y el comportamiento al conducir.

¡A ABROCHARSE LOS CINTURONES!

Asegúrense de que todos los estudiantes tengan un cinturón de seguridad que funcione y que se los abrochen antes de que el vehículo empiece a moverse.

SUBAN Y BAJEN POR LAS ACERAS

Los estudiantes deben entrar y salir de los coches por la acera, para que no tengan que caminar en la calle.

ESTÉN PREPARADOS

Recuérdense a los estudiantes quién los recogerá después de clases.

SEAN UN EJEMPLO

Sigan las indicaciones de la patrulla de seguridad y de los oficiales de cruce. Así lo exige la ley.

¡CONDUZCAN CON CUIDADO

EN LAS ZONAS ESCOLARES!



**¡COMPARTAN VEHÍCULOS
CON SCHOOLPOOL!**

[kingcounty.gov/metro/
SchoolPool](http://kingcounty.gov/metro/SchoolPool)

Al reverso...

MANEJAR: *consejos*

MANEJEN DESPACIO

La velocidad segura puede ser menor al límite de velocidad.

ESTÉN ATENTOS A LOS NIÑOS

Las familias pueden estar caminando, cruzando o viajando en bicicleta en la calle desde cualquier dirección.

CEDAN EL PASO A LAS PERSONAS

Siempre cedan el paso a las personas que están cruzando la calle, en los cruces peatonales y en las intersecciones.

SIGAN LA CORRIENTE

Sigan las reglas escolares para dejar y recoger niños. Acérquense a la acera en lugar de dejar a los niños a media calle.

ESTACIONÉNSE CON CUIDADO

Estacionense en lugares legales y no se estacionen en doble fila ni bloqueen las entradas de los vecinos.

RESPETEN LAS LEYES DE TRÁNSITO

Eviten dar vuelta a media cuadra, dar vuelta en los señalamientos de "No Right on Red" (No dar vuelta a la derecha en la luz roja) y dejar a los niños en las zonas rojas de la acera.

Consideren compartir el vehículo con otras familias que van a la misma escuela.

¡CONDUZCAN CON CUIDADO

EN LAS ZONAS ESCOLARES!

Estacionense, deténganse y suban a los estudiantes solo en los espacios designados.

Pongan atención a los estudiantes que están cruzando, especialmente cuando otros vehículos bloquean su vista.

Mantengan despejados los cruces peatonales, los espacios para personas con discapacidades, hidrantes, las paradas de autobús y las entradas.



行人安全建議

穿著顯眼的衣服

穿著顏色鮮豔的衣服，或者如果天色昏暗，配戴會反光的配件。鮮豔的顏色在白天的能見度較高，淺色則在傍晚及夜晚的能見度較高。攜帶手電筒以確保別人能夠看到你！

從街角處過馬路

從街角處或有斑馬線的地方過馬路。這些地方是駕駛人預期會有行人的地方。在過馬路之前，先往左、往右然後再次往左查看。在十字路口，請轉頭往後看是否有車輛可能正在轉彎。

謹慎使用行人穿越號誌

在路緣或路邊停下。按下按鈕並等候行人穿越號誌，先往左、往右、再往左以及前後方查看是否有車輛。等到沒有行進中的車輛時才開始過馬路。

若有人行道，請使用人行道

如果沒有人行道，請面向對向車流行走。

聆聽是否有對向車輛的聲音

聆聽對向車輛的聲音，對向車輛可能會在靜止車輛、樹木或其他障礙物的後方。

利用眼神接觸

在過馬路之前，利用眼神接觸和手勢來進行溝通。請不要自以為駕駛人有看到你。

與其他人結伴同行

與成人、其他同學或好朋友結伴同行。

遵守指示

遵守交通指揮和交通安全警察的指示。

利用 SCHOOLPOOL 和其他學童結伴同行！

kingcounty.gov/metro/SchoolPool

穿越馬路提醒事項



停
在道路邊緣。



看
您的左方、右方及後方。



利用眼神接觸
向駕駛人示意。



過馬路
並抬起頭注意四周情況。

腳踏車騎乘安全 建議



配戴安全帽

保護你的頭部 — 配戴安全帽！這是法律規定。確認你的安全帽緊貼於你的頭部且將扣環緊扣在你的下巴處。

可預測性

利用手勢及喊叫等方式來提醒行人注意。請勿並排騎車以保持交通順暢。從左側超車，並在超車時按腳踏車鈴。在夜晚時使用車燈以保持能見度。

騎車方向應與車流方向一致

靠右騎車且騎車方向應與車流方向一致。遵守所有交通標誌和交通號誌，腳踏車等同於車輛。

將腳踏車上鎖

在你抵達學校之後，將腳踏車鎖在腳踏車架上或校園內。將你的前輪和腳踏車車身均鎖在腳踏車架上。

在人行道上騎車

在 King County，您可以安全地在人行道上騎車，但前提是您必須小心注意行人。全家人或整個團體一起決定要在馬路或人行道上騎車。

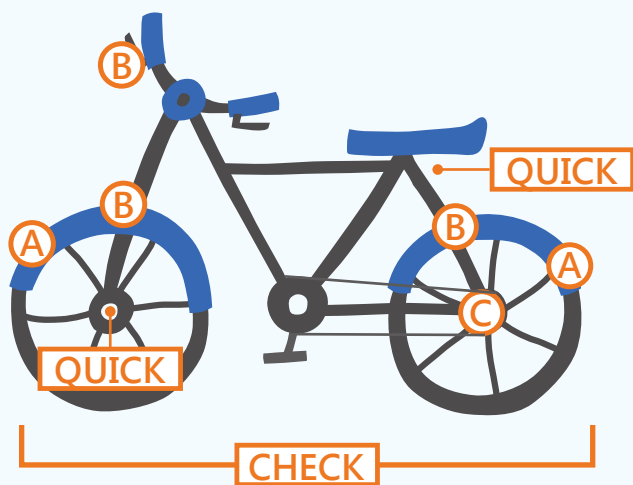
利用 SCHOOLPOOL
結伴騎車！

kingcounty.gov/metro/SchoolPool



在你騎車之前，進行一次

ABC QUICK CHECK



A 是指輪胎氣 (Air)

你的輪胎還有氣嗎？

將輪胎充氣，使胎壓達到輪胎胎側所列的胎壓。

B 是指煞車 (Brakes)

你的煞車片是否已經磨損變薄或有任何擦傷之處？你的煞車握把是否可以按壓到底至把手處？

如果你發現上述問題，請調整你的煞車。

C 是指鏈條

鏈條和鏈盤是否啮合且有適當上油？

檢查你的鏈條是否有磨損。

如果飛輪上的鏈條有鬆脫之處，你可能需要更換新的鏈條或者鏈條可能只是需要調整。

QUICK

是指快拆 (Quick Release)

你的快拆桿是否牢固？

檢查車輪中間軸心上的橫桿。

CHECK

是指整體檢查。

檢查腳踏車是否有任何鬆脫或破損的零件。

試騎看看以確認煞車和變速功能。



如果你的腳踏車看起來有損壞或不對勁之處，請告訴成人。

車輛共乘 建議

車輛共乘是指來自不同家庭的數名學童一起搭乘一輛車往返學校。
一同結伴上學可能十分便利且充滿樂趣。

尋找一起上學的夥伴

四處詢問鄰居以確認
鄰居當中是否有其他家庭
想要參加。在 kingcounty.gov/metro/SchoolPool 註冊以尋找
車輛共乘的夥伴。

擬定時間表

擬定時間表，規劃每天的司機是
誰、可以載多少人，以及是否有任
何年幼的學童需要使用汽車座椅
或加高座椅。

規劃路線

規劃沿路接送孩子的地點和
時間。

建立溝通管道

建立溝通管道，例如：簡訊或電子
郵件群組、現有的車輛共乘應用
程式和 / 或電話聯繫網。

討論預期事項

討論對家長和學童的預期事項，
如準時、如遲到或請病假應事先
溝通以及駕駛行為。

繫好安全帶出發！

確認每位學童的安全帶均可使用，
且在車子開動之前確認每位學童
均有繫好安全帶。

從路邊上下車

學童應從路邊上下車，這樣一來他
們才不必穿越馬路。

作好準備

提醒學童在放學時將會由誰來接
他們回家。

作好身教

遵守交通安全警察和交通指揮的
指示。這是法律規定。

安全駕駛

於學校交通區！



利用 SCHOOLPOOL 達成車輛
共乘！

[kingcounty.gov/metro/
SchoolPool](http://kingcounty.gov/metro/SchoolPool)

續.....

駕駛 建議

減慢車速

安全的車速可能低於速限。

注意孩童

可能有正在街上行走、過馬路和騎腳踏車的家屬來自四面八方。

停車讓行人優先通過

不論是在道路中間、行人穿越道還是十字路口，均請讓行人優先通過。

順應車流方向

遵守學校接送區的規定。在路邊停車而不要讓孩童在馬路中間下車。

安全停車

將車子停在合法的停車位且避免並排停車或擋住鄰居的私家車道。

遵守交通法規

避免在兩個路口的中間迴轉，切勿違反「紅燈禁止右轉」的標誌轉彎，且避免讓學童在路邊的紅線區下車。

考慮和其他就讀相同學校的家庭共乘一輛車。

安全駕駛

於學校交通區！

僅在指定區域停車、停靠及讓學童上下車

注意過馬路的學生，特別是當有其他車輛擋住您的視線時

不要阻擋行人穿越道、殘障車位、消防栓、公車站及私人車道



БЕЗОПАСНОСТЬ ПЕШЕХОДНОГО ДВИЖЕНИЯ *Советы*

ОДЕВАЙТЕСЬ ЯРКО

Надевайте одежду ярких цветов или, когда на улице темно, – одежду с отражающими элементами. В дневное время суток более заметны яркие цвета, а светлые цвета – в вечернее и ночное время. Берите с собой фонарик, чтобы вас было видно наверняка!

ПЕРЕХОДИТЕ ДОРОГУ НА ПЕРЕКРЕСТКАХ

Переходите дорогу на перекрестках или по размеченному пешеходному переходу. Водители ожидают увидеть вас именно в этих местах. Посмотрите налево, направо, и затем снова налево, прежде чем пересечь улицу. На четырехстороннем перекрестке оглядывайтесь назад через плечо, чтобы убедиться в отсутствии поворачивающих автомобилей.

ВНИМАТЕЛЬНО ПОЛЬЗУЙТЕСЬ СИГНАЛАМИ ДЛЯ ПЕРЕХОДА УЛИЦ

Остановитесь у бордюра или на краю тротуара. Нажмите на светофорную кнопку и ждите разрешающего сигнала, взгляните налево, направо, назад через левое плечо, а затем спереди, чтобы убедиться в отсутствии движения. Дождитесь момента, когда вокруг не будет машин, движущихся на встречу, и затем начинайте переходить.

ПО ВОЗМОЖНОСТИ ИСПОЛЬЗУЙТЕ ПЕШЕХОДНЫЕ ПЕРЕХОДЫ

Идите по направлению к встречному движению, если рядом нет тротуара.

ОБРАЩАЙТЕ ВНИМАНИЕ НА ШУМ ПРИБЛИЖАЮЩИХСЯ МАШИН

Обращайте внимание на шум приближающихся машин, которых может быть не видно из-за припаркованной машины, дерева или другого объекта.

УСТАНОВЛИВАЙТЕ ЗРИТЕЛЬНЫЙ КОНТАКТ

Прежде чем пересечь улицу, установите зрительный контакт и используйте жесты для общения с водителем. Не полагайтесь, что водители видят вас.

НЕ ХОДИТЕ В ОДИНОЧКУ

Ходите пешком со взрослым, другими учащимися или другом.

СЛЕДУЙТЕ УКАЗАНИЯМ

Следуйте указаниям дежурных, регулирующих движение транспорта у школ, и представителей службы охраны правопорядка.

СОВЕРШАЙТЕ ПРОГУЛКИ ВМЕСТЕ С ПРОГРАММОЙ SCHOOLPOOL!

kingcounty.gov/metro/SchoolPool

ПОДСКАЗКИ НА ПЕРЕКРЕСТКАХ



ОСТАНОВИТЕСЬ
на краю бордюра.



ПОСМОТРИТЕ
налево, направо и назад.



УСТАНОВИТЕ ЗРИТЕЛЬНЫЙ КОНТАКТ
с водителями.



ПЕРЕХОДИТЕ,
держа голову прямо и осматриваясь по сторонам.

БЕЗОПАСНАЯ ЕЗДА НА ВЕЛОСИПЕДЕ *Советы*

НАДЕВАЙТЕ ШЛЕМ

Обеспечьте защиту своего головного мозга – надевайте шлем! Это закон! Следите за тем, чтобы ваш шлем плотно прилегал к голове и был надежно застегнут под подбородком.

БУДЬТЕ ПРЕДСКАЗУЕМЫ

Подавайте сигналы рукой и уступайте путь пешеходам. Двигайтесь в одном ряду, чтобы позволить более быстрым транспортным средствам обогнать вас. Совершайте обгон более медленного движения по левую сторону, при обгоне издавая звуковой сигнал. В ночное время используйте фонари, чтобы быть заметным.

ДВИГАЙТЕСЬ В ПОТОКЕ

Двигайтесь по правой стороне, по направлению движения. Соблюдайте все знаки и сигналы, как если бы вы находились за рулем автомобиля.

ИСПОЛЬЗУЙТЕ ВЕЛОСИПЕДНЫЙ ЗАМОК

По прибытии в школу, замыкайте велосипед на замок к велосипедной стойке, расположенной на территории школы. Замыкайте на замок к стойке как переднее колесо, так и раму велосипеда.

ДВИЖЕНИЕ ВДОЛЬ ТРОТУАРОВ

На территории округа Кинг разрешается безопасная езда на велосипеде по тротуару при условии, что вы соблюдаете осторожность при движении среди пешеходов. Члены семьи или участники группы должны принять решение относительно езды на велосипеде вдоль дороги или тротуара.

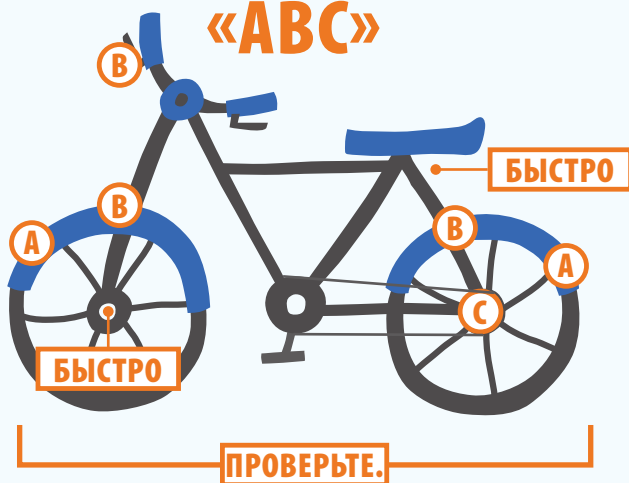


ЕЗДА НА ВЕЛОСИПЕДЕ ВМЕСТЕ С ПРОГРАММОЙ SCHOOLPOOL!

kingcounty.gov/metro/SchoolPool

Прежде чем отправиться в путь, проведите

БЫСТРУЮ ПРОВЕРКУ «АВС»



Сообщите взрослому, если ваш велосипед выглядит поврежденным или не так, как обычно.

А означает «Air» (воздух)

Накачаны ли колеса вашего велосипеда?

Закачайте в них воздуха до уровня давления, указанного на внешней стороне шины.

В означает «Brakes» (тормоза)

Износились ли тормозные колодки или происходит ли где-то их трение? Можете ли вы полностью прижать тормозные рычаги к рулю велосипеда?

При наличии проблем, отрегулируйте тормозную систему.

С означает «Chain» (цепь)

Натянута ли цепь велосипеда на звездочку и смазана ли она надлежащим образом?

Осмотрите цепь на признаки износа.

Если цепь прокручивается на трещотке (системе задних звезд), возможно, вам требуется заменить или отрегулировать цепь.

БЫСТРО

означает **быстроръемный (эксцентриковый) рычаг**

Хорошо ли затянуты эксцентриковые рычаги?

Проверьте рычаги на ступицах в центре колеса.

ОСМОТР

означает **осмотр велосипеда**

Осмотрите велосипед на наличие незакрепленных или сломанных деталей.

Проведите испытательную поездку для проверки тормозной системы и системы переключения скоростей.



СОВМЕСТНОЕ ИСПОЛЬЗОВАНИЕ АВТОМОБИЛЯ *Советы*



Совместное использование автомобиля предполагает совместную поездку до школы или из школы на автотранспортном средстве несколькими учащимися из разных семей. Совместная поездка в школу может оказаться удобным и увлекательным способом передвижения.

НАЙДИТЕ ПОПУТЧИКА

Поспрашивайте у соседей, чтобы узнать, желают ли соседские семьи принять участие в совместном использовании автомобиля. Зарегистрируйтесь на веб-сайте kingcounty.gov/metro/SchoolPool для того, чтобы найти попутчиков.

