



MINNESOTA
**SAFE
ROUTES
TO SCHOOL**



BlueCross
BlueShield
Minnesota

Center for
Prevention



MN SRTS NETWORK

October 24, 2019

Blue Cross® and Blue Shield® of Minnesota and Blue Plus® are nonprofit independent licensees of the Blue Cross and Blue Shield Association.
Confidential and proprietary.

Attendee list is on next slide

MINNESOTA SAFE ROUTES TO SCHOOL

BlueCross BlueShield Minnesota | Center for Prevention

THE MINNESOTA SAFE ROUTES TO SCHOOL NETWORK...

...is approximately 220 dedicated professionals from organizations and agencies that are advancing Safe Routes to School (SRTS) in Minnesota...

...that builds skills in Minnesota communities to successfully implement SRTS, supporting partnerships between state and local agencies, municipalities, and advocacy organizations, and advocating for policy changes to support walking and bicycling to schools and improvements to the built environment...

...and makes Minnesota a state where all students, no matter their race, ethnicity, income level, age, ability, or geographic location, can walk and bicycle on routes that are safe, comfortable and convenient...

...because to be able to walk and bike safely makes health, learning, communities, and independence better for all of us.

10/24/19 Attendees (*Please note this list reflects those who's name appeared or introduced themselves.*)

- Dave Cowan, MnDOT
- Emily Smoak MDH
- Megan Seveson (Grand Rapids SRTS Coord)
- Joanne Judge Dietz
- Dani Gardner – Rochester SRTS Coord
- Maggie
- Karen N
- Fernando Oliveira – Toole Design
- Tracy
- Claire – South St Paul SRTS Coord
- Jack Broze – Richfield Engineer
- Susan Sichacki – ARC MN
- Kelly
- Haley
- Ryan
- Barb Johnson

22 participants



AGENDA

- Welcome and Introduction
- MnDOT Update
- Walk! Bike! Fun!
 - Adaptive Curriculum
 - General Update
- Announcements

Minnesota Safe Routes to School Update



Dave Cowan
SRTS Coordinator
Office of Transit and Active Transportation, MnDOT



Entry level
Sign up and we can support with materials
Builds future champions into our network
Increases in the past couple of years

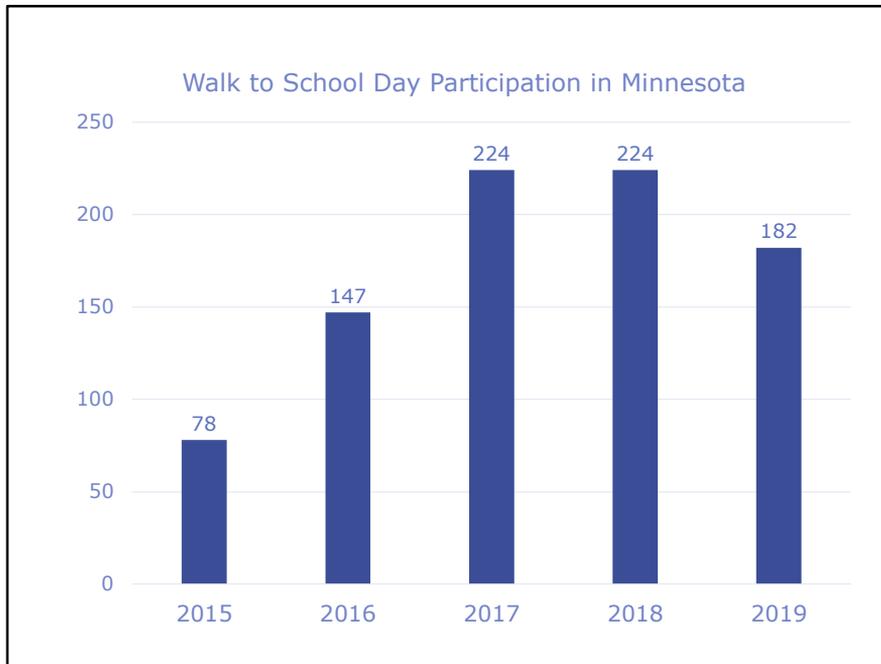
The screenshot shows a Facebook page for "Minnesota Safe Routes to School". The main content area displays a post from Heather Greene, dated October 4 at 12:42pm, with a photo of a group of people participating in a bike/walk route. Below this, there are two visitor posts: one from Patty Daly Olsen (October 10 at 1:25pm) and one from Jodi Burling (October 10 at 1:12pm). The page layout includes a top navigation bar, a left-hand navigation menu, a search bar, and a right-hand sidebar with "YOUR PAGES" and "CONTACTS".

