

Jenna Berman

Education Director Bicycle Colorado





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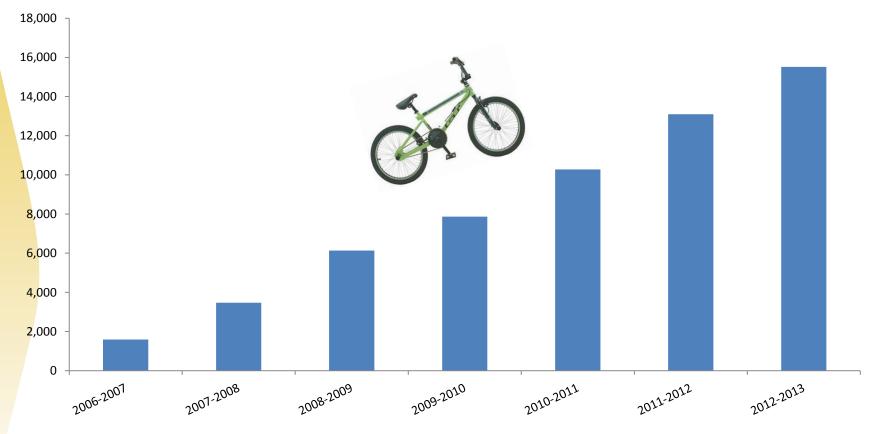






Safe Routes to School: Bicycle and Pedestrian Education

Annual Students Reached by Bicycle Colorado Safe Routes to School Programs





How We Teach

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







Curriculum by Grade Level

Grades K-1

Day 1:

- Why bike/walk?
- Signs
- Crosswalks
- Parking lot safety
- Day 2: Walking activity









Puppy photo credit: http://wallpapergrid.com/animals/puppy-red-ball-hdwallpaper.html



Curriculum by Grade Level

Grades 2-8

Day 1:

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

Day 2:

• RODEO!

(add challenges when needed)



BICYCLE



Learn to Ride

Step Step Glide...







Special Needs Students





After Education...

• Encouragement





Equipment







Aiming for Sustainability

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

*All in English y Spanish



Spring 2013

Ralph Moody Elementary

SAFE ROUTES TO SCHOOL NEWS FOR YOU!

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



BIKE AND WALK TO SCHOOL ON MAY 14-17

Bicycle Colorado works with schools and their communities to get more kids walking and biking to school through Safe Routes to School programming.

Walkin' and Wheelin' Week is the second part of our comprehensive education program. It's part of a national movement that aims to get more students actively commuting to and from school. The program improves health, decreases traffic congestion and makes neighborhoods a happy place to bike and walk.

How can parents get involved?

Safe Routes to School encouragement programs like Walkin' and Wheelin' Week are essential to keep the walking and biking momentum going at your school.

Parent and teacher involvement is a big part of a successful program. We need your help!

Check out the back of this sheet for tips for getting your kids involved in this special week at your school.

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

Chudonte who participate in Malkin' and Mhoolin' Mook will

What your kids have learned so far

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

What they learned in class

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

What they learned at the Bike Rodeo skills course

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

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



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



Aiming for Sustainability

- Bicycle Book Libraries
- Maps **AFEROUT** Westridge Elementary ROGRESS AVI **10785 West Alamo Place** Littleton, CO 80127 WEEDMONT LEGEND Westridge Elementary Recommended Route Dirt/Gravel Path Paved Multiuse Trail Crosswalk Stop Sign 4-Way Stop Traffic Signal with Crosswalks Vestridge Square hosping Center Steep Uphill 20 Minute Walk / 10 Minute Bike Ride



Program Cost to Schools

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







Meet State Standards?





Variations on a Theme





Rural Fleets and Trainings



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Assemblies and Bike Fiesta Days

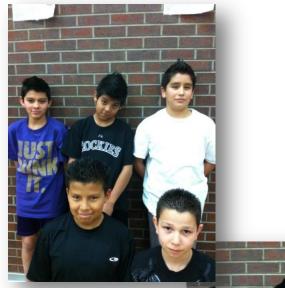


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- Flexibility = key
 - 30 minutes?!
- Teachers first, bike geeks second
- Balance bikes = the shizzle
- Befriend wellness coordinators
- Make it AGE APPROPRIATE!

Lessons Learned





If I Was a Jedi...

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





THANK YOU!

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