СОСТАВЬТЕ ГРАФИК

Составьте график водителей на каждый день, укажите количество свободных мест, а также обозначьте необходимость наличия автокресел или дополнительных подушек для учащихся младшего возраста.

ЗАПЛАНИРУЙТЕ МАРШРУТ

Запланируйте заранее места высадки и посадки детей на всем расстоянии маршрута.

ОПРЕДЕЛИТЕ СПОСОБ СВЯЗИ

Определите способы связи, например, групповая рассылка текстовых сообщений или электронных писем, использование существующего приложения для лиц, участвующих в совместном использовании автомобиля, и/или программы автоматического дозвона Phone Tree.

ОБСУДИТЕ СВОИ ОЖИДАНИЯ

Обсудите то, что ожидается от родителей и учащихся относительно, например, пунктуальности, задержек связи или порядка действий в случае болезни, а также манере управления автомобилем.

НЕ ЗАБЫВАЙТЕ ПРИСТЕГИВАТЬСЯ!

Следите за тем, чтобы у каждого учащегося ремень безопасности находился в исправном состоянии, и чтобы каждый учащийся пристегивался перед началом движения.

БУДЬТЕ ГОТОВЫ

Напоминайте учащимся о том, кто их будет забирать после школы.

САДИТЕСЬ И ВЫСАЖИВАЙТЕСЬ СО СТОРОНЫ ТРОТУАРА

Учащимся следует садиться в автомобиль и высаживаться из него со стороны тротуара, чтобы не приходилось обходить со стороны проезжей части.

СТАНЬТЕ ПРИМЕРОМ

Следуйте указаниям дежурных, регулирующих движение транспорта у школ, и представителей службы охраны правопорядка. Это закон.

ДВИГАЙТЕСЬ НА АВТОМОБИЛЕ ОСТОРОЖНО

НА ТЕРРИТОРИИ ШКОЛ!



СОВЕРШАЙТЕ СОВМЕСТНЫЕ ПОЕЗДКИ НА АВТОМОБИЛЕ ВМЕСТЕ С ПРОГРАММОЙ SCHOOLPOOL!

kingcounty.gov/metro/SchoolPool

переверните страницу...

ДВИЖЕНИЕ НА АВТОМОБИЛЕ *Советы*

ДВИГАЙТЕСЬ МЕДЛЕННО

Безопасная скорость может быть ниже установленного предела скорости.

СЛЕДИТЕ ЗА ПЯВЛЕНИЕМ ДЕТЕЙ

Семьи могут двигаться пешком, на велосипеде или переходить улицу со всех направлений.

ОСТАНАВЛИВАЙТЕСЬ, ЧТОБЫ ПРОПУСТИТЬ ПЕШЕХОДОВ

Всегда уступайте дорогу пешеходам, пересекающим улицу посреди квартала, по пешеходному переходу и на перекрестках.

БУДЬТЕ ЧАСТЮ АВТОМОБИЛЬНОГО ПОТОКА

Соблюдайте правила учебного заведения по высадке и посадке пассажиров. Подъезжайте к бордюру вместо того, чтобы высаживать детей на проезжей части.

ПАРКУЙТЕСЬ БЕЗОПАСНО

Паркуйте автомобиль в установленных местах, и не блокируйте другие автомобили или пути подъезда.

СОБЛЮДАЙТЕ ПРАВИЛА ДОРОЖНОГО ДВИЖЕНИЯ

Избегайте разворотов посреди квартала, поворотов направо вопреки знаку «No Right on Red» (поворот на красный сигнал светофора запрещен) и высадки детей вдоль бордюров, выкрашенных в красный цвет.

Рассмотрите возможность совместного использования автомобилей с другими семьями, направляющимися в одну и ту же школу.

ДВИГАЙТЕСЬ НА АВТОМОБИЛЕ БЕЗОПАСНО

НА ТЕРРИТОРИИ ШКОЛ!

Парковаться, останавливаться и осуществлять посадку учащихся следует только в предназначенных для этого местах.

Следите за появлением учащихся, пересекающих дорогу, особенно, когда другие автомобили блокируют ваш обзор.

Не блокируйте пешеходные переходы, места для лиц с ограниченными возможностями, пожарные гидранты, автобусные остановки и пути проезда.



EQUITY AND INCLUSION *Tips*

PLAN WAYS FOR EVERYONE TO PARTICIPATE

Create opportunities to participate that include those who have a disability, may be homeless, or face cultural or environmental barriers to walking or biking to school. For example, create a walking route on school grounds during the day. Provide food, child care, and transit vouchers at events.

MAKE IT ABOUT COMMUNITY

Work with local leaders and other residents as program ambassadors. Compensate these ambassadors for their time. Tailor programming to the needs of community members. Attend community-established events with staff or volunteers who speak relevant languages.

BUILD A DIVERSE TEAM

Organize a representative team of volunteers and/or paid staff, so that students can see themselves reflected in program leadership. Provide team training on different types of discrimination and undoing structural racism.

SHOW IT, DON'T SAY IT

Use pictures and other visuals that resonate with the community. Pictures and symbols are more effective than text, humor or sarcasm.

PROVIDE ESSENTIAL LEARNING TOOLS

When teaching bike skills and safety classes, provide bicycles, helmets and other equipment for students, so everyone can participate.

PROVIDE TRANSLATION & INTERPRETERS

Reach out to people in their primary language so they can trust their understanding of the information being shared.



EQUITY IN SRTS PROGRAMS means ensuring that all students, regardless of race, gender, sexual orientation, ability level, disability and social and economic status, have access to and can participate in all SRTS events and programs.

FOR MORE INFORMATION, VISIT:
kingcounty.gov/depts/transportation/metro/programs-projects/in-motion/esj-guide.aspx

EQUIDAD E INCLUSIÓN: *consejos*

PLANEEN FORMAS EN LAS QUE TODOS PUEDAN PARTICIPAR

Creen oportunidades de participación para incluir a aquellos que tengan una discapacidad, que podrían no tener hogar o que están enfrentándose a obstáculos culturales o ambientales para caminar o llegar en bicicleta a la escuela. Por ejemplo, creen una ruta para caminar en el terreno de la escuela durante el día. Proporcionen alimentos, cuidado infantil y vales de transporte público en los eventos.

QUE EL ENFOQUE SEA LA COMUNIDAD

Trabajen con líderes locales y otros residentes como embajadores del programa. Reconozcan el valor del tiempo de estos embajadores. Adapten los programas a las necesidades de los miembros de la comunidad. Asistan a eventos establecidos en la comunidad con personal o voluntarios que hablen idiomas relevantes.

CONSTRUYAN UN EQUIPO DIVERSO

Organicen un equipo representativo de voluntarios y/o personal pagado, para que los estudiantes pueden verse reflejados en el liderazgo del programa. Proporcionen capacitación para el equipo sobre los diferentes tipos de discriminación y cómo eliminar el racismo estructural.

DEMUÉSTRENLO, EN LUGAR DE HABLAR

Usen imágenes y otros elementos visuales que resuenen con la comunidad. Las imágenes y los símbolos son más eficaces que el texto, el humor o el sarcasmo.

PROPORCIONEN HERRAMIENTAS ESENCIALES DE APRENDIZAJE

Cuando impartan clases de seguridad y de habilidades de ciclismo, proporcionen bicicletas, cascos y otro equipo a los estudiantes, para que todos puedan participar.

PROPORCIONEN TRADUCCIONES E INTÉRPRETES

Comuníquense con las personas en su idioma materno para que puedan estar seguros de que entienden la información que se está compartiendo.



LA EQUIDAD EN LOS PROGRAMAS SRTS

significa garantizar que todos los estudiantes, sin importar la raza, el género, la orientación sexual, el nivel de capacidad, las discapacidades ni la condición social y económica, tengan acceso y pueden participar en todos los eventos y programas de SRTS.

PARA OBTENER MÁS INFORMACIÓN, VISITE:

kingcounty.gov/depts/transportation/metro/programs-projects/in-motion/esj-guide.aspx

平等與包容 建議

妥善規劃以讓所有人皆能參與

創造參與機會，讓殘障人士、可能無家可歸的人士或面臨文化或環境方面障礙的人士可以走路或騎腳踏車上學。例如，在校園內建立白天可以利用的步道。在活動期間提供食物、托兒服務及交通運輸服務抵用券。

以社區為中心進行規劃

與當地組織的領導人和其他居民合作，請他們擔任計劃宣導大使。肯定這些宣導大使為計劃所投入的時間。針對社區民眾的需求量身打造計劃。參加由社區舉辦且有會說不同語言之工作人員或志工的活動。

建立多元化團隊

組織一個由志工和 / 或受雇工作人員組成的代表團隊，讓學生能夠看到計劃中有能夠代表自己的領導人。針對不同類型的歧視提供團隊訓練並化解體系上的種族歧視。

不要口頭說說，以行動證明

利用圖片及其他視覺輔助工具來引起社區民眾的共鳴。圖片和標誌比文字、漫畫或諷刺作品更加有效。

提供基本學習工具

在教導騎腳踏車的技巧和安全課程時，為學生提供腳踏車、安全帽及其他設備，以讓每個人皆可以參與。

提供翻譯和口譯

在向人們推廣計劃時，使用對方的母語進行介紹，以讓對方可以在瞭解您所分享的資訊之後，信任這些資訊。



SRTS 計劃中的平等

是指確保所有學生不論種族、性別、性取向、能力等級、殘障和社經地位均可使用和參與所有 SRTS 活動和計劃。

如欲瞭解詳情，請造訪：

kingcounty.gov/depts/transportation/metro/programs-projects/in-motion/esj-guide.aspx

Советы ПО ОБЕСПЕЧЕНИЮ РАВЕНСТВА и ИНТЕГРАЦИИ

ПЛАНИРУЙТЕ УСЛОВИЯ ДЛЯ ВСЕОБЩЕГО УЧАСТИЯ

Создайте условия для участия, способствующие интеграции лиц с ограниченными возможностями здоровья, без определенного места жительства или лиц, сталкивающихся с культурными или внешними условиями, служащими препятствием к тому, чтобы добираться до школы пешком или на велосипеде. Например, разработайте пеший маршрут на территории школы для пользования в течение учебного дня. Во время мероприятий предоставляйте питание, уход за детьми и ваучеры для общественного транспорта.

ДОКАЖИТЕ НА ДЕЛЕ, А НЕ ПРОСТО НА СЛОВАХ

Используйте изображения и другие наглядные пособия, отражающие ценности местного населения. Изображения и символы являются более эффективными, чем простой текст, юмор или сарказм.

СТАВЬТЕ ИНТЕРЕСЫ ОБЩЕСТВА НА ПЕРВОЕ МЕСТО

Подключайте местных лидеров обществности и других жителей района в качестве представителей интересов. Выражайте признание за время, уделяемое этими представителями. Разрабатывайте программы в соответствии с потребностями местного населения. Посещайте организованные на общественных началах мероприятия вместе с сотрудниками или добровольцами, говорящими на соответствующих языках.

ПРЕДОСТАВЬТЕ НАБОР ОСНОВНЫХ СРЕДСТВ ОБУЧЕНИЯ

Во время обучения навыков езды на велосипеде и занятий по технике безопасности, обеспечивайте учащихся велосипедами, шлемами и другим снаряжением, чтобы каждый мог принять участие.

СОЗДАВАЙТЕ МНОГООБРАЗИЕ В КОМАНДЕ

Организируйте команду представителей, состоящую из добровольцев и/или штатных сотрудников, с целью позволить учащимся убедиться в том, что их интересы представлены руководством программ. Обеспечивайте командное обучение на тему различных видов дискриминации и искоренения структурного расизма.

ПРЕДОСТАВЛЯЙТЕ УСЛУГИ УСТНЫХ И ПИСЬМЕННЫХ ПЕРЕВОДЧИКОВ

Обращайтесь к участникам на их родном языке, чтобы позволить им доверять себе в том, что они понимают ту информацию, которая им предлагается.



ОБЕСПЕЧЕНИЕ РАВЕНСТВА В ПРОГРАММАХ БЕЗОПАСНЫХ МАРШРУТОВ К ШКОЛАМ (SRTS)

означает, что все учащиеся, независимо от их расовой принадлежности, пола, сексуальной ориентации, уровня способностей, наличия ограниченных возможностей, их социально-экономического статуса, имеют доступ и возможность участвовать во всех мероприятиях и программах SRTS.

ДЛЯ ПОЛУЧЕНИЯ ДОПОЛНИТЕЛЬНЫХ СВЕДЕНИЙ ПОСЕТИТЕ ВЕБ-САЙТ:

kingcounty.gov/depts/transportation/metro/projects/in-motion/esj-guide.aspx

WALKING, BIKING, AND CARPOOLING ARE GOOD FOR EVERYONE!

Reducing a single family car trip to school results in:

- ★ **Cleaner Air and Water** – Sustainable ways to get around don't produce as much air pollution.
- ★ **Less Traffic** – Less congestion around schools is safer and healthier for everyone.
- ★ **Increased Social Interactions** – Talk with neighbors and meet other families by getting outside for the trip to school.
- ★ **Cost-Effective** – Save money on gas by walking, biking and carpooling.

Being active on the way to school also benefits families and their students through:

- ★ **Healthy Living** – Walking and rolling are great ways to get more physical activity.
- ★ **Better Educational Achievement** – Students who are active in the morning arrive at school focused and ready to learn.



GET STARTED!

Want to become active in your child's Safe Routes to School (SRTS) program? Take the following steps:

- 1** Check out King County Metro's SchoolPool Program to connect with your neighbors who attend your child's school.
- 2** Download the free King County Metro SRTS Toolkit that helps SRTS champions—parents, teachers, city or school district staff, or other community members—hold events to promote walking, rolling, and carpooling. The SRTS Toolkit includes:
 - ★ Educational lesson plans that comply with state standards.
 - ★ Guidance for implementing SRTS activities includes Equity, Education, Encouragement, Enforcement, Engineering, and Evaluation tools.
 - ★ Customizable outreach materials to promote activities and events.
- 3** Volunteer to help with Walk & Roll to School Day, a Walking School Bus, or other encouragement events.

Learn more at:
kingcounty.gov/metro/SRTS

Call us at:
206-625-4500 TTY Relay: 711

Email:
support@rideshareonline.com

Start SAFE ROUTES TO SCHOOL

for your community



WHAT IS SAFE ROUTES TO SCHOOL?

Safe Routes to School (SRTS) programs support families walking, biking, using wheelchairs, and carpooling to school. SRTS activities make it safer, easier, and more fun for families to get to school on foot or bike and share the trip to school!

SRTS programs can benefit your community by:

- ★ Educating students and families about how to walk and bike safely.
- ★ Increasing driver awareness of families traveling near schools.
- ★ Informing community members about travel options to reduce traffic near schools.
- ★ Building relationships by creating opportunities for families to get to know each other while walking, biking, and carpooling together.
- ★ Improving community members' health and well-being by promoting active and healthy transportation.

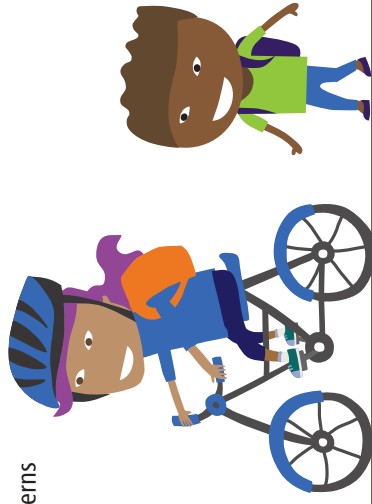
★ WHY IS SAFE ROUTES TO SCHOOL IMPORTANT?

Nationwide, parents' concerns over safety and traffic

DISCOURAGES

40%

of students from walking or biking to school.



FOR EQUITY

Families with incomes under \$50,000 per year spend an average of

30% OF THEIR BUDGET

on transportation...

...and SRTS helps families

SAVE \$

by reducing single family vehicle trips to school.

FOR HEALTH

Children & adolescents should get

60 MINUTES (1 HOUR)

or more of physical daily activity.



FOR THE ENVIRONMENT

14% OF ALL MORNING TRAFFIC

is parents driving children to school.

FOR OUR COMMUNITY

Safe Routes to School (SRTS) education and encouragement programs can result in a

25% INCREASE

in walking and biking over five years.

WHEN MORE PEOPLE WALK AND BIKE INSTEAD OF DRIVING, neighborhood streets become safer and more welcoming for everyone.

Children who walk or bike to school learn life lessons by navigating their neighborhood and interacting with classmates. They gain confidence through independence while walking, biking, and sharing rides.



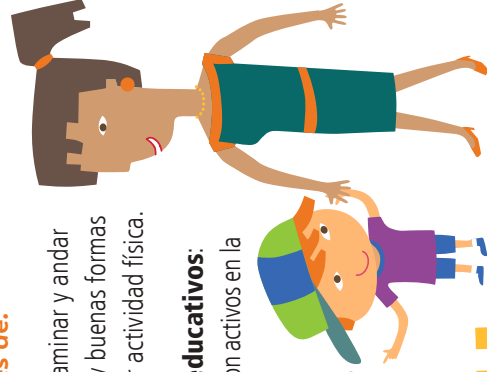
¡CAMINAR, ANDAR EN BICICLETA Y COMPARTIR VEHÍCULOS ES BUENO PARA TODOS!