<http://www.dot.state.mn.us/mnsaferoutes/news-events/photo-contest.html>

**Photo Contest Winner: Heather Green –
Hiawatha/Howe !!**



 **ROUTES**
TO SCHOOL



It isn't too late to be counted, register your Walk to School Day event:
[http://www.walkbiketoschool.org/registration/MnDOT Safe Routes Grant Opportunities](http://www.walkbiketoschool.org/registration/MnDOT%20Safe%20Routes%20Grant%20Opportunities) - learn more here: <http://www.dot.state.mn.us/saferoutes/grants-funding.html>

WALK/BIKE TO SCHOOL DATES:

~~**OCTOBER 2ND, 2019**~~

FEBRUARY 5TH, 2020

MAY 6TH, 2020



Implementation support

Funding

Capacity of rdcs

Evaluation

Completeness of an application (asks the most important questions)

Most planning work or largest # of students reached



Deadlines for planning assistance and Boost are January 10.
Deadlines for a letter of interest on TA(P) Infrastructure is end of October
All applications available on our website (or soon available):
<http://www.dot.state.mn.us/saferoutes/grants-funding.html>

Engineering Grant Funding <http://www.dot.state.mn.us/saferoutes/engineering-studies.html>



Just for Fun: Jill and 2 rhinos in South Africa



Minnesota's Ped/ Bike Safety curriculum

Walk! Bike! Fun! encourages more children to walk or bike to school and throughout the community by providing educators with tools to teach them safe walking and biking. BikeMN is excited to include an Adaptive Toolkit, Tips to Differentiated Learning, Activity Adaptations, and Learn to Ride lessons into the curriculum. Educators will find tips and tools to adapt walking and biking for students of all abilities.

This curriculum is designed for Special Education teachers, DAPE and physical education teachers, health teachers, regular classroom teachers, other educators, as well as community members. This curriculum meets MN Physical Education Standards and Benchmarks.

The curriculum is developed for younger elementary grades (K-3) to teach safe walking skills and then advancing to safe bicycling skills in the upper elementary grades (4-8).

EQUITY LENSE: Looking at communities that haven't traditionally implemented or have expressed barriers to implementation – tribal nations are on a short list of potential

communities to engage. **Expect to have better understanding by end of November.**



Emily Smoak – MDH, OSHII – we manage the SHIP program
Michelle is in Thailand, offered to present on her behalf since MDH is supporting the curriculum adaptation that we'll be talking about

Background



www.bikemn.org • info@bikemn.org • [t f /bikemn](https://www.facebook.com/bikemn)

WBF is Minnesota's youth bicycle and pedestrian education curriculum Curriculum is focused on teaching you how to walk and bicycle safely to get places – taking a transportation focus instead of a recreation or sports focus The curriculum was originally developed in in 2013 in partnership with Blue Cross Blue Shield Center for Prevention and the Minnesota Department of Transportation

Since it's beginning, the SHIP program has been an important part of implementation and training statewide

A combination of SHIP health equity conversation and feedback from teachers on inclusiveness identified and opportunity to adapt the curriculum

In 2015 MDH applied for additional funding to focus on disability inclusion for physical activity with the Centers for Disease Control and Prevention, CDC

