

# WOODLAND SAFE ROUTES TO SCHOOL PROGRAM

## FREE ACTIVITIES, EVENTS, AND RESOURCES FOR SCHOOLS



### HELMET FITTING AND HELMET SAFETY EDUCATION PROGRAM

A 30-45 minute lesson on how to properly fit a bike helmet, why and when students should wear one, creative games and activities to encourage students to wear helmets. Helmets may be available for distribution to students who lack them.

Duration: 30-45 minutes

Grades: 2-8

### EDUCATION PROGRAMS FOR 3rd—8th GRADE STUDENTS

Interactive discussions, games, and activities that center around learning the rules of the road, street sign and signal awareness, and the benefits of walking and biking. Students will receive handouts or materials to reinforce lessons and take home for future use.

Duration: 30-60 minutes

Grades 3-8



### ENCOURAGEMENT EVENTS: WALK OR BIKE TO SCHOOL DAYS, CONTESTS

Celebrate National Walk and Bike to School Month (October and May) with a Walk to School day or week, an intra-school competition, poster contest, or other school-wide event. May require parent or staff volunteers for events.

### BIKE RODEOS (AKA BIKE FESTS)

Fun bike drills and activities that are aimed at improving a student's ability to handle the bike, enhance use of safety maneuvers, and boost confidence. Students must provide bikes; helmets may be provided for those who lack them (limited quantity). Requires 6-8 volunteers/staff.

Duration: approximately 90-minutes

Grades 3-8



### RESOURCES AND TECHNICAL ASSISTANCE

The Safe Routes to School staff can provide education materials, bike safety curriculum for 4th/5th grade students, and guidance on how to improve traffic flow and safety around your school. We can work with staff, PTA/PTOs, ELAC and other parent groups as well. Contact the Safe Routes to School staff for details.

### SCHEDULE AN EDUCATIONAL PROGRAM OR EVENT TODAY!

Ana Enriquez: 530-666-8749 [ana.enriquez@yolocounty.org](mailto:ana.enriquez@yolocounty.org)

On the web: <http://www.yolocounty.org/health-human-services/community-health/safe-routes-to-school>

## SAFE ROUTES TO SCHOOL: THE FIVE “E’s”

Education. Encouragement. Evaluation. Enforcement. Engineering

**Safe Routes to School (SRTS)** is an international campaign to encourage youth to walk, bike, or “roll” to school. It emphasizes safety and fun, and has the goals of increasing physical activity, reducing traffic congestion around schools and enhancing the safety practices of all road users. SRTS programs contain elements from the Five “E’s”:

**Education:** This aspect of the program centers around teaching students, parents, and school staff the basics of bike and pedestrian safety, the health and environmental benefits of walking, biking and “rolling”, and bike handling skills.

**Encouragement:** Activities such as school-wide events, poster contests, intra- or inter-campus participation competitions, or Safe Routes to School games at community events are fun and engaging ways to get students and the community interested in SRTS.

**Evaluation:** Evaluation tools help gauge program need, program participation, and outcomes. Parent surveys, and student transportation mode surveys are two ways to assess program impact. Walking and biking audits at schools are an additional evaluation, and data from these activities can inform future program or engineering needs.

**Enforcement:** Enforcement strategies are designed to promote safe pedestrian, cyclist and motorist behaviors around schools. Law enforcement, school site councils, and other stakeholders may be involved in support enforcement efforts to ensure maximum safety around schools.

**Engineering:** Engineering is the most concrete of the five “E’s”. It consists of identifying a need for improvements to roadways, sidewalks, crosswalks, and intersections, so that safety is improved for all users. Engineering is not a component of a SRTS education program, but data collected from such programs can inform engineering projects.



### The 6th “E” .....Engagement

Staff, parent, and student engagement are critical to the success of any Safe Routes to School program. This sixth “E” emphasizes the importance of stakeholders in helping to promote a culture of walking, biking, scooting, and even carpooling in the school and community. Engagement also ensures that the programs and resources offered are reflecting the needs and interest of the school community. If you are a parent, school staff, or community member who would like to take an active role in helping with a Safe Routes to School education, encouragement, or evaluation activity, please contact us! Activities such as ongoing walking and biking groups, special events at schools, and walking/biking audits need the support of others to succeed.

### QUESTIONS? WANT TO GET INVOLVED? CONTACT US!

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