Eliminar de una familia un solo viaje a la escuela en automóvil tiene los siguientes resultados:

- ★ **Aire y agua más limpios:** las formas sustentables de transportarse no producen tanta contaminación del aire.
- ★ **Menos tráfico:** tener menos congestión vehicular alrededor de las escuelas es más seguro y sano para todos.
- ★ **Aumento en las interacciones sociales:** hable con sus vecinos y conozca a otras familias al salir al aire libre para ir a la escuela.
- ★ **Rentable:** ahorre dinero en gasolina al caminar, usar bicicletas y compartir vehículos.

Estar activos en el camino a la escuela también beneficia a las familias y a los estudiantes a través de:

- ★ **Una vida sana:** caminar y andar en bicicleta son muy buenas formas de lograr una mayor actividad física.
- ★ **Mejores logros educativos:** los estudiantes que son activos en la mañana llegan a la escuela concentrados y listos para aprender.



¡COMIENCE AHORA MISMO!

¿Desea participar en el programa Rutas Seguras a la Escuela (SRTS, por sus siglas en inglés) de su hijo/a? Complete los siguientes pasos:

- 1** Revise el programa SchoolPool de King County Metro para conectarse con los vecinos que asisten a la escuela de su hijo/a.
- 2** Descargue los materiales gratuitos del programa SRTS de King County Metro que ayudan a los campeones de SRTS —padres, maestros, personal de la ciudad o de la escuela y otros miembros comunitarios— a organizar eventos para promover la marcha a pie, el uso de la bicicleta y compartir vehículos. Los materiales de SRTS incluyen:
 - ★ Planificación de clases educativas que cumplen con los estándares estatales.
 - ★ La guía para implementar actividades de SRTS incluye herramientas de equidad, educación, incentivos, cumplimiento, ingeniería y evaluación.
 - ★ Materiales personalizables de extensión comunitaria para promover actividades y eventos.
- 3** Ofrézcase como voluntario/a para ayudar en el Día de Caminar o Rodar a la Escuela (Walk & Roll to School Day), en un autobús escolar a pie (Walking School Bus) y en otros eventos de incentivo.

Para obtener más información, visite: kingcounty.gov/metro/SRTS

Llámenos al: 206-625-4500, retransmisión TTY: 711

Correo electrónico: support@rideshareonline.com

Inicie las

RUTAS SEGURAS A LA ESCUELA

para su comunidad



¿QUÉ ES RUTAS SEGURAS A LA ESCUELA?

Los programas de Rutas Seguras a la Escuela (SRTS, por sus siglas en inglés) apoyan a las familias que caminan, usan bicicletas, sillas de ruedas o comparten coches para ir a la escuela. ¡Las actividades de SRTS hacen que sea más seguro, fácil y divertido para las familias llegar a la escuela a pie o en bicicleta y compartir el viaje a la escuela!

Los programas de SRTS pueden beneficiar a su comunidad al:

- ★ Educar a los estudiantes y a las familias sobre cómo caminar y usar la bicicleta de forma segura.
- ★ Incrementar la conciencia de los conductores sobre las familias que viajan cerca de las escuelas.
- ★ Informar a los miembros de la comunidad sobre las opciones de viaje que reducen el tráfico cerca de las escuelas.
- ★ Construir relaciones al crear oportunidades para que las familias se conozcan mientras caminan, usan bicicletas y comparten vehículos.
- ★ Mejorar la salud y el bienestar de los miembros de la comunidad al promover un transporte activo y sano.

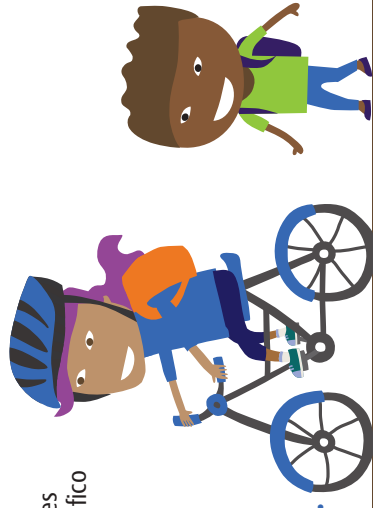
★
¿POR QUÉ RUTAS SEGURAS A LA ESCUELA ES IMPORTANTE?

A nivel nacional, la preocupación de los padres sobre la seguridad y el tráfico

DESANIMA A UN

40 %

de los estudiantes a caminar o ir en bicicleta a la escuela.



POR LA EQUIDAD

Las familias con ingresos menores a \$50,000 al año gastan, en promedio, un

30 % DE SU PRESUPUESTO en el transporte...

...y SRTS ayuda a las familias a

AHORRAR \$ al reducir los viajes de familias solas a la escuela.

POR LA SALUD

Los niños y los adolescentes deben tener

60 MINUTOS (1 HORA) o más de actividad física diaria.



POR EL MEDIO AMBIENTE

DE TODO EL TRÁFICO 14 % MATUTINO

se debe a los padres que llevan a sus hijos a la escuela.

POR NUESTRA COMUNIDAD

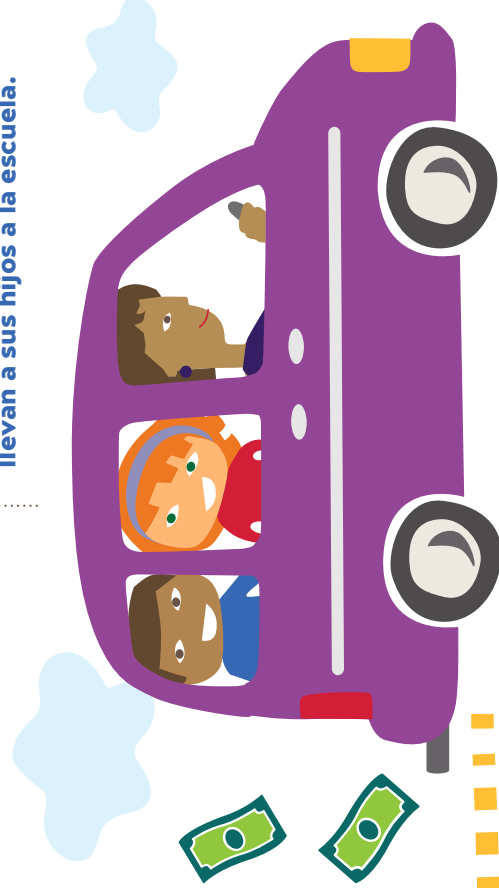
Los programas educativos y de incentivo de Rutas Seguras a la Escuela (SRTS, por sus siglas en inglés) pueden llevar a un incremento del

25 % EN

los viajes a pie y en bicicleta en cinco años.

CUANDO MÁS PERSONAS CAMINAN Y USAN BICICLETAS EN LUGAR DE CONDUCIR, las calles de los vecindarios se vuelven más seguras y agradables para todos.

Los niños que caminan o van a la escuela en bicicleta aprenden lecciones de vida al navegar por su vecindario e interactuar con sus compañeros de clase. Adquieren confianza a través de la independencia al caminar, andar en bicicleta o compartir vehículos.



走路、騎腳踏車和共乘車輛對大家都有好處！

減少上學途中的一輛家庭用車可以：

- ★ **改善空氣品質和水質** – 藉由可讓環境永續發展的交通方式前往各處，以減少空氣汙染。
- ★ **減少車流量** – 減少學校四周交通堵塞的情況，可讓所有人享有更安全且更健康的生生活。
- ★ **增加社交互動機會** – 在外出上學途中與鄰居聊天並認識其他家庭。
- ★ **經濟效益** – 透過走路、騎腳踏車、共乘車輛等方式節省汽油錢。

在上學途中活動筋骨也對家長和學童有下列益處：

- ★ **健康生活** – 走路和騎腳踏車是增加體能活動的絕佳方式。
- ★ **改善學業成績** – 在早晨保持活躍的學童在到校之後更能集中注意力並為學習做好準備。



立即採取行動！

想要參加您子女的安全上學路線 (Safe Routes to School, SRTS) 計劃嗎？請遵循下列步驟：

- 1** 查看 King County Metro 的 SchoolPool 計劃，以認識和您子女就讀相同學校的鄰居。
- 2** 下載免費的 King County Metro SRTS 工具組，此工具組可協助 SRTS 參加者（家長、老師、市政府或學區職員或其他社區民眾）舉辦活動，以提倡走路、騎腳踏車和共乘車輛上學。SRTS 工具組包括：
 - ★ 符合州政府標準的教育課程計劃。
 - ★ SRTS 活動實施指引，其中包括公平、教育、鼓勵、執行、規劃和評估工具。
 - ★ 用於提倡各項活動的客製化推廣資料。
- 3** 志工可在走路和騎腳踏車上學日 (Walk & Roll to School Day)、走路上學團體 (Walking School Bus) 或其他推廣活動中提供協助。

瞭解詳情：
kingcounty.gov/metro/SRTS
致電與我們聯絡：
206-625-4500 聽障傳譯服務：711
電子郵件：
support@rideshareonline.com

開始加入 安全上學 路線計劃

以改善您的社區



什麼是安全上學路線計劃?

安全上學路線計劃讓學童和家長可以走路、騎腳踏車、使用輪椅及共乘車輛上學。SRTS 活動讓走路或騎腳踏車及共乘車輛上學的家庭在上學途中更加安全、更加輕鬆且充滿更多樂趣!

SRTS 計劃可為您的社區帶來下列益處:

- ★ 教育學童和家屬如何安全行走和騎腳踏車。
- ★ 提升駕駛人對學校附近通勤家庭的注意力。
- ★ 告知社區民眾各種交通選項，以減少學校附近的車流量。
- ★ 創造機會讓各家庭可以在一起走路、騎腳踏車及共乘車輛上學的途中認識彼此並建立友誼。
- ★ 藉由提倡運動和對健康有益的交通方式以改善社區民眾的身心健康。

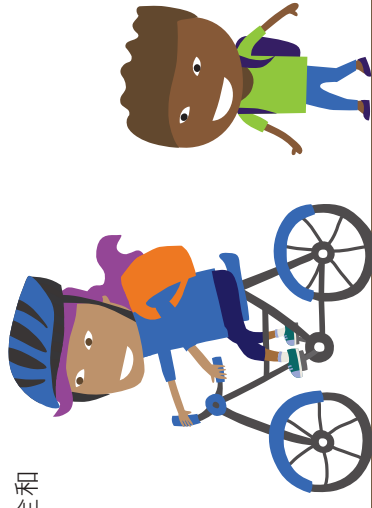
為何安全上學路線計劃十分重要?

在全國各地，家長因安全和交通方面的顧慮而

阻止

40%

的學童走路或騎腳踏車上學。



為了平等
年收入未滿 \$50,000 的家庭平均將

30%

的預算
花費在交通運輸上...

為了健康
兒童和青少年每天應從事

60

分鐘
(1小時)

以上的體能活動。



為了我們的社區

安全上學路線 (SRTS) 教育和鼓勵計劃可使五年內徒步和騎自行車的入數

增加

25%

.....而 SRTS 協助各家庭

節省 \$

方式是減少上學途中的單
一家庭用車。

為了環境

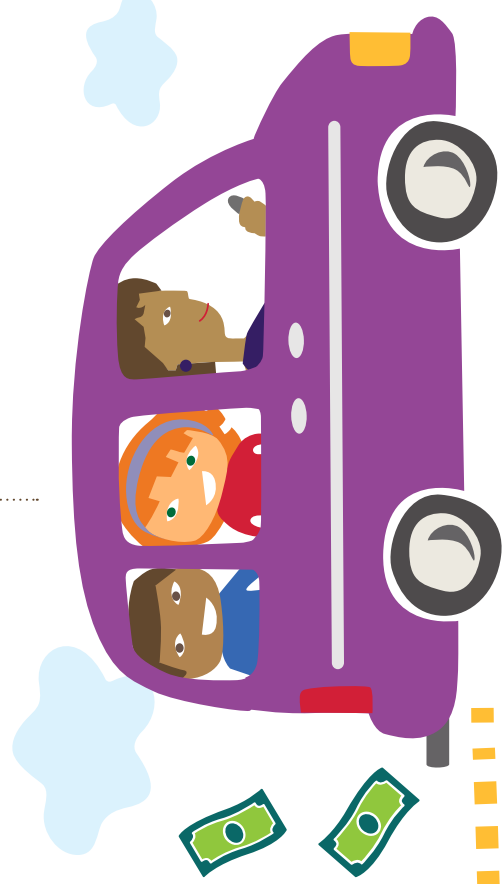
14%

的早晨
車流量
是載送子女上學的家長。

當更多人以走路和騎腳踏車取代開車，

社區街道將變得更加安全且更適宜人居。

走路或騎腳踏車上學的孩童可以藉由探索社區以及和同學互動而學習生活經驗。他們透過走路、騎腳踏車和共乘車輛學習獨立並進行建立自信。



ХОДЬБА, ЕЗДА НА ВЕЛОСИПЕДЕ И СОВМЕСТНОЕ ИСПОЛЬЗОВАНИЕ АВТОМОБИЛЕЙ ВЫГОДНО ДЛЯ ВСЕХ!

Отказ от поездок на автомобиле в школу одной семьи способен привести к следующим положительным изменениям:

- ★ **Более чистые воздух и вода.** Устойчивые способы передвижения не приводят к столь сильному загрязнению воздуха.
- ★ **Меньшая загруженность движения.** Меньшее количество затворов вокруг школ предполагает более безопасные и полезные условия для окружающих.
- ★ **Больше живого общения.** Выбор в пользу выхода на улицу, чтобы добраться от дома до школы, способствует общению с соседями и знакомству с другими семьями.
- ★ **Экономия средств.** Экономьте денежные средства, которые вы тратите на покупку бензина, сделав выбор в пользу решения добраться до школы пешком, на велосипеде и совместно эксплуатировать автомобиль.

Физическая активность на пути в школу также приносит пользу семьям и учащимся следующим образом:

- ★ **Здоровый образ жизни.** Прогулка пешком или на колесах служит отличным способом стать более физически активным.
- ★ **Улучшенные академические показатели.** Учащиеся, прибывшие утром в учебное заведение после физической нагрузки, более сконцентрированы и готовы к учебному процессу.



НАЧНИТЕ СЕЙЧАС!

Желаете ли вы принять активное участие в программе безопасных маршрутов к школам (SRTS), в которой участвует ваш ребенок? Предпримите следующие шаги:

- 1** Ознакомьтесь с программой SchoolPool, разработанной управлением общественного транспорта округа Кинг, чтобы познакомиться с соседями, чьи дети учатся в школе вашего ребенка.
- 2** Загрузите набор средств управления общественным транспортом округа Кинг под названием SRTS, который помогает сторонникам программы SRTS – родителям, педагогам, сотрудникам городской администрации или школьного округа или другим представителям общности – проводить мероприятия для популяризации выбора добираться до школы пешком, на велосипеде и поочередно эксплуатировать автомобиль. Набор средств программы SRTS включает в себя:

- ★ учебные планы уроков, соответствующие образовательным нормативам штата;
- ★ руководство по проведению мероприятий программы SRTS включает в себя средства на тему равенства, образования, поощрения, правоприменения, проектирования и оценки;
- ★ Материалы, подстраиваемые под индивидуальные потребности, для популяризации деятельности и мероприятий программы.

- 3** Станьте добровольцем мероприятия под названием «Добираемся до школы пешком и на колесах», «Пеший школьный автобус» или других увлекательных мероприятий, и предоставьте свою помощь организаторам.

Узнайте больше на веб-сайте:
kingcounty.gov/metro/SRTS

Звоните нам по телефону:
206-625-4500 (линия транзакционной связи TTY): 711

Эл. почта:
support@rideshareonline.com



ЧТО ПРЕДСТАВЛЯЕТ СОБОЙ ПРОГРАММА БЕЗОПАСНЫХ МАРШРУТОВ К ШКОЛАМ?

Программы безопасных маршрутов к школам (SRTS) выступают за поддержку условий, позволяющих семьям добираться до школы пешком, на велосипеде или инвалидном кресле, а также с совместным использованием автомобиля. Мероприятия, организованные программой SRTS, делают походы пешком, поездки на велосипеде и совместное использование автомобиля для поездок в школу более безопасными, непринужденными и увлекательными для семей!

Программы SRTS могут принести пользу вашему местному сообществу благодаря следующим моментам:

- ★ обучение учащихся и семей правилам безопасности во время ходьбы и езды на велосипеде;
- ★ повышение осведомленности водителей о семьях, пользующихся проезжей частью вокруг школ;
- ★ информирование местного населения о способах передвижения с целью сокращения движения транспорта вокруг школ;
- ★ построение отношений путем создания возможностей для семей знакомиться друг с другом во время походов в школу пешком, езды на велосипеде и совместном использовании автомобиля;
- ★ улучшение здоровья и благополучия среди представителей местного населения путем популяризации активного образа жизни и полезных способов передвижения.