MN was one of 17 state that received that funding,

And in 2016, the Minnesota Department of Health began work with the Bicycle Alliance of Minnesota to take the already successful curriculum and adapt it to be inclusive of youth with disabilities

Walk! Bike! Fun!



bikeMN
BICYCLE ALLIANCE OF MINNESOTA

www.bikemn.org • info@bikemn.org • [t f /bikemn](https://www.facebook.com/bikemn)

Throughout the four years MDH and BikeMN have been working with support from an adaptive curriculum work group made up of teachers, disability experts, a parents of students with disabilities

We spent one year piloting the draft curriculum statewide

The final version has been reviewed and approved by Special Olympics International, the National Center on Health, Physical Activity and Disability, and Twin Cities Adaptive Cycling.

After four years of work, MDH and BikeMN are excited to announce that after a year of piloting the draft adapted curriculum we've officially finalized it.

I'll talk us through the changes and the pilot process then provide some opportunities to engage further



The main changes you'll see in the updated curriculum are:

1. Inclusive graphics throughout the curriculum that showcase students using a variety of bicycles (including adaptive bicycles) and assistive mobility equipment such as wheelchairs
2. An addendum to the curriculum
3. Tips for differentiated learning
4. Activity modifications
5. A letter to teachers from a parent of a student with disabilities
6. Learn to ride section

PEDESTRIAN



bike.MN
BICYCLE ALLIANCE OF MINNESOTA

www.bikemn.org • info@bikemn.org • [t f /bikemn](https://www.facebook.com/bikemn)

Tips to Differentiated Learning



WATCH FOR TRAFFIC!

FOCUS POINT: Students will be able to define vocabulary words such as pedestrian, traffic, and edge and how they relate to being a safe, responsible walker.

Materials and Equipment

- Vocabulary cards with appropriate pictures: pedestrian, traffic, vehicle, and edge (RESOURCE GUIDE PAGES 135-39)
- Whiteboard and markers or Smartboard
- Open space (gym, playground, field)
- Computer, speakers, and projector with Internet connection or Smartboard
- "Willie the Whistle" video: www.bikemn.org/education/walk-like-a-bike/supplemental-resources

Tips to Differentiated Learning

- It will be important to use the vocabulary cards with pictures for students who are non-verbal, unable to read or English as a second language students.
- Some students may not be able to walk and use wheelchairs or walkers. When speaking about walking – use the term "walkers and rollers." Students who use a mobility device to ambulate are still considered "walkers."
- For students with visual impairments consider using clock space references such as 9 o'clock when referring to directions or number of steps when referring to distance i.e. "You are 20 steps away from the curb cut."

DISCUSSION

- 1 Introduce the unit to the students by expressing that walking is very cool—it's free, it's great exercise, and you can do it to get almost

VOCABULARY

pedestrian: a person traveling on foot, whether walking or running; those traveling using two wheels such as roller skates,



www.bikemn.org • info@bikemn.org • [t](https://www.facebook.com/bikemn) [f](https://www.facebook.com/bikemn) /bikemn

Tips to differentiated learning are ways to consider the different ways a child learns and making adjustments to provide them the direction they need to understand.

Activity Modifications

WALK FUN! LESSON 1: Traffic and You



WATCH FOR TRAFFIC! (CONT.)

- > *Only if your brother or sister is very responsible and has permission from your parents. Sometimes brothers and sisters know how to help younger children cross the street, but not always. That is why you have to ask your parents first.*
- *Raise your hand if you have... walked to school, a friend's house, the store, library, park, etc.*

ACTIVITY MODIFICATION: *Students who use a wheelchair won't be able to hold an adult's hand crossing the street. They should talk with the adult about pushing their wheelchair across the street or walking beside them. For someone with a visual impairment instead of holding hands you can use a tether cord or just place the individual's arm on your shoulder.*



www.bikemn.org • info@bikemn.org • [t f /bikemn](https://www.facebook.com/bikemn)

Throughout the curriculum there are Activity Modifications recommended by Caito Bowles-Roth from TCAC - an occupational therapist.