В масштабе всей страны, обеспокоенность родителей по поводу безопасности и условий дорожного движения

ПРИВОДИТ К ТОМУ, ЧТО

40%

учащихся не ходят в школу пешком или не ездят в школу на велосипеде.



ЗА РАВЕНСТВО

Семьи, чей доход не превышает 50 тыс. долл. в год, в среднем тратят

30% ИХ СЕМЕЙНОГО БЮДЖЕТА

на транспортные перевозки...

...и, кроме того, программа SRTS помогает семьям

ЭКОНОМИТЬ ДЕНЬГИ,

отказавшись от поездок на автомобиле в школу одной семьи.

ЗА ЗДОРОВЬЕ

Дети и подростки должны тратить

60 МИНУТ (1 ЧАС)

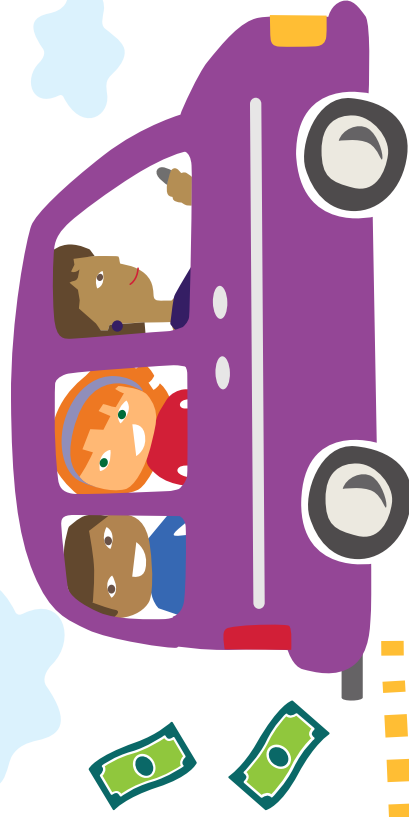
или более на физические нагрузки ежедневно.



ЗА ОКРУЖАЮЩУЮ СРЕДУ

14% ВСЕГО ДОРОЖНОГО ДВИЖЕНИЯ В УТРЕННИЕ ЧАСЫ

приходится на родителей, отвозящих своих детей в школу.



ЗА НАШЕ СООБЩЕСТВО

Программы безопасных маршрутов к школам (SRTS), выступающие за обучение и содействие экологическим способам передвижения, способны привести к

25% УВЕЛИЧЕНИЮ

количества времени, затрачиваемого на ходьбу или езду на велосипеде в течение пяти лет.

КОГДА МЕСТНЫЕ ЖИТЕЛИ ГУЛЯЮТ НА СВЕЖЕМ ВОЗДУХЕ И ПОЛЬЗУЮТСЯ ВЕЛОСИПЕДАМИ ВМЕСТО АВТОМОБИЛЕЙ, улицы района становятся более безопасными и привлекательными для окружающих.

Дети, которые ходят в школу пешком или ездят на велосипеде, извлекают из такого способа передвижения жизненные уроки, благодаря изучению местности и взаимодействию со своими одноклассниками. Они приобретают уверенность благодаря своей независимости во время пешей ходьбы, езды на велосипеде и совместном использовании автомобилей.

Join Us For Walk and Roll to School Day

Walk, bike, carpool, or ride the bus to school on **[DAY/DATE]** and as often as you can.



Reduce carbon emissions
Reduce traffic congestion
Get exercise



Have fun
Travel safer
Encourage student independence

Sign up on your school's SchoolPool website. Find your school at:

<http://CommunitySchoolPoolURL>

[PLACEHOLDER FOR SCHOOL SPECIFICS]

School Name
School Address
Seattle, WA XXXXX

Phone number
email address
school website



Safe Routes to Schools supports children and families walking, biking, using a wheelchair, and carpooling to school and aims to improve traffic safety, provide health benefits, build community, and protect the environment for all.

Acompáñennos en el **Día de Caminar o Rodar a la Escuela**

Caminen, usen bicicletas o viajen en autobús a la escuela el **[DAY/DATE]** y tan seguido como puedan.



Reduzcan las emisiones de carbono
Reduzcan la congestión vehicular
Hagan ejercicio



Diviértanse
Viajen más seguros
Fomenten la independencia de los estudiantes

Regístrense en el sitio web de SchoolPool de su escuela. Encuentren su escuela en:

<http://CommunitySchoolPoolURL>

[PLACEHOLDER FOR SCHOOL SPECIFICS]

Nombre de la escuela
Dirección de la escuela
Seattle, WA XXXXX

Número de teléfono
Correo electrónico
Sitio web de la escuela



Rutas Seguras a la Escuela apoya a los niños y a las familias para que caminen, usen bicicletas, una silla de ruedas o compartan vehículos para ir a la escuela y tiene como objetivo mejorar la seguridad vial, proporcionar beneficios de salud, desarrollar la comunidad y proteger el medio ambiente para todos.

加入我們的行列，和我們一起慶祝走路 和騎腳踏車上學日

在 **DAY/DATE** 並盡您所能經常走路、騎腳踏車、共乘車輛或搭乘公車上學。



降低碳排放量
減少交通阻塞
做運動



享受樂趣
提升路途的安全性
鼓勵學生學習獨立

請在貴校的 SchoolPool 網站報名註冊。請在下列網站尋找您的學校：

<http://CommunitySchoolPoolURL>

[PLACEHOLDER FOR SCHOOL SPECIFICS]

學校名稱

學校地址

Seattle, WA XXXXX

電話號碼

電子郵件地址

學校網站



安全上學路線讓學童和家長可以走路、騎腳踏車、使用輪椅以及共乘車輛上學，目的是為了改善交通安全、提供健康上的益處、建立社交圈並保護這屬於大家的環境。

Отпразднуйте с нами день

«Добираемся до школы пешком и на колесах»!

Отправляйтесь в школу пешком, на велосипеде, совместно с другими на машине или на автобусе в **DAY/DATE** и как можно чаще.



Сокращайте выбросы углерода.
Сокращайте заторы на дорогах.
Будьте физически активными.



Получайте удовольствие.
Обеспечивайте большую безопасность поездок.
Развивайте независимость у учащихся.

Регистрируйтесь на веб-сайте программы SchoolPool, предлагаемой в вашей школе. Вы можете найти информацию о вашей школе на веб-сайте:

<http://CommunitySchoolPoolURL>

[PLACEHOLDER FOR SCHOOL SPECIFICS]

Название школы
Адрес школы
Seattle, WA XXXXX

Номер телефона
Адрес электронной почты
Веб-сайт школы



Программа безопасных маршрутов к школам выступает за поддержку условия, позволяющих детям и семьям добираться до школы пешком, на велосипеде или в инвалидном кресле, а также на совместно используемом автомобиле, и стремится к совершенствованию безопасности дорожного движения, обеспечению условий для поддержания здоровья, построения сообщества и защиты окружающей среды на благо всего населения.



SchoolPool - Easy as 1, 2, 3

1. Sign up

Work with your school administrator or principal to sign up on RideshareOnline.com.

2. Find a Match

To create a trip, enter your travel preferences and privacy options. Click save and SchoolPool will automatically show your ridematches.

3. Make Contact

To bike, walk or share a ride, call or email your best ridematches.

What is SchoolPool?

SchoolPool is a way to help you share rides with other parents at your child's school. Any public or private elementary, middle or high school can set up a SchoolPool program for free! Each parent decides whether or not to participate, and what kind of schedule works best for them.

Find out if your school is signed up by contacting rideshare@rideshareonline.com. To start a new program at your school, talk to your school administrator or principal and ask them to email or call 888-814-1300 and we'll get your school set-up.

At Your Fingertips

Toll-Free 888-814-1300 in Washington

208-345-POOL (7665) in Idaho

TTY Relay in Idaho & Washington

800-833-6388

rideshare@rideshareonline.com

Title VI Statement to Public: It is the Washington State Department of Transportation's (WSDOT) policy to assure that no person shall, on the grounds of race, color, national origin or sex, as provided by Title VI of the Civil Rights Act of 1964, be excluded from participation in, be denied the benefits of, or be otherwise discriminated against under any of its federally funded programs and activities. Any person who believes his/her Title VI protection has been violated, may file a complaint with WSDOT's Office of Equal Opportunity (OEO). For additional information regarding Title VI complaint procedures and/or information regarding our non-discrimination obligations, please contact OEO's Title VI Coordinator at (360) 705-7090.

Americans with Disabilities Act (ADA) Information: This material can be made available in an alternate format by emailing the WSDOT Diversity/ADA Affairs team at wsdotada@wsdot.wa.gov or by calling toll free, 855-362-4ADA(4232). Persons who are deaf or hard of hearing may make a request by calling the Washington State Relay at 711.

Alternative Format Available Upon Request

RideshareOnline.com
Carpool, bike or walk to school together



**Better for your kids,
better for the environment, and
better for the community.**

RideshareOnline.com
Powered by brilliant people. Like you.



SchoolPool gives you a recess from driving

SchoolPool is a free, secure ridematch service that connects you with other parents of kids who attend your child's school who want to carpool, bike or walk together.

Benefits of sharing the ride

- Make new friends
- Find safer ways to travel
- Reduce pollution and improve the air quality around your child's school

SchoolPool can find matches for biking and walking

For shorter trips to school, you may like your child to bike or walk but aren't comfortable having them travel alone. You can find biking trains and walking school buses (a group of children who walk or bike to school with a parent) using the online SchoolPool ridematching tool.

Ridematching tips

- To find the most ridematches, be flexible in your trip start and return times.
- If no match appears, select Advanced Search and deselect Trip Times Should Match.
- Sometimes individuals are more flexible on commute times when contacted.

Frequently Asked Questions

Q. How is SchoolPool Secure?

A. Each user has an individual account with a secure password. Users choose what information to share.

Q. Can I match only with other parents from my child's school?

A. Yes. Parents can choose to match only with other families from their child's SchoolPool network.

Q. Must I have a car in order to participate in the SchoolPool program?

A. No. You can choose to find a bike or walk buddy or your child can be a passenger in a carpool.

Q. What if I don't find any matches in the SchoolPool program?

A. Try again! Return to the site often and encourage families at your school to join the website. As SchoolPool catches on, you will find new ridematches.

Log your trips, watch your savings add up

Once signed in, click Calendar.

1. Select your mode of travel, add a few details and select the days you traveled.
2. Go back to your home page and watch your miles, cost savings and CO2 reductions add up!

Activity Planning Checklist

Use this checklist to get organized for your event, to spread the word to your community, and to solicit volunteers.

Summer or Beginning of the School Year	<input type="checkbox"/> Decide on date of event with the Principal
	<input type="checkbox"/> Get the date of event listed on the school's master calendar
	<input type="checkbox"/> Walk to School Day: register the event on the International Walk to School Day web site at www.iwalktoschool.org
	<input type="checkbox"/> Ask for approval to set up a welcome table on the morning your event day at the school's main entrance
	<input type="checkbox"/> Recruit a few parents volunteer s to staff your welcome table using the volunteer form
One Month Before	<input type="checkbox"/> Gather incentives to give to students who participate.
	<input type="checkbox"/> Walk/Park to School Day: Identify key neighborhoods and/or or central meeting locations, such as a nearby library or supermarket
	<input type="checkbox"/> Walk/Park to School Day: Recruit neighborhood captains to lead a group of walkers and/or bicyclists from their neighborhood. Ask them to help spread the word about gathering spots in their neighborhood and when to meet
	<input type="checkbox"/> Publish a principal letter or school newsletter article to publicize activities and meeting locations
	<input type="checkbox"/> Send an e-mail reminder to all Room Parents to forward to families
One – Two Weeks Before	<input type="checkbox"/> Notify your police department of the date and ask for a police escort from one of the meeting locations
	<input type="checkbox"/> Remind all volunteers
	<input type="checkbox"/> Make announcements over school PA system
	<input type="checkbox"/> Hang up event posters and fliers around the school and at central locations near the school
	<input type="checkbox"/> Distribute posters to local businesses
	<input type="checkbox"/> Send email reminders to families
	<input type="checkbox"/> Hand out leaflets or postcards to families as they drive to student drop off-area
	<input type="checkbox"/> Send press release to local media sources
	<input type="checkbox"/> Share stories in school newsletters throughout the month
<input type="checkbox"/> Organize a sign painting gathering with your school's Green Team, Student Council or a group of interested students	
<input type="checkbox"/> Encourage students and neighborhoods to get together to decorate their bikes and helmets	

Use this checklist to get organized for your event, to spread the word to your community, and to solicit volunteers.

Day-Of the Event	<input type="checkbox"/> Host a family/PTSA coffee table with volunteer information
	<input type="checkbox"/> Provide healthy snacks at front door
	<input type="checkbox"/> Hold a “How did the chicken cross the road” joke-telling contest
	<input type="checkbox"/> Have students sign in on and decorate a large piece of butcher paper
	<input type="checkbox"/> Take photos for the yearbook, newsletter and/or website
	<input type="checkbox"/> Use pedometers to track steps
Tracking Success	<input type="checkbox"/> Track total miles walks (by classroom, grade or whole school)
	<input type="checkbox"/> Set up a friendly competition between classes or grades
	<input type="checkbox"/> Use survey tools to count student travel modes
	<input type="checkbox"/> Share results: website, newsletter, assembly and PTSA meetings
Following Up	<input type="checkbox"/> Have a prize drawing and recognition at school assembly
	<input type="checkbox"/> Survey teachers and parents for feedback
	<input type="checkbox"/> Choose a champion for the next campaign

Thank you for making this day a memorable one for students and their families in King County!

Sample Press Release Template

FOR IMMEDIATE
RELEASE

October 16, 2017

CONTACT:

TBD

TBD

[CITY or SCHOOL (s)] to celebrate [EVENT] on [DATE]

[CITY] ([DATE]) – The City of [CITY NAME], [NAME] School District, principals, teachers, parents, caregivers, and students will participate in [EVENT NAME example: International Walk to School Day] on [DATE].

[If Walking School Bus, modify for other events:] “A Walking School Bus is a group of students walking to school with one or more adults,” said _____. “It’s a great way to get students excited about walking to school because they get to spend the morning trip into school with family and friends.” _____ added “We know that children who get regular physical activity, such as walking, are more alert and ready to learn.”

[NUMBER of] [SCHOOL DISTRICT/CITY] elementary schools ([SCHOOL NAMES]) will be participating in the [EVENT NAME]. The event will begin at [TIME] with students, parents, and community leaders gathering at designated Walking School Bus “Bus Stops. Each Walking School Bus will begin the walk into school at [TIME] and will arrive at school by [TIME].

[EVENT] is an activity of King County Metro’s SchoolPool Program. SchoolPool aims to create safer routes for walking and bicycling, encourage carpooling and taking the bus, and emphasize the importance of issues such as safety and increasing physical activity among children.

“Parents often cite safety issues as the main reason they do not allow their children to walk to school,” said _____. “Providing adult supervision, like through a [ACTIVITY example: Walking School Bus], may help reduce those worries for families who live within walking distance of their school.”

For additional information, please contact _____.

For additional information, please visit these websites:

King County Metro School Pool Program [INSERT URL]

National Center for Safe Routes to School www.saferoutesinfo.org

###

Template Social Media Posts

Use the following posts to promote active transportation and to get your school community excited about upcoming events.

- Health & Education messages:
 - Walking to school strengthens your child's bones and muscles, and boosts their mental health and academic performance. #KCMSchoolPool #HealthyKids
 - Kids who walk or bike to school arrive ready to learn! Increased concentration from walking to school lasts up to four hours after arriving at school. #KCMSchoolPool #Healthy/Safety hashtag] www.citylab.com/transportation/2013/02/kids-who-walk-or-bike-school-concentrate-better-study-shows/4585/
 - Being physically active helps our immune systems fight off those winter colds! Walk to school for an immune system boost. #KCMSchoolPool #SafeRoutestoSchool
 - Walking, biking and carpooling to school means better air quality for growing lungs around schools. #KCMSchoolPool #Healthy/Safety hashtag]
- Safety messages:
 - Families walking and biking to school make our streets safer for everyone! Sign up at [SchoolPool website] #KCMSchoolPool #SchoolZoneSafety
 - Carpooling to school reduces traffic at school. Less traffic = safer streets for kids! [SchoolPool website] #KCMSchoolPool #SchoolZoneSafety
 - Data shows that families driving children to school contributes to 10-14% of morning traffic. Carpooling to school reduces traffic and increases safety around schools. #KCMSchoolPool #SchoolZoneSafety [SchoolPool website]
 - The trip to school is a great time to ditch the family car, try a new way of getting around, and practice being safe and visible while walking. #KCMSchoolPool #SafeRoutestoSchool [SchoolPool website]
- Social & Community Benefits
 - Connect with neighbors on your walk, bike or carpool to school. Sign up for your neighborhood walking school bus, bike train or carpool: [SchoolPool website] #KCMSchoolPool #WalkingBus
 - Build community through joining your neighbors on the walk, bike or carpool to school. #KCMSchoolPool [SchoolPool website]
 - Green your commute. Green your wallet. Reduce money spent on gas by walking, biking and carpooling to school! Sign up at [SchoolPool website] #KCMSchoolPool
- Common Hashtags
 - #WalktoSchool or #WinterWalktoSchool
 - #SchoolZoneSafety
 - #SafeRoutes4All or #SafeRoutesforAll
 - #SaludTues
 - Or create your own, unique to your school or event

Principal Letter Template

[DATE]

[SCHOOL NAME] is celebrating International Walk [& Roll] to School Day on [DATE]. This year's theme is [Walk & Roll]. [ADD SCHOOL EVENT DETAILS].

On Walk [& Roll] to School Day students, families, and school staff are encouraged to walk, bike, take the bus or carpool to school instead of solo driving to:

- Practice and reinforce important traffic safety skills
- Promote active lifestyle choices for stronger and healthier bodies
- Increase the number of visible pedestrians and bicyclists, reminding drivers to be more careful on school routes
- Decrease traffic congestion and air pollution around our school
- Have fun traveling to school together!

In elementary school we have a short window of time to teach and practice traffic safety skills with students before they begin navigating the community more independently (around age 10).

Walk and bike with your children as often as possible, reinforcing the skills they will need to be independent, responsible and safe as a pedestrian or bicyclist, and eventually as a driver. Regular, supervised practice of basic traffic safety skills “hard wires” the habits of safe road users.

[CITY or SCHOOL] Walk [& Roll] to School celebration in the schools will culminate with the [CITY or SCHOOL] [NAME of CELEBRATION EVENT] on [DATE] at [LOCATION].

[EVENT DETAILS]: [EVENT NAME] is a family friendly event that encourages [CITY or SCHOOL] residents to walk, roll, bus and carpool more often for [PURPOSE, example: traveling to and from school]. This **free** event starts at [LOCATION] and runs from [TIME – TIME] and includes [FEATURES of the EVENT, examples: carpooling matching, free bike inspections, student safety activity, and route maps]. Families can depart from there [WITH VIP, IF APPLICABLE] to explore [EVENT DETAILS, example: different routes to walk or roll to/from school safely and have fun traveling together]. See [EVENT URL or FACEBOOK EVENT PAGE] for more information.

Join us for a FUN celebration of healthier, greener school commutes. Walk, bike, carpool or ride the bus to school on [DAY, DATE] and as often as you can the rest of the year. Please contact [NAME] if you are interested in volunteering for our Walk [& Roll] to School Day!

Sincerely,

[PRINCIPAL SIGNATURE]

PA Announcements and E-News Copy

Walk to School Day Initial Announcement

On [DAY AND DATE], [SCHOOL NAME] students will join others around the world who are choosing alternatives to solo driving to school by walking, rolling, riding the bus, and carpooling to celebrate International Walk to School Day. At [SCHOOL NAME], you can participate by walking, rolling, bussing or carpooling to school with your student, or sign up on the RideShareOnline.com/schoolpool web site to join [SCHOOL NAME] families who are getting out of their cars and joining others to share the school commute. Remember to model good behaviors however you choose to travel; here are some Safe Routes to School Tips.

In addition to walking, biking, skating, carpooling, or taking the bus during Walk & Roll to School, [DATES], students at [SCHOOL] can also participate by [PROVIDE INFORMATION ABOUT SCHOOL-SPECIFIC ACTIVITIES AND EVENTS].

Walk to School Day PA Announcements

Week Before the Event

[DAY OF WEEK], [Month Day] is [CITY or SCHOOL] Walk & Roll to School Day. Mark your calendar! (Are you doing that right now?!)

[INCLUDE APPROPRIATE ACTIVITIES FROM BELOW OPTIONS]

- Meet other students at [LOCATIONS] on [Month, Day] at [TIME] to [WALK OR ROLL] to school in a group. Sign up at [URL].com.
- Stop by our welcome table when you get to school to get a snack and a small reward for participating. We will be set up at [LOCATION].
- The press may be there. Let's make a big news splash for [choose: greener, active, healthy] school commutes!
- All students who bike, walk, carpool or ride the bus to school get a chance to win great prizes at our [TIME, LOCATION] raffle.
- Connect with other families in your area interested in participating at RideShareOnline.com/schoolpool to enjoy the trip to school together

Don't forget to brush up on your traffic safety skills! Check out the [\(Appendix A\)](#) for a reminder of how to walk, bike, carpool, and drive safely on the commute to school.

Day Before the Event

Tomorrow [SCHOOL NAME] is kicking off our Walk [& Roll] to School event! [If on National Walk to School day, include:] We'll join over 5,000 schools from all fifty states in an effort to increase walking and biking and choosing other alternatives to solo driving to get to school. There are four great reasons to walk or bike to school:

- Less traffic congestion
- Less pollution
- Walking & biking is healthy exercise
- It's FUN!!

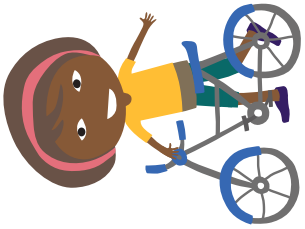
Remember to walk, bike, ride the bus or carpool to [SCHOOL NAME] tomorrow! [ADD SCHOOL EVENT DETAILS]. Connect with other students in your area at RideShareOnline.com/schoolpool and travel to school together. Get a reward for walking, biking, carpooling or riding. [Reward details]

Day of the Event

If you walked or biked to school today, congratulations...and THANK YOU! [If on National Walk to School day, include:] You joined nearly four million people in over forty countries worldwide who are participating in International Walk to School Day! Millions of students all over the world walk and bike to school because it's fun, it's good for you, and it's good for the environment! Thank you for joining the rest of the world today Walking [and Rolling]! The transportation choices we make every day can help to improve the health of our bodies and our planet. [If hand tallies are taking place: Make sure you and your classmates participate in the hand tally to make sure you get counted!]

SAFE ROUTES TO SCHOOL

PLEDGE



I, _____
pledge to try walking, biking, carpooling
or taking the bus/shuttle more often,
beginning today.



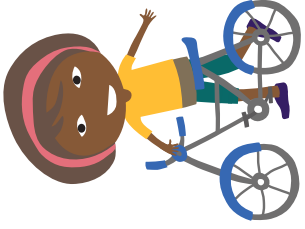
I will use foot-powered modes like walking
and biking _____ days per week.



I will share the ride by carpooling or riding
the bus or shuttle _____ days per week.

SAFE ROUTES TO SCHOOL

PLEDGE



I, _____
pledge to try walking, biking, carpooling
or taking the bus/shuttle more often,
beginning today.



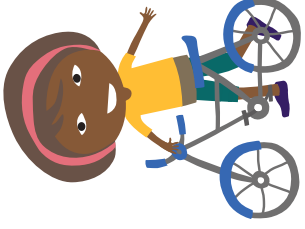
I will use foot-powered modes like walking
and biking _____ days per week.



I will share the ride by carpooling or riding
the bus or shuttle _____ days per week.

SAFE ROUTES TO SCHOOL

PLEDGE



I, _____
pledge to try walking, biking, carpooling
or taking the bus/shuttle more often,
beginning today.



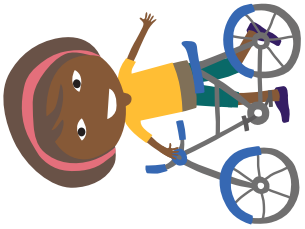
I will use foot-powered modes like walking
and biking _____ days per week.



I will share the ride by carpooling or riding
the bus or shuttle _____ days per week.

SAFE ROUTES TO SCHOOL

PLEDGE



I, _____
pledge to try walking, biking, carpooling
or taking the bus/shuttle more often,
beginning today.



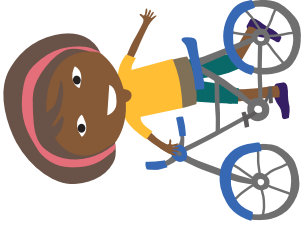
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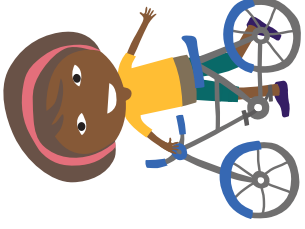
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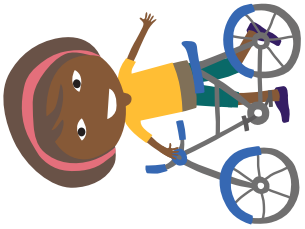
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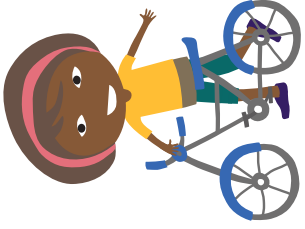
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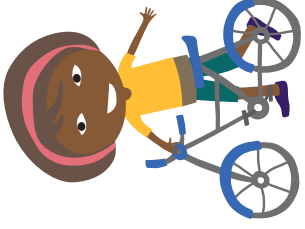
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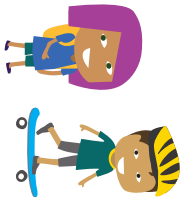


I will use foot-powered modes like walking
and biking _____ days per week.



I will share the ride by carpooling or riding
the bus or shuttle _____ days per week.

PUNCHCARD



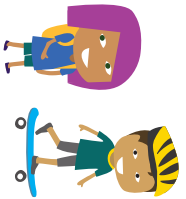
Get your card punched or stamped every day you walk, bike, carpool or take the bus/shuttle to school

NAME: _____

ROOM #: _____



PUNCHCARD



Get your card punched or stamped every day you walk, bike, carpool or take the bus/shuttle to school

NAME: _____

ROOM #: _____



PUNCHCARD



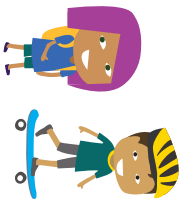
Get your card punched or stamped every day you walk, bike, carpool or take the bus/shuttle to school

NAME: _____

ROOM #: _____



PUNCHCARD



Get your card punched or stamped every day you walk, bike, carpool or take the bus/shuttle to school

NAME: _____

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PUNCHCARD



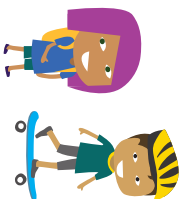
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NAME: _____

ROOM #: _____



PUNCHCARD



Get your card punched or stamped every day you walk, bike, carpool or take the bus/shuttle to school

NAME: _____

ROOM #: _____



Student Hand Tally Sheet

Instructions

- Please conduct these counts on Tuesday, Wednesday, or Thursday, not Monday or Friday.
- Ask your students “How did you arrive at school today?” Read through all the answer choices and define carpooling. Then read the answers a second time and ask your students to raise their hands. Each student may only answer once.
- Use the same procedure for “How do you plan to leave for home after school?” Then ask about students’ travel the day before or after.

School:

Teacher:

Grade:

Monday’s Date:

ARRIVAL & DEPARTURE TALLY SHEET

	Weather (sunny, rainy, overcast)	Number of Students in Class when counted	Walk	Bike	School Bus	Family Vehicle (with brothers/sisters only)	Carpool (with children from other families)	Public Transit (city bus, light rail, train, etc.)	Other (skateboard, scooter, etc.)
Tuesday AM									
Tuesday PM									
Wednesday AM									
Wednesday PM									
Thursday AM									
Thursday PM									

Student Hand Tallies

Dear Principal,

The [CITY NAME] SchoolPool program encourages local students to walk, bike, carpool, and take the bus to school.

We ask that you conduct a brief student hand tally to track how students travel to and from school. This survey is required by our funders and helps us assess the success of the program.

Student hand tallies are conducted in-class by [TEACHERS OR PROGRAM STAFF].

They will take no more than 5 minutes of class time.

Safe Routes to Schools supports children and families walking, biking, using a wheelchair, and carpooling to school and aims to improve traffic safety, provide health benefits, build community, and protect the environment for all.

Please conduct the hand tallies on [DATE]

If this date does not work for you, please hold the tallies as soon as you can, but please DO NOT tally on a week when your school is hosting an event such as International Walk to School Day.

What help do we need from you?

Identify a contact person at your school: Please let us know who in your administrative staff should be our primary contact for the student travel hand tallies. [We will check-in with that person when we arrive] [and they will collect the parent surveys from the teachers].

Inform your teachers of the tally: Please speak to teachers at your school and let them know that [we will be coming to their classroom for] [we are requesting that they complete] the brief tally. This is important to understand how students typically get to school and how the program changes families' transportation decisions over time.

Thank you for your support!

[Name]
[Email Address]
[Phone Number]

Learn more about the King County Metro Safe Routes to School Program
at: www.kingcounty.gov/metro/saferoutes

Student Hand Tallies

Dear Teacher,

[CITY NAME] SchoolPool program encourages local students to walk, bike, carpool, and take the bus to and from school.

We ask that you conduct a brief student hand tally to track how students travel to and from school. This survey is required by our funders and helps us assess the success of the program.

This will take no more than 5 minutes of class time.

Safe Routes to Schools

supports children and families walking, biking, using a wheelchair, and carpooling to school and aims to improve traffic safety, provide health benefits, build community, and protect the environment for all.

Instructions

First record the date, your name, and how many students are in the room on that day.

Before you begin, here are some things to cover with the students:

- Explain that you would like to know how students traveled to and from school. Note that students often go to after school activities, but they should indicate how they get home at the end of the day.
- Explain that 'family vehicle' means riding in a car with other family members who live at the same location, while 'carpool' means sharing a ride with friends or neighbors.
- Explain that you will be asking about students' travel for the previous day first, then ask about the current day.

Ask students to raise their hands to indicate how they travel to and from school.

For younger students, it can be easier to ask each student individually, rather than asking them as a group to raise their hands.

Return your survey to the school office when it is completed.

If you cannot complete the student travel hand tallies (or are in need of assistance), please contact [CONTACT].

Thank you for support!

[Name]

[Email Address]

[Phone Number]

Learn more about the King County Metro Safe Routes to School Program at: www.kingcounty.gov/metro/saferoutes

8. Has your child asked you for permission to walk or bike to/from school in the last year? Yes No

9. At what grade would you allow your child to walk or bike to/from school without an adult?

(Select a grade between PK,K,1,2,3...) grade (or) I would not feel comfortable at any grade

Place a clear 'X' inside box. If you make a mistake, fill the entire box, and then mark the correct box

10. What of the following issues affected your decision to allow, or not allow, your child to walk or bike to/from school? (Select ALL that apply)

11. Would you probably let your child walk or bike to/from school if this problem were changed or improved? (Select one choice per line, mark box with X)

- Distance..... My child already walks or bikes to/from school
- Convenience of driving..... Yes No Not Sure
- Time..... Yes No Not Sure
- Child's before or after-school activities..... Yes No Not Sure
- Speed of traffic along route..... Yes No Not Sure
- Amount of traffic along route..... Yes No Not Sure
- Adults to walk or bike with..... Yes No Not Sure
- Sidewalks or pathways..... Yes No Not Sure
- Safety of intersections and crossings..... Yes No Not Sure
- Crossing guards..... Yes No Not Sure
- Violence or crime..... Yes No Not Sure
- Weather or climate..... Yes No Not Sure

+ Place a clear 'X' inside box. If you make a mistake, fill the entire box, and then mark the correct box

12. In your opinion, how much does your child's school encourage or discourage walking and biking to/from school?

- Strongly Encourages Encourages Neither Discourages Strongly Discourages

13. How much fun is walking or biking to/from school for your child?

- Very Fun Fun Neutral Boring Very Boring

14. How healthy is walking or biking to/from school for your child?

- Very Healthy Healthy Neutral Unhealthy Very Unhealthy

+ Place a clear 'X' inside box. If you make a mistake, fill the entire box, and then mark the correct box

15. What is the highest grade or year of school you completed?

- Grades 1 through 8 (Elementary) College 1 to 3 years (Some college or technical school)
- Grades 9 through 11 (Some high school) College 4 years or more (College graduate)
- Grade 12 or GED (High school graduate) Prefer not to answer

16. Please provide any additional comments below.

8. ¿En el último año, le ha pedido permiso su hijo para caminar o andar en bicicleta hacia o desde la escuela? Sí No

9. ¿En qué grado permitiría que su hijo camine o ande en bicicleta solo a/o de la escuela?

(seleccione un grado entre PK,K,1,2,3...) grado o No me sentiría cómodo/a en ningún grado

¿Cómo llenar este formulario?: Escriba en letras MAYUSCULAS. Marque las cajas con "X"

10. ¿Cuáles de las siguientes situaciones afectaron su decisión de permitir, o no permitir, que su niño camine o ande en bicicleta hacia o desde la escuela? (marque todas las que correspondan)

11. ¿Probablemente dejaría que su hijo caminara o usara la bicicleta para ir a /regresar de la escuela si este problema cambiara o mejorara? (elija una respuesta por línea)

- Distance, Convenience, Time, Activities, Velocity, Quantity, Adults, Sidewalks, Safety, Guards, Violence, Weather. Each item has three checkboxes: Sí, No, No estoy seguro/a.