These may different ways to consider teaching the activity or offer a student a different piece of equipment or making a modification.

Parent Letter

WALK! BIKE! FUN! Adaptive Toolkit

A NOTE FROM BONNIE PAUL

Dear Parents,

I am writing in reference to my physically disabled son and his journey in learning to ride a bike. Parker has benefited from bike riding in so many ways. The bike program has improved his balance, core stability, spatial awareness, motor planning, motor control, weight shifting, gross motor and bilateral movements. Even with the help of physical therapy his participation in a bike class has propelled him into being a bike rider. Parker's interest in biking has also increased his physical activity level. He has learned to always wear a helmet and keep himself safe. Parker is able to watch out for others and their proximity to him and his bike.



Parker sees himself as someone who can succeed. His sense of confidence accomplishment and his ability to face new challenges has given him the ability to realize he can push himself, set goals, persevere and succeed. Parker can also move at his own pace if he needs to. Without adaptive bike programs like this he would not be even close to riding his bike. It was very helpful for him to be with other kids that are struggling to learn how to ride a bike. He also sees himself as a typical kid riding his bike and doing what the neighborhood kids do.

We enjoy biking together as a family. As a family we take trips to the park to play, park picnics, go to the library and just go for relaxing rides. It increases the time we spend together as a family. It helps us be more active and keeps us healthy. Even in Minnesota there is a great deal of time to enjoy biking together as a family. Parker and I encourage you to get out and ride a bike.

Sincerely,

Bonnie Paul
Parker's Mom



www.bikemn.org • info@bikemn.org • [t](https://www.facebook.com/bikemn) [f](https://www.facebook.com/bikemn) /bikemn

Special Olympics and NCPHAD recommended that we include a letter from a parent who has seen the benefits of adaptive biking.

Bonnie is a parent whose child, Parker, participates as a Young Athlete with Special Olympics. And their story is inspiring!

WALK! BIKE! FUN! Learn to Ride

Learn to Ride

LEARN TO RIDE LESSONS for Youth



OVERVIEW
 These lessons are intended to familiarize students with their bikes, learn basic operation of pedaling, steering and braking, and learn how to balance and ride. The lessons are meant to be sequential and each skill should be mastered before attempting to learn the next.

Acknowledgement
 These lessons have been adapted for the Walk/Bike/Plan curriculum based on program models developed and used successfully by Cycles for Change (Saint Paul, MN) and Washington Area Bicyclist Association (WABA, Washington D.C.).

Educational Goal: To understand how a bike operates to pedal, steer and brake safely. To be able to balance and control the bike while pedaling.

Preparation
 A bike with the seat height lowered so that the student can place both feet flat on the ground when sitting on the saddle. A smooth hard-surfaced space that is away from other activities (e.g. a gymnasium, playground, or unused parking lot).

Learning Objectives and Minnesota Physical Education Standards
 At the end of these lessons, students will be able to:

- 1 Understand how a bicycle operates and the physical skills needed to operate the bike (Standards 1 and 2).
- 2 Demonstrate the ability to balance, steer, and safely control the bike (Standard 2).
- 3 Participate in bike activities with peers, including practicing skills and riding with a group (Standards 3, 4 and 5).

bikeMN
BICYCLE ALLIANCE OF MINNESOTA

www.bikemn.org • info@bikemn.org • [t f /bikemn](https://www.facebook.com/bikemn)

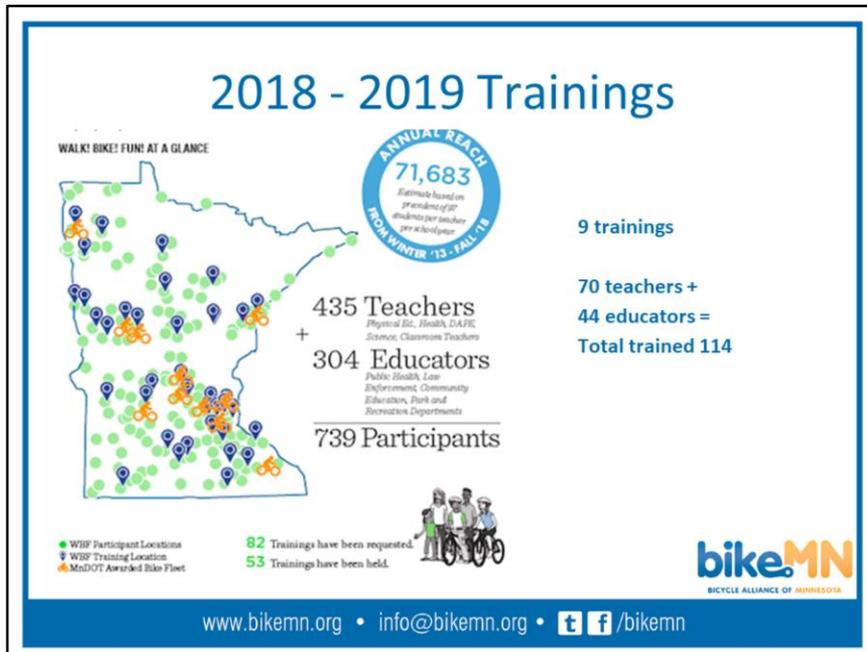
Learn to Ride lessons are included to teach children who have never ridden a bike how to ride a bicycle.



BikeMN was able to fund and acquire a variety of adaptive cycling equipment to develop and program a first-of-its-kind “adaptive bike library” program for the state of MN. The goal is to increase access to adaptive cycling equipment which is shared with students in educational settings -- especially students participating in Developmental Adapted Physical Education (DAPE).

The adaptive bike library program went into service in early Spring of 2018. The equipment available includes: a range of balance bike sizes (30 total), three different sizes of recumbent tricycles, a youth hand-cycle, and a tandem side-by-side recumbent bike

BikeMN researched and decided that unlike the bike fleets, the adaptive equipment will be effectively “assigned” to an individual or small group of students to match their specific need, and will be reserved for an extended period of time (average 3 months). Since launching the bike library program, the equipment has been programmed nearly 100% of the time, including winter months.



Our curriculum was piloted between summer 2018-summer 2019. During that time we hosted 9 trainings statewide training 114 new WBF teachers and educators

During the pilot curriculum trainings conducted by BikeMN for the new curriculum adaptations, participants had two new activities to help teach them about students with mobility limitations.

One activity was using the Adaptive Toolkit to match an adaptive bike to a student with mobility limitations

The other activity was riding an adaptive bike through the outside bike drills.

New Mini-trainings



bikeMN
BICYCLE ALLIANCE OF MINNESOTA

www.bikemn.org • info@bikemn.org • [t f /bikemn](https://www.facebook.com/bikemn)

- Over the next 1.5 years of CDC funding, we'll be implementing mini trainings or continuing education trainings
- These will be for teachers who have already been trained in WBF
- They will also include a session for families who have a child in need of an adaptive bike.



- Pilot schools will be chosen where they have veteran WBF teachers
- 3 hour training of the revised curriculum with the new activities and adaptive bikes
- Followed by a 2 hour “open house” for families with children who have mobility limitations to learn from the newly trained teachers

T C A C
TWIN CITIES ADAPTIVE CYCLING



bike.MN
BICYCLE ALLIANCE OF MINNESOTA

www.bikemn.org • info@bikemn.org • [t f /bikemn](https://www.facebook.com/bikemn)

Conferences

1. National Safe Routes to School Conference
2. Every Kid Healthy Minnesota Conference


BICYCLE ALLIANCE OF MINNESOTA

www.bikemn.org • info@bikemn.org • [t f /bikemn](https://www.facebook.com/bikemn)

[National Safe Routes to School Conference](#)

November 12-14

Tampa, FL

Presentation with Caito Bowles-Roth from TCAC, along with Fort Collins, CO and Florida

Who has pictures of children participating in adaptive biking that we could share with us at the conference? Please email them to michelle@bikemn.org with a short description.