+ ¿Cómo llenar este formulario?: Escriba en letras MAYUSCULAS. Marque las cajas con "X"

12. En su opinión, ¿cuánto apoyo provee la escuela de su hijo a caminar y usar la bicicleta para ir o regresar de la escuela?

- Anima Fuertemente, Anima, Ni uno ni otro, Desalienta, Desalienta Fuertemente

13. ¿Qué tan DIVERTIDO es caminar o andar en bicicleta hacia o desde la escuela para su niño?

- Muy Divertido, Divertido, Neutral, Aburrido, Muy Aburrido

14. ¿Qué tan SANO es caminar o andar en bicicleta hacia o desde la escuela para su niño?

- Muy Sano, Sano, Neutral, Malsano, Muy Malsano

+ ¿Cómo llenar este formulario?: Escriba en letras MAYUSCULAS. Marque las cajas con "X"

15. ¿Cuál es el grado o el año más alto de educación que usted terminó?

- Grados 1 a 8, Grados 9 a 11, Grado 12 o GED, Universidad 1 a 3 años, Universidad 4 años o más, Prefiero no contestar

16. Por favor proporcione comentarios adicionales:

Empty text box for additional comments.

The page intentionally left blank.

King County Metro

SAFE ROUTES TO SCHOOL toolkit



APPENDIX B

Appendix B.

IMPLEMENTATION TOOLKIT

Education Materials 91

Encouragement..... 100

Enforcement111

Engineering /Infrastructure 113

Evaluation116

Education Materials

Classroom Curriculum & Skills Training

What?	<p>Teach students about traffic rules, their transportation options, and how to safely navigate age-appropriate situations. This matrix provides curricula and lesson plan options for educators to reference and implement with students in grades kindergarten through twelfth grade.</p> <p>These lessons apply to physical education, health, geography, social science, science, and math classes. Each resource identified includes an explanation of the key takeaways and the target audience.</p>
Who?	<p>Pedestrian: Kindergarten-12th grade</p> <p>Bike: 2nd-12th grade</p> <p>Transit: Kindergarten – 12th grade</p> <p>Carpool: 4th – 6th grade</p>
When?	Hold as regularly as possible, with safety training and skills elements in the spring and fall
How?	<p>The materials can be part of an in-class math, science, writing, geography, or health lesson or implemented during a PE class. See the Curriculum Matrix below for recommended curriculum by topic and grade.</p> <p>Use this matrix in the following ways that best suits your teaching needs:</p> <ul style="list-style-type: none"> • Pull one or more individual lesson plans from the matrix or from the curricula themselves, • Choose and combine lesson plans from different curriculum, • Implement an entire curricula,
Equity + Accessibility	<ul style="list-style-type: none"> • Provide adaptive bicycles with trained support staff for students with physical challenges • Use age-appropriate curriculum for a range of grade levels • Provide bicycles so all students can participate

Table 1. Elementary School Pedestrian & Bicycle Safety & Skills Curricula

Resource	Audience	Key Takeaways
Pedestrian Safety & Skills Curricula		
NHSTA's Child Pedestrian Safety Education (Teachers full PDF Guide)	K – 5	This thorough child pedestrian safety curriculum teaches and encourages pedestrian safety. The curriculum includes lesson plans, assessment guides, student response forms and parent/caregiver tip sheets in Spanish for broken into the following age categories: K – 1, 2 – 3, 4 – 5. It is organized into five lessons per age group: walking near traffic, crossing streets, crossing intersections, parking lot safety, and school bus safety.
K-5 Let's Go NC Walking	K – 5	This thorough curriculum includes five safety lesson concepts on walking near traffic, crossing streets, crossing intersections, walking near school buses and walking in parking lots. Lesson plans are broken into the age categories of: K – 1, 2 – 3, 4 – 5. These lesson plans include outside/physical education class activities and in-class activities.
K-5 Alameda County SR2S Educator's Guide	K – 5	This easy to follow curriculum provides clear and attractive activities and in-class or take-home activities and handouts. It covers pedestrian safety materials using already made visual materials for teachers and

Resource	Audience	Key Takeaways
students. This curriculum provides lesson plans for outside/physical education class activities and in-class activities. . Lesson plans are broken into the age categories of: K – 1, 2 – 3, 4 – 5.		
Bicycle Safety & Skills Curricula		
Pedestrian & Bicycle Information Center: Bicycle Safer Journey	K – 5	This resource provides videos in English and Spanish on how to ride a bike, when and where to ride, and other bicycle safety tips. Additionally, it contains English and Spanish quizzes for evaluating learning and parent/caregiver tip sheets to send home. Lessons are broken up by age ranges. Applicable to these grades are the materials for Ages 5 – 9 .
BTA's Grades 4-7 Safe Routes for Kids Bicycle Safety Program Curriculum (3rd ed)	4 – 5	This curriculum teaches traffic savvy bicycle safety through classroom activities and on-the-bike skills practice. Students learn content on bicycle traffic laws, hazards, helmets, gear, and bike parts. Bicycle handling skills include learning stopping, controlling, and signaling. Finally, lessons on street safety include information on riding with traffic and intersection safety. Lesson plans applicable to grades 4 through 7, but easily tailored to remain at the 4 th to 5 th grade level.
Mapping & Geography Curricula		
Alameda SR2S K-1 : Lesson plan: Walking Makes Sense	K – 1	This lesson plan focuses on Geography & Sensory Skills. Using their senses, students gather information about their neighborhoods. Students take a walk around their school neighborhood paying attention with their senses and then go on a Pedestrian Safety Scavenger Hunt. Students can use this as an opportunity to practice Smart and Safe Pedestrian behaviors.
Alameda 2-3 : Lesson plans: Intersections Galore, Walk Around the Block, Active Travel Choices, Pollution Solutions.	2 – 3	These lesson plans integrate pedestrian and bicycle safety skills into math, graphing, environmental science and mapping exercises. Pedestrian safety skills focus on intersections, crossings, walking as a group, and traffic signs. Math skills include graphing, charting, addition, and comparing numbers. Environmental health skills incorporate lessons on CO2 conversation and energy expenditure while being active.
Alameda 4-5 : Lesson plans: School Safety Audit, My Safe Route to School, What's in Our Air?, Let's Carpool!	4 – 5	Students learn and apply pedestrian safety and mapping skills, while planning and conducting their walk audits or mapping their routes to school. In analyzing routes, audits, and behaviors, students can build critical thinking skills. The lesson plans also provide education on community activism, advocacy and critical thinking.
Alameda Safe Routes to School Walk & Roll Day In-Class Guide	K – 5	The activities in this section are great for reviewing concepts, preparing for Walk and Roll to School Days, or to do as a culminating activity. Walk and Roll Art Studio and What's Your Story are designed to work with grades K - 5. Walk and Roll Team Trivia and What's the Speed Limit? are more appropriate for grades 3 - 5.
Iowa Bicycle Coalition: Kids on the Move Bicycle and Pedestrian Safety Curriculum	K – 5	This curriculum focuses on integrating SRTS education into health, language arts, social studies and science. Students will understand how walking, biking, and riding a bus promote good personal and environmental health; how to be safe while walking, biking, and riding in a car and bus using proper equipment and safety behaviors. The curriculum includes classroom and physical education activities, worksheets, and quizzes.

Resource	Audience	Key Takeaways
Transit & Carpooling Curricula		
TriMet: Teaching Transit: Resources for Educators	K – 5	TriMet’s collection of Earl P. Nutt’s short movies, puzzle books, and activity sheets teach students about safety in using public transit, as well as walking and bicycling near and around public transit infrastructure.
Minneapolis Metro Transit: Metro Man & Lightrail Lady	4 – 5	This video teaches students about safety and responsibility in riding public transit.
Bay Area Air Quality Management District: Protect Your Climate Curriculum – Lesson 14 Car Tally	4 – 6	This lesson plan allows students to observe their environment, count and analyze data and explore carpooling as a way to reduce emissions from single family vehicle trips.

Table 2. Middle School Pedestrian & Bicycle Safety & Skills Curricula

Resource	Audience	Key Takeaways
Pedestrian Safety & Skills Curricula		
WA State OSPI Bike & Pedestrian Safety Education Program (Lessons 2, 3 & 8)	6 – 8	Lesson plans in this curriculum focus on pedestrian safety rules (lesson 2), safety skills and practices such as being seen (lesson 3), and assessing the safety of the pedestrian environment (lesson 8).
Bicycle Safety & Skills Curricula		
Pedestrian & Bicycle Information Center: Bicycle Safer Journey	6 – 8	This resource provides videos in English and Spanish on how to ride a bike, when and where to ride, and other bicycle safety tips. Additionally, it contains English and Spanish quizzes for evaluating learning and parent/caregiver tip sheets to send home. Lessons are broken up by age ranges, applicable to this grade set are the materials for Ages 10 – 14 .
BTA’s Grades 4-7 Safe Routes for Kids Bicycle Safety Program Curriculum (3 rd ed)	6 – 7	This curriculum teaches traffic savvy bicycle safety through classroom activities and on-the-bike skills practice. Students learn content on bicycle traffic laws, hazards, helmets, gear, and bike parts. Bicycle handling skills include learning stopping, controlling, and signaling. Finally, lessons on street safety include information on riding with traffic and intersection safety. Lesson plans applicable to grades 4 through 7, but easily tailored for the 6 th and 7 th grade level.
American Alliance for Health, Physical Education, Recreation and Dance: Bikeology Curriculum: Part 1, Part 2, & Parent Guide	6 – 8	This bicycle safety curriculum is tailored for grades 6 – 12 to be used in physical education and recreation programming. It is aligned with the National Standards for K-12 Physical Education and includes lessons and assessments for the skills and knowledge students need to enjoy a lifetime of safe bicycling. Lessons provide extensive skill building opportunities on learning how to safely ride and maintain a bicycle in a variety of settings. It also includes a guide to share with parents that provides ways in which they can support safe bicycling, including guidance on selecting an appropriate bicycle and helmet for their child.

Resource	Audience	Key Takeaways
Pedestrian & Bicycle Combined Curricula		
WA State OSPI Bike & Pedestrian Safety Education Program	6 – 8	This comprehensive bicycle and pedestrian skills curriculum focuses heavily on skill building in physical education and health. Walking lesson plans include skills for choosing routes, crossing streets safely, and assessing barriers to walking. Biking lesson plans include traffic principles, communication, handling skills, and encouragement for enjoyment of riding a bike for life.
Health, Science, Math Curricula		
Colorado Department of Transportation: Core Subject Lesson Plans : Eco Points Score Card, Traffic Tally, Transportation Efficiency	6 – 8	These CDOT lesson plans integrate math, science and health concepts by assessing health and environmental impacts of transportation choices, and comparing energy consumption and exertion based on transportation mode.
RideShare Online: Commuter Cost Savings and Trip Calendar	6 – 8	RideShare Online provides various tools on calculating commute costs and logging trips. It also includes information on transportation options and transportation safety.
Oregon Department of Transportation: Neighborhood Navigators Curriculum	6 – 8	This curriculum explores how our travel mode choices affect the environment. The lessons examine how our history of travel affects our choices and habits today.
GetFit TN: Kids Calorie Counter	6 – 8	This tool can complement health and science lesson plans on energy consumption of food and energy exertion based on activities. Information and calculators are organized into “fuel,” “move” and “recharge” categories.
Active Transportation Alliance: Unlocking Your Future: Transportation Lessons for Middle School	6 – 8	This curriculum connects physical activity and career exploration with active transportation learning. Lesson plans include education on urban planning, health, bicycle safety and bicycle components, geography and environmental law.

Transit & Carpooling Curricula

Bay Area Air Quality Management District: Protect Your Climate Curriculum – Lesson 14 Car Tally	4 – 6	This lesson plan allows students to observe their environment, count and analyze data and explore carpooling as a way to reduce emissions from single family vehicle trips.
TriMet: Teaching Transit: Resources for Educators	4 - 8	TriMet’s collection of Earl P. Nutt’s short movies, puzzle books, and activity sheets teach students about safety in using public transit, as well as walking and bicycling near and around public transit infrastructure.
Minneapolis Metro Transit: Metro Man & Lightrail Lady	4 – 8	This video teaches students about safety and responsibility in riding public transit.
National Highway Traffic Safety Administration: Safe Routes to School Classroom Activities : Transit Field Trip and Transit to Careers	6 – 8	These exercises give students an opportunity to learn about and experience public transportation, as well as how to combine walking and biking with using public transit.
Transportation Careers: Transportation Planning for Middle School	6 – 8	These lesson modules teach middle school students about mass transit systems through activities on designing routes and integrating various modes of transportation within their transportation network.

Table 3. High School Pedestrian & Bicycle Safety & Skills Curricula

Resource	Audience	Key Takeaways
Bicycle Safety & Skills Curricula		
American Alliance for Health, Physical Education, Recreation and Dance: Bikeology Curriculum: Part 1, Part 2, & Parent Guide	9 – 12	This bicycle safety curriculum is tailored for grades 6 – 12 to be used in physical education and recreation programming. It is aligned with the National Standards for K-12 Physical Education and includes lessons and assessments for the skills and knowledge students need to enjoy a lifetime of safe bicycling. Lessons provide extensive skill building opportunities on learning how to safely ride and maintain a bicycle in a variety of settings. It also includes a guide to share with parents that provides ways in which they can support safe bicycling, including guidance on selecting an appropriate bicycle and helmet for their child.
Pedestrian & Bicycle Information Center: Bicycle Safer Journey	9 – 12	This resource provides videos in English and Spanish on how to ride a bike, when and where to ride, and other bicycle safety tips. Additionally, it contains English and Spanish quizzes for evaluating learning and parent/caregiver tip sheets to send home. Lessons are broken up by age ranges, applicable to this grade set are the materials for Ages 15 – 18 .
Transit & Carpooling Curricula		
American Public Transportation Association: Public Transportation Curriculum	9 – 12	This thorough curriculum provides modules that explore public transportation’s history, governance, finance, policy, planning and design, service planning, and technology and trends. Each module includes a powerpoint and reading materials.
Transportation Careers: Transportation Planning for High School and for Middle School	9 – 12	These lesson modules teach high school students about mass transit systems through activities on designing mass transit routes, bicycle paths, and walkways within their transportation network.
National Highway Traffic Safety Administration: Safe Routes to School Classroom Activities : Transit Field Trip and Transit to Careers	9 -12	These exercises give students an opportunity to learn about and experience public transportation, as well as how to combine walking and biking with using public transit.

Crossing the Intersection: Example Lesson Plan Overview

Suggested Grade Level K - 1

Suggested Time 25 minutes

Setting Auditorium, classroom, or gymnasium

Learning Style Access Auditory, kinesthetic, visual

Overview

To understand the complexities and differences between crossing the street and crossing an intersection.
To develop the skill of looking behind after looking to the left, to the right, and again to the left.

Materials

Overhead/Handout K.3.1; Overhead/Handout K.3.2; "Walk/Don't Stop" Sign K.3.3; "Intersection Crossing Activity" Graphic K.3.4; "Safe Crossing Steps" Cut-Out Sheet K.3.5 (*optional*); Concentration Cards K.3.6 (*optional*); 3 Boxes; scissors (*optional*).

Vocabulary

Intersection, crosswalk, pedestrian signal, push-button.

Modifications for Children with Disabilities

Hyperactive students should be selected as helpers "flipping their boxes," for the "Checking for Understanding" activity, have some pieces already cut. Have a class-set of all pictures and give to students instead of using an overhead.

Modifications for Use in Low Income Schools

Can be done just drawing letters, numbers, or shapes on white pieces of paper, doesn't require full-color printouts.

Impressions

Great for a non-lecture lesson. Kids get involved helping and out of their chairs practicing. You could practice in a classroom by moving the furniture, or move to a hallway/gym. In an auditorium, you could do a demonstration with a handful of students and focus on the visuals instead.

Source Maryland Pedestrian and Bicycle Safety Education Program

Bicycle Rodeos

What?	A course made up of individual skill practice stations that teach bike safety checks, helmet fitting, and rules of the road through practice.
Who?	Elementary school: focus on basics, signage, rules of the road Middle & high school: include decision-making and lights Family: discuss family biking, modeling good behavior
When?	Incorporate into health fairs, back to school events, Walk and Bike to School days, and local events. Hold rodeos during school hours as part of a P.E. class or after school
How?	Bicycle rodeos reinforce safety practices and build confidence among young bicyclists by having them practice specific skills at stations in a safe, controlled, supportive environment. Students practice the rules of the road, have their helmet properly checked, and practice riding their bikes in a supervised bicycle course. In-school bicycle rodeos are best paired with in-class curriculum and are most effective when held over multiple days.
Equity + Accessibility	<ul style="list-style-type: none">• Provide an introduction for first-time riders regardless of age• Provide adaptive bicycles for students with physical challenges• Have bicycles available for students to use, so those who don't own a bike can participate• If students may bring their own bicycles, include a mandatory safety check station to ensure the bikes are safe to ride and an appropriate size
Resource + Examples	<ul style="list-style-type: none">• Cornell University Organizer's Guide to Bicycle Rodeos - www.bike.cornell.edu/pdfs/Bike_Rodeo_404.2.pdf• Marin County Safe Routes to School Rodeo Manual - www.saferoutestoschools.org/pdfs/lessonplans/RodeoManualJune2006.pdf• Colorado Department of Transportation's Organizing a Bike Skills Rodeo - www.codot.gov/programs/bikeped/safe-routes/training-curriculum/training/bicycle-rodeo• Kidical Mass - www.kidicalmass.org/• Cascade Bicycle Club Bike Rodeos: www.cascade.org/bike-rodeos

Parent & Caregiver Education

What?	Providing transportation safety reminders, information about the benefits of walking, biking, skating, and carpooling and outreach for SRTS activities encourages parents and caregivers to stay safe, get involved, and be good role models for their students.
Who?	Parents and caregivers, primarily of elementary and middle school-age students
When?	Focus on the beginning of the school year and continue throughout the year
How?	<p>Teach parents and caregivers the safe behaviors that they can model when walking, biking, and driving. Provide information about the benefits of active transportation and share reminders about upcoming SRTS activities and events.</p> <p>Fliers, handouts, and social media posts are all good ways to reach out to parents and caregivers. Back-to-School night, parent/teacher conferences, and daylight savings time can also be a good time to provide safety reminders. See SchoolPool and Back to School Blitz for more suggestions to kick off the school year with outreach to parents.</p>
Equity + Accessibility	<ul style="list-style-type: none">• Connect families to free/low-cost local active transportation resources like Earn-a-Bike• Provide materials in multiple languages• Provide print materials for families with limited internet and/or computer access• Provide tips for how families who are too far to walk and roll to get involved, such as designated park-and-walks or tracking weekend trips
Resource + Examples	<ul style="list-style-type: none">• King County Metro has SRTS outreach materials, including a brochure, tips sheet for safe walking, biking, carpooling, and driving, an outreach banner, and poster/flier. https://kingcounty.gov/depts/transportation/metro/travel-options/rideshare/programs/schoolpool/safe-routes.aspx• Use SchoolPool to connect with other parents of kids who attend your child's school and carpool, walk, or bike together for the school commute.• Spare the Air Youth Parent Champion Guidebook - www.sparetheairyouth.org/sites/all/themes/mtc/images/pdfs/STA_guidebookParents_FINAL_WEB.pdf

Encouragement

Encouragement activities are events about generating excitement and having fun walking, biking, bussing or carpooling. They are meant to inspire families and the school community to get involved with rewards for participation.

SchoolPool

- What?** RideshareOnline's SchoolPool program is a secure, free way to help families share rides with other parents at the school. Families can log their trips using the SchoolPool calendar and track miles, cost savings and CO2 reductions.
- Who?** School administrators or principals at public or private elementary, middle or high schools in King County can set up a SchoolPool program for free.
- When?** The SchoolPool website is available year-round, but schools should consider promoting it at the beginning of the year as part of a Back to School Blitz or while promoting other encouragement activities.
- How?** Once the school is registered with SchoolPool, include a link to the website in all outreach materials. Parents can sign up and enter their travel preferences and privacy options, and SchoolPool provides ride matches to help families join a carpool, Walking School Bus or Bike.

Ridematching tips:

- To find the most ridematches, be flexible in your trip start and return times
- If no match appears, select Advanced Search and deselect Trip Times Should Match
- Sometimes individuals are more flexible on commute times when contacted

Each user has an individual account with a secure password. Users choose what information to share. Parents can choose to match only with other families from their child's SchoolPool network.

- Equity + Accessibility**
- Provide materials in multiple languages and provide translation services if needed
 - Remind parents that they don't need a car to sign up; they can find a walking or biking buddy or their child can be a passenger in a carpool
- Resource + Examples**
- www.rideshareonline.com/Schoolpool/default.html
 - metro.kingcounty.gov/tops/van-car/programs/schoolpool/

Back to School Blitz

What?	A focused period of outreach to families at the beginning of the school year to promote safety and encourage transportation options.
Who?	All ages, including families and students
When?	Beginning of the school year, as well as at the end of the year for families changing schools, such as 5th and 8th grade students
How?	<p>Families set transportation habits during the first few weeks of the school year and may not be aware of the multiple options available and default to driving to school in the family car. A “Back to School Blitz” focuses outreach right before school starts and at the beginning of the school year to promote walking, rolling, bussing, and carpooling for the school commute.</p> <p>Specific ideas for the Back to School Blitz include:</p> <ul style="list-style-type: none">• Provide safety tip sheets, SRTS brochures, SchoolPool information, and other materials highlighted in Appendix A to promote transportation options.• Hold community walks or rides to schools before the start of the school year to encourage families to test their route without the pressure of getting to class on time.• Promote SchoolPool as a way of organizing carpools and walking/biking groups.• Kick-off SRTS events with Walk to School Day in October (see Walk & Roll to School Days)
Equity + Accessibility	<ul style="list-style-type: none">• Provide materials in multiple languages and provide translation services if needed• Work with existing community groups to reach a wider audience
Resource + Examples	<ul style="list-style-type: none">• Address the Behavior of Parents and Caregivers (SRTS) - apps.saferoutesinfo.org/lawenforcement/resources/parent_ed.cfm• Let’s Move - www.letsmove.gov/• Spare the Air Youth Back to School Blitz - www.sparetheairyouth.org/back-school-blitz

Walk & Roll to School Days

What?	Events that encourage students and their families to try walking, rolling, bussing, or carpooling to school.
Who?	All ages
When?	International Walk to School Day in October and Bike to School Day in May, or promote monthly or weekly Walk & Roll to School Days, such as Walking Wednesdays or Feet First Fridays
How?	<p>Walk & Roll to School Day events in October and May are great ways to get students and families to give walking or rolling to school a try. These events can be simple or elaborate. Either way, the camaraderie, safety tips, and additional support inspire people to try out a new way to get to school. Here are some tips for planning the day:</p> <ul style="list-style-type: none">• Promote Walk & Roll to School Day events through press releases, backpack/folder/electronic mail, newsletter articles, and posters.• The event planning team can work with local businesses, such as grocery stores, to provide donations to students participating in events.• A celebration at school can follow the morning event, such as an awards ceremony, lunch time party, or a raffle. Other fun events to incorporate can include Biking for Cocoa (provide hot chocolate for people biking), themed assemblies, or themed bike rides.• Walk & Roll to School Day could include opportunities for students to travel to school together, with trusted adults. See below for information about a Walking School Bus or Bike Train or for all students to participate through carpooling and bussing, especially if they live too far from school to walk or bike.• Register your event with Walk & Roll to School and to join thousands of others participating in the event around the country, tap into their resources, get free incentives, and publicize your hard work.
Equity + Accessibility	<ul style="list-style-type: none">• Park & Walk program for families that live too far from school to walk or bike• Collaborate with community based organizations to provide materials and staff or volunteers who speak multiple languages
Resource + Examples	<ul style="list-style-type: none">• Seattle Department of Transportation Walk/Bike to School Day Blog - http://sdotblog.seattle.gov/2016/10/05/international-walkbike-to-school-day/• International Walk to School - www.iwalktoschool.org/• Walk Bike to School - www.walkbiketoschool.org/• MnDOT Walk and Bike to School Day Webinar - www.dot.state.mn.us/saferoutes/toolkit.html• Washington Safe Routes to School - www.saferouteswa.org/schools.aspx

Walking School Bus or Bike Train

What?	A group of students walking or biking to school together with adult volunteers or paid staff.
Who?	Walking school bus: elementary school students and their parents, neighbors, and grandparents Bike train: middle and high school students
When?	Launch at a Back-to-School Night or Walk to School Day and build to weekly and daily routes, depending on interest and volunteer capacity
How?	<p>A walking school bus is a group of students with a trained adult volunteer who walk together to and/or from school. It can be as informal as two families taking turns walking their students to school, to a structured route and schedule with rotating adult leaders. The Bike Train is a variation of the School Bus where students ride their bikes to school with adult leaders.</p> <p>The group has an established route and picks up students from their homes or at designated stops, at pre-arranged times. The program can be a one-time event for Walk to School Day, or routes may operate daily, weekly or monthly.</p> <p>Provide basic bike safety training for participants (see Appendix B. Classroom Curriculum & Skills Training), safety tips sheets for families (see Appendix A. Safety Tip Sheets), and designate an adult volunteer to lead and sweep.</p> <p>Cities and districts can support walking school buses by providing maps of where students live, so volunteers can form groups with nearby families, and suggested routes to school, so the group knows the best route to take. They can encourage families to sign up for SchoolPool to find matches for their walking or biking group.</p> <p>Start simple and make it fun!</p>
Equity + Accessibility	<ul style="list-style-type: none">• Provide outreach and safety materials in multiple languages• Work with community groups to reach a wider volunteer audience, such as older adults• Integrate with a Park & Walk Program, so students who live far from school can participate
Resource + Examples	<ul style="list-style-type: none">• SchoolPool enables families to form walking, biking, and carpool groups - www.rideshareonline.com/Schoolpool/default.html• The Walking School Bus Program: A Primer and First Steps - http://apps.saferoutesinfo.org/training/walking_school_bus/• Spare the Air Youth School Pool Guide - www.sparetheairyouth.org/schoolpool-guidebook/#vertical5• Portland Bike Train - www.biketrainpdx.org/• El Monte Walking School Bus- www.amigosdelosrios.org/2017/08/walking-school-bus/• Cascade Bicycle Club Bike Train Tips https://www.cascade.org/learn-youth-programs-bike-school/bike-trains

Competitions & Incentives

What?	Competitions that create awareness and excitement about transportation alternatives.
Who?	Elementary school: Focus on walking and small incentives for all participants Middle and high school: Provide larger raffle prizes, consider having clubs coordinate events
When?	Host competitions and incentive programs annually, possibly in conjunction with International Walk to School Day (October), Earth Day (April) or Bike Month (May).
How?	A competition where students track their trips encourages families to try alternatives to driving in the family car. This program can be implemented as an opt-in club, a classroom activity, or a collaborative school-wide event. Students track trips or their cumulative mileage made by walking, rolling, or carpools using SchoolPool, a classroom poster, or a punch card. Participants can earn prizes such as a Golden Sneaker Award, pizza/ice cream party, or raffle entry.
Equity + Accessibility	<ul style="list-style-type: none">• Integrate with a Park & Walk Program so students who live far from school can participate• Address barriers to participation (lack of a bike, lock, helmet) before launching competitions
Resource + Examples	<ul style="list-style-type: none">• City of Seattle Department of Transportation SRTS Incentives- www.seattle.gov/transportation/saferoutes_incentives.htm• National Center for Safe Routes to School Guide - guide.saferoutesinfo.org/encouragement/mileage_clubs_and_contests.cfm• Fire Up Your Feet - www.fireupyourfeet.org/• Marin County (CA) Pollution Punchcard - www.saferoutestoschools.org/SR2Simages/Pollution-Guide-09-2.pdf• Golden Sneaker Award Guidebook (Marin County, CA) - www.tam.ca.gov/Modules/ShowDocument.aspx?documentid=494

Park & Walk Program

What?	A Park & Walk program encourages families to park several blocks from school and walk the rest of the way to school.
Who?	All ages, with a focus on elementary schools with larger numbers of students who live too far to conveniently walk or bike to school
When?	To begin, include with walk and roll to school days. As interest grows, Park & Walk programs can be held as often as capacity allows.
How?	<p>A Park & Walk program identifies an off-site location for students to gather and walk to school. In situations where distance, safety concerns, or a disability prevents students from walking or biking to school, organizing a Park & Walk Program can be an inclusive option so all students can participate in SRTS activities.</p> <p>The SRTS team should coordinate with nearby schools to identify parking lots that are typically vacant or unused during school drop-off and pick-up times. Parks, churches, or malls with large parking lots may be willing to share their space.</p> <p>Communities can use SchoolPool to organize a carpool, Walking School Bus or Bike Train from a nearby gathering place.</p>
Equity + Accessibility	<ul style="list-style-type: none">• Meet at a community gathering place such as a park or a church to make sure all community members feel comfortable participating.• Publicize Park & Walk opportunities whenever promoting bicycling or walking to school
Resource + Examples	<ul style="list-style-type: none">• National Center for Safe Routes to School Guide - http://guide.saferoutesinfo.org/encouragement/park_and_walk.cfm• Park and Walk Guide (United Kingdom) - www.buckscc.gov.uk/bcc/transport/park_walk.page• Bus Stop & Walk (Minneapolis, MN) - http://emss.mpls.k12.mn.us/bus_stop_walk

Dump the Pump Carpool Day

What?	Dump the Pump Carpool Day encourages families to carpool or try an alternative way of getting to school rather than individual families driving the family vehicle.
Who?	All ages, including families and students
When?	To begin, include with Walk & Roll to School days. Led by the American Public Transportation Association, transit agencies celebrate National Dump the Pump Day typically during the second week of June. This may be too late in the academic calendar year to occur while school is in session.
How?	Dump the Pump Carpool days can occur with the national non-school related event in June, if school is still in session, or as a complement to Walk & Roll to School days for students who may experience obstacles to walking or rolling to school. <ul style="list-style-type: none">• Promote Dump the Pump Carpool Day through press releases, backpack/folder/electronic mail, newsletter articles and posters, including instructions on connecting with nearby families and forming carpools using SchoolPool• The event planning team can work with local businesses, such as grocery stores, to provide donations to students participating in events• A morning reward such as “Cocoa for Carpoolers” can be ready for those who have arrived by carpool
Equity + Accessibility	<ul style="list-style-type: none">• Hold a Carpool Kick Off table at a school event, PTA meeting, or other parent-attended event to connect families in neighborhoods in person, rather than relying solely on an internet platform.• Collaborate with community based organizations to provide materials and staff or volunteers who speak multiple languages
Resource + Examples	<ul style="list-style-type: none">• King County Metro Carpool Safety Tip Sheets (Appendix A)• American Public Transportation Association’s Dump the Pump online toolkit - www.apta.com/members/memberprogramsandservices/advocacyandoutreachtools/dumpthepump/Pages/toolkit.aspx• Spare the Air Youth SchoolPool: carpool materials available in English, Spanish and Chinese - www.sparetheairyouth.org/carpooling• Safe Routes to School Marin County Carpool Promotion materials - www.saferoutestoschools.org/toolkit.html• Alameda County Safe Routes to School Cocoa for Carpools - http://alamedacountysr2s.org/plan-an-event/cocoa-for-carpools/

Bike Repairs & Earn-A-Bike Program

What?	Bike Repair Programs teach students how to work on bikes. Earn-a-Bike Programs allow students to keep the bike they work on.
Who?	Middle and high school students, potentially through a vocational education or technical education program
When?	Can be ongoing throughout the school year.
How?	Learning how to repair your own bicycle is an important part of building confidence and knowledge. Up to 50 percent of students do not ride their bikes due to minor issues, such as a flat tire or worn out brakes. Through Bike Repair and Earn-a-Bike Programs, students learn about bike maintenance, build teamwork skills, problem solving, and make friends. Earn-a-Bike Programs provide students with a bike who may not otherwise have access to this inexpensive, fun mode of transportation.
Equity + Accessibility	<ul style="list-style-type: none">• Can be integrated into an after-school club.• Seek bicycle donations, so that students don't need to own a bicycle to participate.
Resource + Examples	<ul style="list-style-type: none">• Tips for Involving Bike Shops in SRTS - http://www.saferoutespartnership.org/sites/default/files/pdf/BikeShopsWebinar-TipSheet_FINAL.pdf• BikeMobile is a mobile bicycle repair clinic that offers schools, community organizations, and public events in Alameda County, CA - http://www.bike-mobile.org/• Trips for Kids Earn-a-Bike program provides complete hands-on lessons in bike mechanics and bike safety, while gaining credits towards their own bike, parts and accessories. - www.tripsforkidsmarin.org/earn-abike/• Bike Works (Seattle) https://bikeworks.org/bike-shop/• Community Cycling Center's Bike Club (Portland, OR) - www.communitycyclingcenter.org/community/earna-bike/• Bikes Not Bombs (Boston) - www.bikesnotbombs.org/

Promotional Competitions

What?	Promotional competitions are fun ways for students to be creative, promote walking and biking to school and create content for SRTS outreach.
Who?	Elementary school: poster, essay, or drawing contests Middle and high school: video contests
When?	Promotional competitions can be one-time competitions or on-going throughout the year.
How?	<p>Student promotional competitions (such as poster, essay, or video contests) showcase local talent while teaching traffic safety principles. Students create art or other content about why they like to walk, bike, skate, or carpool. An entire classroom can participate in this activity and learn about the benefits of active transportation and reducing vehicle trips.</p> <p>Social media campaigns are another fun way to engage with youth. A hashtag campaign is a good communications strategy that encourages participants to take photos of themselves walking, rolling, carpooling, or taking transit and connect with others doing the same.</p> <p>Promotional competitions can be creative and tailored to the interests of the students and school staff. Prizes and incentives should be provided and can include gift cards to local businesses, bike lights, or movie tickets.</p>
Equity + Accessibility	<ul style="list-style-type: none">• Host a competition for homeroom or media class.• Provide materials and support to students.
Resource + Examples	<ul style="list-style-type: none">• Spare the Air Youth Challenges & Contests - http://www.sparetheairyouth.org/challenges-contests• Davis, CA holds an annual Traffic Safety Poster Contest with an art opening to celebrate. - www.cityofdavis.org/city-hall/public-works/bike-pedestrian-program/street-smarts• Tacoma, WA partnered with school artists on a “35 Ways to Safer Neighborhood Streets” book.- http://cms.cityoftacoma.org/Planning/Hilltop-MLK%20Subarea/McCarver%20Book.pdf• Minnesota Department of Transportation annual poster contest: www.dot.state.mn.us/mnsaferoutes/programs/poster_contest.html