[Every Kid Healthy Minnesota Conference](#)

Tuesday, November 19, 2019

8:00 AM to 4:00 PM

Earle Brown Heritage Center, 6155 Earle Brown Dr, Brooklyn Center, MN 55430

Presenting with Angie Powell and a couple of students

Michelle Kiefer
Safe Routes to School Program Manager
507.430.2280
michelle@bikemn.org



www.bikemn.org • info@bikemn.org •   /bikemn

Emily Smoak is also available at (emily.smoak@state.mn.us)



AGENDA

- Welcome and Introduction
- MnDOT Update
- Walk! Bike! Fun!
 - Adaptive Curriculum
 - General Update
- Announcements



Announcements

- [Safe Routes to Parks](#): Open Nov 4
- [SRTS Academy Application](#) – To host a Spring workshop, application deadline March 1, 2020
- Network Survey Launch Nov 6!
 - Due Nov 27

Safe Routes to Parks: <https://www.saferoutespartnership.org/resources/fact-sheet/safe-routes-parks-0>



MINNESOTA
**SAFE
ROUTES
TO SCHOOL**



THE MINNESOTA SAFE ROUTES TO SCHOOL NETWORK...

MONTH

October 24, 10:00 – 11:00 AM

TOPIC

- Adaptive Walk! Bike! Fun!

MONTH

November 21, 10:00 – 11:00 AM

TOPIC

- SRTS National Conference Highlights
- Stop For Me and Toward Zero Death Initiatives

MONTH

December 12, 10:00 – 11:00 AM

TOPIC

- Impact of Demonstration Projects
- Year end Evaluation

To join the Minnesota Safe Routes to School Network,
email centercommunications@bluecrossmn.com



2019 MEETINGS

2019 Meeting Dates:

January 17 (3rd Thursday)

February 14

March 14

April 11

May 9 - Cancelled

June 13

July 11

August 8

September 12

October 24 (Changed)

November 21 (Changed)

December 12

Call Time: 10:00 – 11:00AM



THANK YOU!



THE MINNESOTA SAFE ROUTES TO SCHOOL NETWORK...

MONTH
January 17, 10:00 – 11:00 AM

TOPIC

- SRTS and Active Transportation Policy Update
- Equitable Development Scorecard

MONTH
February 14, 10:00 – 11:00 AM

TOPIC

- 2019 Priorities

MONTH
March 14, 10:00 – 11:00 AM

TOPIC

- Winter Walk To School Day Recap
- Walkable Community Workshops

To join the Minnesota Safe Routes to School Network,
email centercommunications@bluecrossmn.com



THE MINNESOTA SAFE ROUTES TO SCHOOL NETWORK...

MONTH

April 11, 10:00 – 11:00 AM

TOPIC

- Bike to School Event Planning Preparation (Skill Share)
- Legislative Update
- Preview Meet Up Agenda

MONTH

May 9, 10:00 – 11:00 AM

TOPIC

- Cancelled due to Meet Up Planning

MONTH

June 13, 10:00 – 11:00 AM

TOPIC

- SRTS Strategies and Tribal Communities
- Debrief SRTS Meet Up

To join the Minnesota Safe Routes to School Network,
email centercommunications@bluecrossmn.com



THE MINNESOTA SAFE ROUTES TO SCHOOL NETWORK...

MONTH
July 11, 10:00 – 11:00 AM

TOPIC

- Resources that support SHIP SRTS Implementation
- Applying Behavioral Change Lessons - Jessica Roberts

MONTH
August 8, 10:00 – 11:00 AM

TOPIC

- Evaluation: Refresh on Tools

MONTH
September 12, 10:00 – 11:00 AM

TOPIC

- Leveraging Walk Bike To School Events
- St Cloud example of Bus Stop and Walk with Hannah B.

To join the Minnesota Safe Routes to School Network,
email centercommunications@bluecrossmn.com