Student Clubs and Champions

What?	Student clubs can include older students and take many forms, depending on the interests of students and staff.
Who?	Middle and high school clubs, typically Green Teams and Environmental or Bike Clubs
When?	Launch student clubs at the beginning of the school year and continue throughout the year.
How?	<p>An after-school club can address different themes, including bike repair, cycling, environmental issues (green teams), and community/civic engagement. Clubs allow students to work together on issues they care about and often result in excellent ideas and successful projects.</p> <p>For example, students develop outreach materials and content for other programs, such as Walk to School Day or a School Safety Campaign or older students teach younger students in bike maintenance and skills.</p>
Equity + Accessibility	<ul style="list-style-type: none">• Promote clubs to female-identifying and LGBTQ students and consider hosting clubs or events just for those students.
Resource + Examples	<ul style="list-style-type: none">• Marin County SRTS's Teens Go Green program partner with teens interested in the environment to bring reduced CO2 and healthy lifestyles to their schools. - www.saferoutestoschools.org/teensgogreen.html• Major Taylor Project - www.cascade.org/learn/major-taylor-project

High School Parking Permit Program

What?	Implement a permit parking program at the high school to encourage carpooling, or other modes of transportation such as bussing, walking and rolling to and from school.
Who?	High school students who drive themselves to school
When?	On-going application and permitting process or at the beginning of each school year or term.
How?	Implement a program where a parking permit is required in various ways: <ul style="list-style-type: none">• Require a carpool permit and provide preferential student parking spaces for carpool permit holders, only. Establish rules and procedures for violations.• Require a parking permit for all students who wish to drive themselves• Consider a parking permit fee for permits that support the supervision of parking lots, updates, maintenance and costs related to parking facilities and permitting processes.• Consider the 6 month state requirement for new young drivers to abstain from carrying passengers, with exception of family members.
Equity + Accessibility	<ul style="list-style-type: none">• Consider the equity implications of charging for parking and which students are most disadvantaged by such policy• Provide materials and support to students
Resource + Examples	<ul style="list-style-type: none">• Interlake High School parking permit application process - https://www.bsd405.org/interlake/2017/06/new-parking-permit-application-process/• Newport High School parking permit program - https://www.bsd405.org/nhs/resources/parking-transportation/

Enforcement

Enforcement activities aim to deter unsafe behavior and ensure everyone shares the road around schools. Safer traffic conditions make students and families more comfortable walking and rolling to school.

Crossing Guards

What?	Crossing guards assist students crossing streets and remind drivers to comply with traffic laws near schools. Crossing guards have more authority than volunteer youth safety patrols.
Who?	Crossing guards at elementary schools; middle school students can act as student valets at elementary schools.
When?	Launch at the beginning of the year and continue throughout the school year.
How?	
Equity + Accessibility	<ul style="list-style-type: none">• Provide a stipend or hourly pay and recruit members of the community when possible.• Prioritize crossing guards at locations with a history of crashes.
Resource + Examples	<ul style="list-style-type: none">• Crossing Guard Program Guidelines (SRTS) - www.saferoutesinfo.org/guide/crossing_guard/index.cfm• School Zone Safety Kit (Washington Traffic Safety Commission) - www.seattle.gov/transportation/docs/srts/School-Zone-Safety-Kit.pdf• School Walk and Bike Routes (WADOT) - www.wtsc.wa.gov/wp-content/uploads/dlm_uploads/2014/09/

School Safety Campaign

What?	A campaign to publicize traffic safety issues around schools and promote safe walking, biking, and driving for students, parents, and others.
Who?	Focused on drivers at schools and people passing through the area. Focus attention to where speeding is an issue and near elementary schools.
When?	Campaigns should be held annually or semi-annually, when students return to school in the fall, when the weather gets warmer, and/or when daylight saving time ends.
How?	<p>Conduct a School Safety Campaign to focus attention on people obeying traffic laws near schools at key times, such as the beginning of the school year and during daylight savings changes.</p> <p>Use media —such as posters, business window stickers, yard signs, or street banners—to remind drivers to slow down and use caution in school zones.</p> <p>These campaigns build awareness of students walking and biking to school and encourage safe driving behavior, as well as address other specific hazards or behaviors, such as school bus safety, distracted driving. They also guide parent drop-off and pick-up behavior.</p> <p>Collaboration between the police department and the school district can expand the reach of the campaign.</p>
Equity + Accessibility	<ul style="list-style-type: none">• Provide materials in multiple languages• Work with existing community groups to reach a wider audience• Focus on areas with a history of crashes or demonstrated speeding issues• Ensure that the benefits and burdens of additional enforcement are spread throughout the community
Resource + Examples	<ul style="list-style-type: none">• City of Tacoma’s “This Lane is Your Lane” campaign about traffic laws: http://www.cityoftacoma.org/cms/One.aspx?portalId=169&pageId=72640• Review of Bicycle Safety Campaigns - www.issuelab.org/resource/bicycle_safety_campaign_review• “Every Step Counts” Marketing Materials - www.saferoutesinfo.org/program-tools/every-step-countsmarketing-materials• Street Smarts Program (San Jose, CA) - www.getstreetsmarts.org/• Minnesota Department of Transportation’s Share the Road - www.dot.state.mn.us/sharetheroad/• National Center for SRTS’s Role of the Enforcement Officer - www.saferoutesinfo.org/guide/enforcement/role_of_the_enforcement_officer.cfm• Greenville, NC, participated in a distracted driving research project, neighborhood speed watch program, installed speed feedback signs, and increased law enforcement before and after school. - www.saferoutesinfo.org/sites/default/files/resources/srts_gettingresults_drivingbehavior_0.pdf• Pasadena, CA School Safety Campaign - www.altaplanning.com/projects/pasadena-safe-routes-toschool-program/

Engineering /Infrastructure

Building a better environment for walking and rolling is a critical component of SRTS programs, to enable families to participate in SRTS activities and events. Safer environments for walking and rolling improve safety for all travelers, whether walking, rolling, carpooling, bussing or arriving as an individual student in a family vehicle. Improvements often address needed sidewalks, crossings, and bike routes and facilities; clarify student drop-off zones and bus loading zones; and improve circulation patterns on the school grounds or neighboring city streets.

Walk Audits & Improvement Plans

- What?** An on-the-ground assessment of the school and surrounding area, resulting in an improvement plan that identifies problem areas and recommends possible infrastructure and programmatic solutions.
- Who?** All schools; focus efforts at schools that lack infrastructure and that have higher rates of crashes
- When?** Walk audits are a good way to kick off SRTS programs, gather interested parents, and discuss programs at the start of the school year but can be held year-round.
- How?** A school walk audit is an assessment of the walking and biking conditions and circulation patterns for all transportation modes around the school area.
- At an audit, SRTS staff document conditions that may discourage walking and biking to school, and work with the community to identify solutions to improve those conditions.
- Stakeholders should come together to observe drop-off or pick-up and assess traffic facilities and operations (e.g. presence of designated student loading areas for family cars and school busses).
- The behavior of students, parents, and motorists should also be documented where it could contribute to unsafe conditions for people biking, walking, taking transit, or carpooling (e.g. speeding, jaywalking, failure to yield to pedestrians).
- An assessment or inventory held as part of the audit should confirm the built environment around a school (e.g. streets, sidewalks, pathways, crosswalks and intersections, bike routes, traffic controls).
- Information from the walk audits can be used when identifying suggested routes for walking route maps.
- School policies can improve safety for all families accessing schools. Because school traffic is focused narrowly around the bell schedule, parents driving children to school cause congestion and safety hazards. Inefficient drop-offs and pick-ups can also increase local air pollution and strain relationships with adjacent residents and community members.
- Policy solutions to improving student loading include the following:
- **Valet Drop-offs** organize adults (school staff or parent volunteers) or older students to assist younger students getting in and out of vehicles, improving traffic flow by enabling parents to stay in their vehicles.
 - **Platooning Drop-off/Pick-up Systems** have several vehicles unload or load simultaneously, then proceed to the exit. This system eliminates vehicles pulling in and out of the loading zone, because if one family is faster than the one in front, they must wait for the lead vehicle to finish unloading/ loading,
 - **Carpool Priority Parking and Load Zones** promote carpooling, which limits demand on school facilities and on the local roadways. For older students and faculty/staff, award priority parking permits to those who commit to carpooling.

Equity +
Accessibility

- Provide translators for parents at walk audits
- Bring recommendations to neighborhood meetings and community groups for input
- Send maps home with students to allow parents to provide input about unsafe routes
- Facilitating good circulation helps students who are walking, biking, and skating

Resource +
Examples

- SRTS Guide: How to Conduct Walking and Bicycling Audits - http://guide.saferoutesinfo.org/engineering/walking_and_bicycling_audits.cfm
- Spare the Air Youth Walking & Bicycling Audit Guide - www.sparetheairyouth.org/walking-bicycling-audits/
- ITE Walk Audits - <http://library.ite.org/pub/e265f845-2354-d714-511f-81ff4a1dbc7b> and Strategies to Improve Traffic Operations and Safety: <http://library.ite.org/pub/e266089a-2354-d714-5105-6fa893ce75d4>
- SRTS Guide: Student Drop-off and Pick-up Tools - http://guide.saferoutesinfo.org/dropoff_pickup/student_drop-off_and_pick-up_tools.cfm
- Spare the Air Youth School Site Transportation Policies - www.sparetheairyouth.org/school-sitetransportation-policies

Suggested Route Maps

What?	Suggested route maps promote active transportation by showing parents and students the best ways to get to and from school.
Who?	All; elementary school maps can focus on the 1-mile radius from school, while middle and high school maps can have a wider radius. Tips and resources should be tailored to the age of students.
When?	Distribute maps when students and families are adjusting to new habits, such as at back-to-school events, following winter/spring break, and as weather gets warmer.
How?	<p>Suggested route maps help families choose the best route for walking and biking to school.</p> <p>Maps should show stop signs, signals, crosswalks, sidewalks, bikeways, paths/trails, school entrances, bike parking, and crossing guard locations around a school.</p> <p>Maps may also show transit routes and stops, school enrollment areas, pick-up/drop-off zones, and important destinations, such as community centers and parks.</p> <p>Other things to consider include recommended routes, good walking/biking routes, travel times (e.g., 1/2 mile = 10 minutes), and hazardous locations.</p> <p>The back of the maps can include safety tips for walking, biking, skating, and driving, plus additional local resources or information.</p>

School districts in Washington State are required to establish walk areas for all school buildings where students are enrolled, attend class, and transportation is provided (WAC 392- 141-340).

Equity + Accessibility	<ul style="list-style-type: none">• Translate maps into multiple languages• Make sure to include routes to areas with multi-family housing• Include Park & Walk locations• Consider including other destinations such as community centers, grocers, libraries, etc., in order to increase the usefulness of the maps to more communities
Resource + Examples	<ul style="list-style-type: none">• National Center for Safe Routes to School's Map-a-Route Tool - http://maps.walkbiketoschool.org/• Pico Rivera, CA - www.pico-rivera.org/depts/ced/planning/srts/schoolmaps.asp• Santa Clarita, CA: http://www.santa-clarita.com/city-hall/departments/public-works/traffic-transportationplanning/traffic-information-program-series-tips/suggested-routes-to-school• Minnesota Walking Route Map webinar - www.dot.state.mn.us/mnsaferoutes/resources/mapping.html

Evaluation

Student Hand Tallies

- What?** Student hand tallies collect information on how students traveled to and from school over a 2-3 day period to track mode split and to determine the program impact over time.
- Who?** All; focus on elementary school
- When?** Launch at the beginning of the year and continue throughout the school year. Collect data on a Tuesday, Wednesday, Thursday in September or October and April or May. Do not collect data on special event days or late start days.
- How?** Measure and monitor progress toward a shared community goal and constantly improve program activities and messaging to better reach audiences.
- You can use student hand tallies to determine how students travel to and from school. They are an important baseline for mode split. They can also be used to track progress toward mode shift goals and evaluate the effectiveness of the SRTS program from year to year.
- Hand tallies take about three minutes per classroom to conduct and can be done on paper or through an app.
- Teachers (or other adults) ask students to raise their hands in response to the mode of transportation that is read aloud from a list (carpool, bicycle, drive alone, etc.).
- The tally taker also records the weather and any special events occurring that day.
- Hand tallies are generally required of state and federal SRTS grant recipients. Enter data into the National Center for SRTS's database to easily track data over time.
- Equity + Accessibility**
- Include as many classrooms as possible, with at least two classes per grade, per school
- Resource + Examples**
- "Ways to Collect Information" - http://guide.saferoutesinfo.org/evaluation/ways_to_collect_information.cfm
 - Student Arrival/Departure Hand Tally Form - www.saferoutesinfo.org/program-tools/evaluation-studentclass-travel-tally
 - National Center for SRTS Data Collection System - www.saferoutesdata.org/
 - Spare the Air Youth Student Evaluation Guidebook - www.sparetheairyouth.org/student-hand-tallies/

Parent Surveys

What?	Parent surveys provide information on student travel behavior, as well as parents' attitudes about walking and rolling.
Who?	Parents of elementary and middle school students, primarily, as older students have more input into their commute mode
When?	Survey parents at least every 3 years to understand parents' concerns while minimizing survey fatigue.
How?	Parent surveys are a good tool to understand why families and/or students choose certain modes to get to and from school.

Parent surveys go beyond daily transportation patterns and ask parents about their attitudes and concerns around walking and biking to school, as well as whether they think walking and biking are fun, healthy, safe, or something they want to do more often.

A popular method to distribute parent surveys include:

- Via email for online surveys
- Sending fliers home as "backpack mail" with students
- Depending on the level of parent engagement, student reminders, cross-promotions at school events

Equity + Incentives may be needed to encourage participation.

Accessibility Provide surveys in multiple languages and offer both online and hard copy versions

- Resource + Examples
- The National Center for SRTS provides forms in various languages, data collection guidelines, and the data center - www.saferoutesinfo.org/program-tools/evaluation-parent-survey
 - The Portland, OR, SRTS program shares their robust parent survey evaluation and post survey results online. - www.portlandoregon.gov/transportation/index.cfm?login=1&a=480345
 - Spare the Air Youth Evaluation Toolkit- www.sparetheairyouth.org/parent-surveys/

Event Tracking & Evaluation

What?	Tracking and evaluating SRTS events can help the SRTS team focus on the most efficient activities and events.
Who?	Event participants: students, parents, teachers, and staff
When?	Continuously track events and survey event participants at the end of each event or activity
How?	<p>Track events by recording what events are being held at each school, how many people participated in a specific event or activity, what was the level of interests students and parents had in the event, and what was the reach of the event.</p> <ul style="list-style-type: none">• Indicate who was invited to participate in the activity (e.g. all fourth grade students, or two classrooms of second grade students).• When possible, keep track of how many individuals participated in an event. For school-wide events, you can keep track of how many stickers/pencils/ chocolates you hand out to students, assign a volunteer to keep a tally, or have students place stickers on a poster to show how they got to school.• Track the number of classes offered and total students taught for each educational offering.• Make it clear whether the school was able to participate in the activity. Some SRTS activities (i.e. bike rodeos) do not have funding for every school to participate. <p>Evaluate events to determine if they affected students' travel habits or interest in walking or bicycling.</p> <ul style="list-style-type: none">• Ask participants to complete a short survey after the event, asking how participants heard about the event, their typical travel modes, ways to improve the event, and attitudes about walking/biking before and after the event.• Record information such as cost, promotion, and general opinions related to planning and implementing the event.• Consider offering an incentive or raffle drawing for people taking your survey to encourage participation.• Ask for open-ended responses that can be used as supportive quotes.• Have school staff encourage and remind parents to take surveys.• Use existing communication channels such as parent newsletters, list serves, weekly folders in students' backpacks to distribute or remind parents to take surveys.
Equity + Accessibility	<ul style="list-style-type: none">• Provide translators for parents to speak with at events.• Incentives may be needed to encourage participation.• Provide surveys in multiple languages and offer both online and hard copy versions
Resource + Examples	<ul style="list-style-type: none">• Spare the Air Youth Evaluation Toolkit- www.sparetheairyouth.org/parent-surveys/• The National Center for SRTS evaluation web guide - http://guide.saferoutesinfo.org/evaluation/• SRTS National Partnership Local School Project Evaluation Handbook - www.saferoutespartnership.org/sites/default/files/pdf/SRTS.Eval.Handbook-Final_9_08.pdf

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Prepared by:

